



Hope, Help & Guidance for Alzheimer's Families

A 501(c)3 Organization

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Making Memories with Bet

We are now five years into our Alzheimer's journey with my mother, Bet. Recently I visited Mom with my four children, ages six to seventeen. Mom still recognizes us and always lights up whenever we enter the room. She asks the children the same questions over and over, but this is old hat for them and they answer her with patience and love. Towards the end of this particular visit the kids started to get a little rowdy and I asked them (more than once) to settle down, the last time through gritted teeth. Mom reached over, patted my knee, and with tears in her eyes said "Oh Honey, you don't believe it now, but someday you'll miss this, I promise you will." When we left Mom walked us to the door. On the way there one of the residents asked her "Where ya goin'?" and Mom replied, "I'm goin' home!", then she added under her breath "I wish I was goin' home, but I'm stayin' here." At the door she kissed us goodbye, once again with tears in her eyes. I'm sure that before we made it to the parking lot she had forgotten we were ever there. I hope the happy, silly, joyful moments we shared took up a little space in her heart and will bring a smile to her face, even if she doesn't remember why. Much like life, Alzheimer's is all about the moments, and making them count.

A Note from Sally

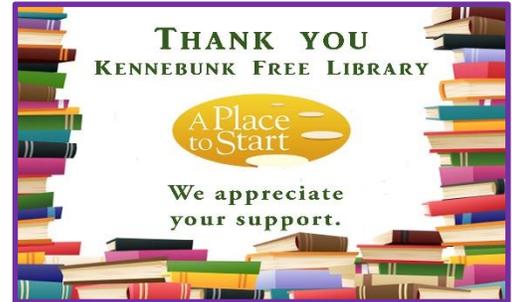
With the New Year ahead, I would like to take a moment to reflect on our past year. A Place to Start's (APTS) mission has been to offer Hope, Help, and Guidance for Alzheimer's and Dementia Families. APTS has continued to help this underserved population in many ways. One of the best quotes from a family is "thank you for helping us; we don't know what we don't know." That is Alzheimer's in a nut shell. It is ever-changing and different for every family. It is about being proactive and connecting families with the right resources, having a plan, and enjoying time with your loved one instead of always being in crisis.

At the end of 2015, and heading into our fourth year, I want to thank everyone associated with our daily work: volunteers, community partners, financial and in-kind donors, staff, and our Board Members. APTS does incredible work for families, but could not do this without all of you, so thank you! I will leave you with a quote from a client who is starting the journey with his mother.

"It's nice to talk to someone who understands, who knows the ropes and doesn't judge. I've made many mistakes already and I have a long road ahead. It's comforting to know support is available."
BR

I hope you enjoyed the happiest of holidays, peace and health to you in 2016!

Sally



Thank You

APTS would like to thank the *employees* of the *Kennebunk Free Library* for their donation of *\$275*. Also, many thanks to *Biddeford Savings Bank* for their donation of *\$500* on behalf of *Mary Ann Tartre* in conjunction with their "*Path to Kindness*" initiative.

Helping the Caregiver

- Send a card of encouragement
- Bake cookies or deliver a meal
- Plow/shovel/snow blow their drive and sidewalks
- Pick up groceries
- Haul in firewood
- Call ahead to stop by for a short visit
- Take both the caregiver and the person with Alzheimer's for a ride
- Be a good listener
- Acknowledge their events.

3 Must Visit Websites for Understanding Dementia Care

- [Dementia Care Academy](http://www.dementiacareacademy.com)
(www.dementiacareacademy.com)
- [Pines of Sarasota Education & Training Institute](http://www.pinesofsarasota.org/education-institute)
(www.pinesofsarasota.org/education-institute)
- [Caring.com - Steps & Stages](http://www.caring.com/steps-stages)
(www.caring.com/steps-stages/alzheimers)

"Let like what you do makes a difference. It does."

William James

A Place to Gather

A Place to Start is excited to announce the opening of A Place to Gather! We are moving our offices and expanding our space to include a gathering place for those affected by dementia, their caregivers, and families. The new space will enable us to host healing activities such as support groups, music therapy, and other specialty programming for our clients and caregivers. Our potential in the new space is great, and we look forward to creating a space that is warm, inviting, and safe. Our enhanced visibility in downtown Kennebunk will help in our continued outreach to the community with a goal of creating a more accepting environment for dementia patients and families. A Place to Gather is located at 41 Main Street in Kennebunk, next to Perfecto's Cafe. Look for our doors to open mid-March!

Big Night Out 2015

What an amazing turnout at this year's **Big Night Out! Duffy's Tavern** provided the venue while **The Sock Puppets** provided the soundtrack for what was **A Place to Start's** largest fundraiser to date! It was a fun evening of **friends, music and raffles** - highlighted by the drawing of **13 lucky winners**. Our **13 outstanding raffle packages** consisted of **72 different donations** from area businesses. Whether it was **restaurant gift cards, ski lift tickets, beautiful jewelry, or theatre tickets**, there was something for everyone. We are so appreciative of our community support, **thank you** to the **over 180 attendees** and **those that donated to our raffles**. Together we **raised just over \$9,300** and we look forward to doing it again next year! **Big Night Out 2016 planning** is already in the works. **Stay tuned...**

Tips for Caregivers

Keeping busy stimulates the brain of people with dementia. It also is a boost to the person's sense of usefulness.

Activities to keep them (and their brains!) engaged:

- ✓ Household Chores
 - Match socks
 - Cut coupons (even if not used)
 - Peel vegetables
- ✓ Recreational Activities
 - Play catch with a bean bag
 - Identify people in old photos
 - Dance to old dance music
- ✓ Outdoor Activities
 - Sweep porch
 - Pick-up twigs
 - Rake leaves

Meet The 'MIND' Diet

(It Slashes Alzheimer's Risk By 35%)

The Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) Diet is proof that noshing your way to brain benefits doesn't have to involve following a strict regimen.



At least three servings of whole grains a day



A salad and one other vegetable a day



A glass of wine a day



A serving of nuts a day



Beans every other day



Poultry and berries at least twice a week



Fish at least once a week



Limit unhealthy-brain foods, especially butter (less than one tablespoon a day), cheese, and fast or fried food

Source: Rush University Medical Center Alzheimer's & Dementia: The Journal of the Alzheimer's Association



Thank You!

A special **thank you** to our **sponsors** of the **Big Night Out 2015**. Thank you to **Bancroft & Company** for its 3rd sponsorship of the **Big Night Out**, and to **Kasprzak Insurance** for its second year. We also thank **Coastal Rehab** for its first sponsorship this year as well. Finally, rounding out our great supporters this year were **Planet Dog** and **Hanson Enterprises**. **Thank you to all!**



To donate visit our website: www.aplacetostartfordementia.org
info@aplacetostartfordementia.org