



## Hope, Help & Guidance for Alzheimer's Families

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### Althea's Journey...

As Althea's Alzheimer's has progressed both her needs and those of her family have changed. A Place to Start has been working with Althea's family through each step of this journey to keep her safe and comfortable.



Althea and her family

### A Note from Sally

We at A Place to Start extend our sincere thanks to all of you who have contributed to our Annual Appeal. We are close to reaching our goal of \$8,000. Every dollar given to A Place to Start is matched dollar for dollar by an anonymous donor! (If you give \$10 it will be matched and becomes \$20!) It isn't too late

**\$8,000!!!**



to make a donation! Your donation goes directly to helping families in need.

Warm Regards,  
Sally  
Executive Director

### The Eyes Have It

What if a simple eye test could be used to detect Alzheimer's disease twenty years before symptoms appeared? Researchers in Australia have developed a test they believe will do just that. Alzheimer's is known to be tied to the development of beta-amyloids, a type of protein, in the brain. By introducing curcumin, a natural substance that attaches to beta-amyloids, into the diet of volunteers and then looking at their eyes using a specialized camera, Dr. Shaun Frost was able to determine which patients had Alzheimer's because the beta-amyloids showed up on the camera. While the test does not do anything towards curing Alzheimer's, the ability to identify the disease earlier, possibly before the onset of symptoms, could be extremely helpful in presenting treatment options and developing new therapies.

### Save the Date!

On Saturday, November 8<sup>th</sup>, 2014, A Place to Start will host our second annual Big Night Out at Duffy's in Kennebunk. In its inaugural year this event was attended by 100 people and raised over \$4,000 for APTS. Mark your calendars!

*"A Place to Start has been instrumental in helping with our mom as she has declined with the disease of Alzheimer's. Sally and Diana are truly compassionate and knowledgeable and the level of assistance they provide is priceless. As our family maneuvers this difficult disease we are blessed to know that we always have their support and guidance. They have helped us make many difficult but necessary choices to best provide for her safety and comfort. Above all, the empathy and compassion they have provided is why we will be forever grateful to A Place to Start." – Melissa Boyd*

### Bracelets for Bet

Since July 2013 Phillip Rossborough has raised over \$2,000 selling paracord bracelets for \$5 each to benefit A Place to Start. "Bracelets for Bet", named for Phillip's beloved grandmother who is living with Alzheimer's, has become so successful that Phillip has enlisted the help of other family members to make bracelets. To order your bracelet please email us at: [info@aplacetostartfordementia.org](mailto:info@aplacetostartfordementia.org)

(Bracelets now available in purple camo, pictured at left, as well!)



*"Kindness, like a boomerang, always returns." – Unknown*

## Dementia Friendly Communities

Nine businesses in the town of Watertown, Wisconsin display small purple angels in their windows. These angels indicate that the employees in these businesses have been trained to recognize customers with dementia and to work with them and their caregivers. From the coffee shop where patrons may be encouraged to point to which size coffee they would like, to the bank where employees keep an eye out for signs that customers have been scammed, the community of Watertown is working towards becoming "dementia-friendly". This initiative is part of a broader effort to educate the 24,000 residents of the town about dementia, as well as provide the services needed to keep residents who have dementia engaged in the community. While the idea of dementia-friendly communities is spreading in Europe, the idea is just beginning to take off in the United States.



## In the Community

On August 7<sup>th</sup> and 8<sup>th</sup> A Place to Start took our Carnival on the road and visited residents at Bay Square in Yarmouth and Huntington Common in Kennebunk. The residents had a great time playing such games as penny pitch, mini-golf, balloon toss, knock-over the cans, and interacting with our wonderful volunteers. There were smiles all around as the residents played games and collected prizes. They also enjoyed getting spiffed up with fancy masks, funny hats, and temporary tattoos. All in all it was a great day on the road for the APTS Carnival!



*"Those who bring sunshine into the lives of others cannot keep it from themselves." - James M. Barrie*

To donate visit our website: [www.aplacetostartfordementia.org](http://www.aplacetostartfordementia.org)

## Volunteers

Like many non-profits, A Place to Start relies heavily on volunteers. Throughout the year we have various opportunities for volunteers to assist us. If you or someone you know is interested in volunteering with APTS please contact our Volunteer Coordinator, Diana Dubea, at 502-7238. She will enter you into our volunteer database and keep you informed as opportunities arise. (This is a great way for high school students to earn community service hours!)

## What People with Alzheimer's Wish You Knew...

- Simple pleasures can bring great joy to a person with Alzheimer's.
- Pets, children, music, and art may reach them on levels we cannot.
- Just because they don't talk doesn't mean they aren't perfectly aware of what's going on around them and what people are saying to and about them.
- There's usually no reason to tell them someone is dead.
- Correcting them about something will probably either embarrass them or else start a big argument.
- People with Alzheimer's usually adjust to change more quickly than we do and they soon forget unpleasant things that happen to them.
- They can still enjoy life.
- How you say something is more important than what you say. Say it with a smile.
- Just because they can't remember your name doesn't mean you aren't important to them.

*"Be the reason someone smiles today." - Unknown*