



Forget ME Not

A Newsletter of the Maine Alzheimer's Project



FALL 2006

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Best Friends™ Celebrates Fifth Anniversary

On May 19, 2006, the Maine Best Friends™ Training Program celebrated its fifth anniversary with 115 caregivers at the *Activities: The Art of Doing and Being* conference.

Virginia Bell's presentation focused on her "just do it" attitude to being best friends. Barbara Fister and Skippy Valentine from My Friends Place in Bangor demonstrated Best Friends™ values and principles in their "Gimme Five" presentation. David Currier from Winship Green in Bath created an interactive music experience with his "Celebration of Life" presentation.

Virginia Bell plans to include "Gimme Five" and "Celebration of Life" in a new book she and David Troxel are preparing for publication in 2007. Also included in the book will be "Seated Yoga" adapted by Sally Fitch of the Midcoast Senior Health Center in Brunswick.

Barbara Fister and Skippy Valentine are working with the Brookdale Foundation in New York to publish the book *Field of Themes: 100 Activities for Our Senior Friends*, which will be available at no cost to programs implementing the Best Friends™ program.

David Currier has been chosen as one of only five individuals in the country to participate in the Health Rhythm's Training Program, sponsored by the Remo Corporation (a percussion instrument company).

As of June 30, 2006, Maine's Best Friends™ Training Program has completed 170 trainings, reaching 2,480 people working in nursing and residential care facilities, adult day programs, Department of Health and Human Services (DHHS), community-based home care programs, and family caregivers.

Best Friends™ training continues to be offered at no cost to caregivers through the Maine Alzheimer's Project.

Please see page 5 for the Best Friends™ Training and Workshop Schedule.

Save the Date!

National Caregiver's Month Celebration

Thursday, November 16, 2006

Ramada Inn, Lewiston • 10:00 AM - 3:00 PM

Presented by: SeniorsPlus

Contact: Kathy Brill at 1-800-427-1241

or (207) 795-4010, ext. 133

AFA Nationwide Survey Results

Stigma and Denial Delay Alzheimer's Disease Diagnosis

New York, NY — Concern about stigma and denial of symptoms can delay a diagnosis of Alzheimer's disease by more than two years, on average, after symptoms appear, according to a new survey from the Alzheimer's Foundation of America (AFA). When people with Alzheimer's disease are concerned about stigma, a diagnosis of Alzheimer's disease occurred 3 1/2 years after symptoms appear. When caregivers are concerned about stigma, delay of diagnosis is even more severe, averaging six years.

"Any delay in diagnosis is a setback for people with Alzheimer's disease and their caregivers — and a delay of two years or more is a serious and unnecessary setback," said Eric J. Hall, chief executive officer of the Alzheimer's Foundation of America. We encourage everyone touched by Alzheimer's disease to reach out for support — help is out there."

Families Feel Abandoned

Survey results also reveal a distinct generation gap between caregivers of parents and caregivers of spouses with Alzheimer's disease. Caregivers of parents are significantly more likely than caregivers of spouses to say they now have less time for themselves (74% vs. 56%) and have felt abandoned by family (34% vs. 14%). Caregivers of spouses confide in significantly fewer sources of support than caregivers of parents (2.7 vs. 3.3 on average), and are significantly less likely to say they would like more help (52% vs. 77%). In addition, caregivers of spouses (33%) are significantly more likely than caregivers of parents (12%) to indicate that their own denial was an obstacle to diagnosis.

Many sibling relationships suffer under the stress of caring for a parent with Alzheimer's disease and the division of caregiving responsibilities. More than half of caregivers of parents, with siblings (60%), report that they are the only one of their siblings responsible for their parent's care. Many of these respondents report that relationships with siblings deteriorated after a parent was diagnosed (86% of siblings were somewhat or very close prior to diagnosis vs. 75% post-diagnosis).

More Education, Support Needed

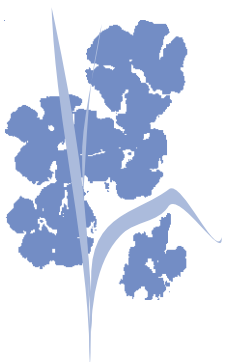
Sixty-nine percent of caregivers surveyed report that they want more help from family and friends; most notably assistance with day-to-day caregiving activities (20%), more financial support (16%), more emotional support (15%) and more time for themselves (13%). Caregivers of parents are significantly more likely than caregivers of spouses to feel comfortable talking about the condition with all of the people in their life (80% vs. 64%).

Lack of knowledge about the disease is a barrier to diagnosis for two in five caregivers surveyed (40%), suggesting that more education is needed.

Caregivers Emerge Stronger, More Compassionate

The majority of caregivers surveyed report finding new, positive qualities in themselves during the process of caregiving: roughly two-thirds of caregivers report

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Circle of Friends Comes Together in Bangor

In June of this year, a group offering caregivers a safe environment to share information and find support came to life in Bangor. The Circle of Friends group welcomes any caregiver, who has the at-home responsibility for someone with Alzheimer's or a related dementia.

Circle of Friends provides a gathering where caregivers can come together for two hours a month, meet new friends and have fun. Each month birthdays are celebrated with cake and ice-cream.

The meetings have been such a success, another Circle of Friends group is planned to start up in Auburn this fall.

Caregiver comments about the group:

“This was awesome! It was nice to get out of the house to have some fun with new friends...”

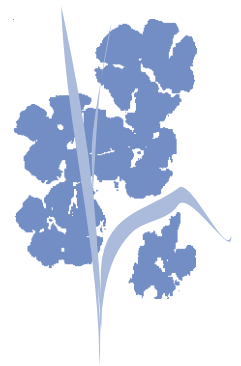
“It feels good to get out and do something different once a month. I can tell others understand here.”

Schedule of events:

- **October 4, 2006: Movie (comedy) and popcorn night.** Wear a costume and receive a prize!
- **November 1: Tips on surviving the holidays.** Sign up for caroling, pot luck. Janet Lewis, LSW from EAAA will discuss the Best Friends™ Approach to Alzheimer's Care.
- **December 6: Christmas caroling,** Westgate Manor Bangor with hot chocolate following at Nicky's Diner.
- **January 3, 2007: Make our own coffee mugs** at Clay by Design; pizza.
- **February 7: Bowling at the Brewer bowling alley;** submarine sandwiches.
- **March 7: Game and hobby night.** Bring in your favorite hobby or collections and potluck goodies.
- **April 4: Gardening** expert with great tips and tricks. We will all dig in and start our gardens together. Healthy treats for all.
- **May 2: Karaoke night** with a 50's theme. Maybe a special guest or two? Crackers and veggies tray.

Circle of Friends meetings are held on the first Wednesday of each month from 6:00 to 8:00 PM in the 4th floor conference room at Elder Independence of Maine, 81 Main St, Bangor. There is no cost to attend.

For more information contact Karen Bragg at 990-1581 ext 511 or toll-free 1-866-456-2322 ext 511. The Circle of Friends is sponsored by the Maine Alzheimer's Project and Elder Independence of Maine, a division of SeniorsPlus.



SMAA Receives N4A Award

Southern Maine Agency on Aging (SMAA) was recently named one of only five recipients of a National Association of Area Agencies on Aging (n4a) Aging Innovations and Achievement Award. SMAA won for its program, *A Matter of Balance: A Volunteer Lay Leader Model*, a community-based training program created to assist with fall prevention among older adults.

Nationally, the AAAs and Title VI programs for Native Americans make huge differences in the lives of older adults. Professionals provide services that assist frail, older people to stay in their homes; assist others in learning to stay healthy and active; and assist caregivers helping their older loved ones.

The 650 AAAs and Native American programs collectively serve over 8 million older Americans and their caregivers each year. In Maine, the programs provide home-delivered meals and meals served at community dining sites; outreach services; counseling and assistance with Medicare, including Medicare Prescription Drug Coverage (Part D); family caregiver support; and an array of other support services.

For further information about the program, *A Matter of Balance*, contact the Southern Maine Agency on Aging at 1-800-427-7411 or (207) 396-6500. The program is available in many other parts of the state. To learn more, call 1-877-ELDERS1 (1-877-353-3771).

Hospice Specialist Joins Program

Ginny Vaitones, MSW, has joined the Maine Long Term Care Ombudsman Program (LTCOP) as Hospice Specialist, a position created with a grant from the Maine Alzheimer's Project. Vaitones will be working to increase the utilization of hospice services through education, and by assisting consumers and families when hospice services are needed. Vaitones has extensive hospice experience both as a volunteer and a professional. She was a founding member of Coastal Family Hospice and served on its Board of Directors for seven years. She also served as President of Hospice of Waterville Area's Board of Directors and on the National Advisory Committee on Oncology Social Work for the American Cancer Society. Currently, she serves on the American College of Surgeons Commission on Cancer and is the Co-Chair of the Advocacy Committee for the Association of Community Cancer Centers.

The Maine Long Term Care Ombudsman Program provides advocacy for consumers statewide in nursing facilities, assisted housing programs, adult day care, and home care.

Consumers and family members are encouraged to contact LTCOP at 1-800-499-0229 if they are experiencing any problems accessing hospice services, or if they encounter any problems with their hospice services.

AFA Survey Results *continued from page 2*

they have become a more compassionate person since caring for a loved one with Alzheimer's. Additionally, 76% of caregivers state they have learned that they are stronger than they thought since caring for someone with the disease.

Additional key survey findings can be found at www.alzfdn.org.

Caregivers in Maine have somewhere to turn. Each area agency on aging has an Alzheimer's Coordinator who can provide support, educational materials, resources and respite. Caregivers should call 1-877-ELDERS1 (1-877-353-3771).

Best Friends™ Training and Workshops 2006

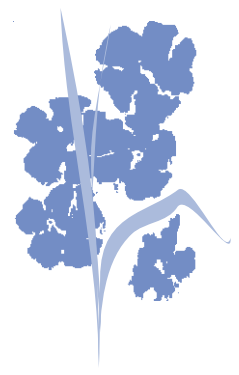
The Maine Alzheimer's Project offers the following trainings:

The trainings continue to be offered free of charge. Please call ahead to register.

- **Augusta** Thursday, October 26, 8:30 AM – 5:00 PM
Department of Health and Human Services, 442 Civic Center Dr.
(Contact: Register at: <http://www.maine.gov/dhhs/setu/setu.htm>)
- **Bangor** Thursdays, October 12 & 19, 8:30 AM – 5:00 PM
Ross Manor, 758 Broadway St.
(Contact: Mary Gould at 941-8400 ext. 228)
- **Bangor** Thursday, November 8, 8:30 AM – 5:00 PM
Department of Health and Human Services
Dorothea Dix Psychiatric Center (formerly BMHI), 656 State St.
(Contact: Register at: <http://www.maine.gov/dhhs/setu/setu.htm>)
- **Belfast, Hospice Training** Saturday, October 21, 9:00 AM – NOON
Hospice of Waldo County, 118 Northport Ave.
(Contact: Connie Waitowicz at 930-2677)
- **Biddeford** Thursday, December 7, 8:30 AM – 5:00 PM
Department of Health and Human Services, 208 Gorham St.
(Contact: Register at: <http://www.maine.gov/dhhs/setu/setu.htm>)
- **Caribou** Wednesday, Thursday, October 11, 12, 8:30 AM – 3:30 PM
Caribou Nursing Home, 10 Bernadette St.
(Contact: Dottie Sines at 764-6185)
- **Ellsworth** Wednesday, October 25, 8:30 AM – 5:00 PM
Department of Health and Human Services, 17 Eastward Lane
(Contact: Register at: <http://www.maine.gov/dhhs/setu/setu.htm>)
- **Farmington, Family Caregiver Training** ... Monday, December 4, 10:00 AM – 3:00 PM
SeniorsPlus, 111 Franklin Health Commons
(Contact: Kathy Brill at 1-800-427-1241)
- **Freeport** Tuesdays, October 24 & November 14, 8:30 AM – 3:00 PM
Freeport Nursing and Rehabilitation, 3 East St.
(Contact: Donna Buckmore at 865-4713)
- **Lewiston, Family Caregiver Training** Monday, December 11, 10:00 AM – 3:00 PM
SeniorsPlus, 8 Falcon Rd.
(Contact: Kathy Brill at 1-800-427-1241)
- **Norway, Family Caregiver Training** Friday, December 8, 10:00 AM – 3:00 PM
SeniorsPlus, Stephens Memorial Hospital, 181 Maine St.
(Contact: Kathy Brill at 1-800-427-1241)
- **Portland** Friday, November 17, 8:30 AM – 5:00 PM
Department of Health and Human Services, 161 Marginal Way
(Contact: Register at: <http://www.maine.gov/dhhs/setu/setu.htm>)
- **Skowhegan** Friday, October 27, 8:00 AM – 4:30 PM
Reddington Fairview General Hospital, 40 Fairview Ave.
(Contact: Cheryl Stanhope at 474-5121 ext 321)
- **Springvale** Wednesday, November 1, 10:00 AM – 3:00 PM
(Respite available for family caregivers) Springvale Library, 443 Main St.
(Contact: Ann O'Sullivan at 1-800-427-7411)

For further information or to inquire about arranging training, contact Jan Halloran at 287-9233 or email: Jan.Halloran@maine.gov or Romaine Turyn at 287-9214 or email: Romaine.Turyn@maine.gov.

Stipends are available for Maine PASA members to participate in Best Friends™ training. For more information, please contact Roy Gedat at 1-800-268-6612.



Medicare Prescription Drug Coverage (Medicare Part D) State “Wrap” Benefit Saves on Prescriptions

What is the State “Wrap” Benefit for People with Medicare, who are also enrolled in Maine’s Low Cost Drugs for the Elderly and Disabled Program (DEL)?

Although a Medicare Part D Prescription Drug Plan now provides most of the Members’ drug coverage, the Drugs for the Elderly and Disabled Program (DEL) program will help pay for the Medicare Part D premiums, deductible and co-payments. This help is called a “Wrap.”

The Department of Health and Human Services (DHHS) wants to make sure DEL Members get all the help they can when they get their drugs. The Wrap from the DEL program will help pay some or all of the Medicare Part D co-payments. This will help DEL Members save money on prescriptions.

Sometimes the pharmacy does not know that they should bill the State’s DEL program for some of the costs. Before DEL Members pay at the pharmacy, they should ask the pharmacist: “Have you billed the DEL program for the Wrap?”

DEL Members who have questions about their drug coverage can call the DHHS Pharmacy Help Desk at 1-866-796-2463 (TTY 1-800-423-4331).

Public Events Scheduled for Medicare Part D Information

Throughout the State, area agencies on aging are holding events to educate people with Medicare, their families, community providers and other interested persons about Medicare Prescription Drug Coverage (Medicare Part D). Medicare Part D is Medicare’s new prescription drug benefit, available through several companies offering Prescription Drug Plans approved by Medicare.

For more information about local events scheduled for this fall, check the Upcoming Events Locations on the Office of Elder Services website at www.maine.gov/dhhs/beas/medicare or call your local area agency on aging listed below:

Aroostook Agency on Aging	1-800-439-1789	[TTY (207) 764-6182]
Eastern Agency on Aging	1-800-432-7812	[TTY (207) 941-2865]
Senior Spectrum	1-800-639-1553	[TTY (800) 464-8703]
SeniorsPlus	1-800-427-1241	[TTY (207) 795-7232]
Southern Maine Agency on Aging	1-800-427-7411	[TTY (207) 883-0532]

Keeping Our Minds Sharp as We Age

In this stimulating and fun talk, a representative of the Alzheimer’s Association will provide tips for keeping our minds in tip-top shape as the years roll by. The program also describes when memory loss can be the symptom of a more serious condition. For questions about program content, call the Maine Chapter at 1-800-660-2871.

Please contact phone numbers below to confirm your attendance and the exact location.

Program Schedule:

- October 3, 6:00 - 8:30 PM, Marshwood High School Adult Education, South Berwick, 384-5703.
- October 3, 6:00 - 8:00 PM, Belfast High School Adult Education, JoDelle Rollerson, 338-3197.
- October 4, 6:30 - 8:00 PM, Kennebunk High School Adult Education, 985-1116.
- October 5, 6:00 - 8:00 PM, Belfast High School Adult Education, JoDelle Rollerson, 338-3197.
- October 16, 6:00 -8:00 PM, Ellsworth High School Adult Education, 667-4570.



Caregiver Education and Support

Family Caregiver Education Series in Hallowell

The Family Caregiver Support Program presents a *Family Caregiver Educational Series* in Hallowell. The sessions will be held every Thursday in October from 11:30 AM to 1:00 PM at the William S. Cohen Center.

- Thursday, October 5
Barbara Damren RN, LMSW, and Virginia Vaitones, MSW from the Long Term Care Ombudsman Program
- Thursday, October 12
John Nale, Esq. from Nale Law Offices
- Thursday, October 19
Kandyce Powell, Executive Director of the Maine Hospice Council
- Thursday, October 26
Debra Turner, Community Assessment Program Director from Gould Health Systems (GHS)

There is no cost to attend and lunch will be provided. However, registration is required for each session. Please contact Brenda to register at 1-800-282-0764 ext. 127.

Conversation Series about Memory Loss and Dementia

Designed for families and friends of memory-impaired adults, this series features local experts, time for questions, and audience participation. All sessions are open to the public and offered free of charge.

Newcomers may join at any time.

- **Yarmouth:** Last Monday of the month, 7:00 - 8:30 PM at St. Bartholomew's Episcopal Church, 396 Gilman Road.
- **South Portland:** Second Tuesday of the month, 7:00 - 8:30 PM at First Congregational Church, Meeting House Hill, South Portland.
- **Brunswick:** First Thursday of every month beginning September 7, 6:30 - 8:00 PM at Mid-Coast Senior Health Center Community Room, 58 Baribeau Drive.

For more information, go to www.mainealz.org or call 1-800-660-2871.

Caregiver Education and Support Groups

■ Pittsfield

Sebasticook Valley Hospital, 99 Grove St.
First Friday of the month; 1:00 – 2:00 PM

■ Hallowell

Senior Spectrum's Cohen Center, 2010 Town Farm Rd.
Second Tuesday of the month; 1:00 – 2:00 PM

■ Rockland

Senior Spectrum's Rockland Center, 61 Park St.
Second Wednesday of the month; NOON - 1:00 PM

■ Newcastle

The Lincoln Home, 22 River Rd.
Second Thursday of the month; NOON - 1:00 PM

■ Waterville

Senior Spectrum's Muskie Center, 38 Gold St.
Third Wednesday of the month; NOON - 1:00 PM

■ Skowhegan

Notre Dame Catholic Church (basement)
Fourth Tuesday of the month; 1:00 – 2:00 PM

■ Belfast

Waldo County General Hospital, Education Building,
118 Nothport Ave.
Fourth Tuesday of the month; NOON - 1:00 PM

For more information: please contact Senior Spectrum at 1-800-282-0764 ext. 106.

Understanding Dementia: A Workshop for Families and Friends

- Portland: Saturday, October 21
9:00 AM - 2:30 PM, location: TBD.
- Waterville: Friday, November 17
1:30 PM - 4:30 PM, Inland Hospital

Facilitated by Darlene Field, Chapter Education Specialist. No charge, however, advanced registration is required. For more information or register, please call 1-800-660-2871.

Money Management Program to Focus on Seniors

AARP recently awarded a small grant to the Office of Elder Services (OES) to implement a Money Management Program which will train volunteers to provide daily money management assistance to vulnerable low-income older people. Adult Protective Services and the Community Programs Unit of OES will be involved in the development of a model of early intervention services as an alternative to guardianships for vulnerable, lower income elderly. This Money Management Program will expand the availability of representative payee and bill payer services.

Aroostook Agency on Aging and Eastern Agency on Aging will be the first area agencies on aging to participate in this project and Senior Spectrum may link up to it later in the year. Southern Maine Agency on Aging, which already has extensive experience with a similar money management program, will provide technical assistance to the other area agencies on aging involved in this new funding opportunity.

If you want more information about the Money Management Program call Mary Walsh, OES Community Programs Manager, at 1-800-262-2232 (TTY 1-800-606-0215).

Please note: If you want to be taken off our mailing list or would like to add someone, please contact Patricia Nocera at 228-8189, or email: patn@usm.maine.edu or Mark Richards at 780-4527 email: markr@usm.maine.edu



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