



Hope, Help & Guidance for Alzheimer's Families

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Start Here, Start Now...

A Place to Start was founded in 2011 by the family of Connie Roux. Connie was diagnosed with Alzheimer's disease in 2007 and passed away in 2011. In her memory, her children created APTS to provide support and guidance for the families of those confronting the ravages of Alzheimer's.

If you or someone you love is facing a diagnosis of Alzheimer's or dementia call us today. All services are free of charge. We operate solely on the kindness and generosity of others. It is never too early to start planning for the future and with Alzheimer's there are many things to consider and many plans to make. We can help – we've been there.

"One of the hardest things about getting help for my parents was asking for it. When you don't know what kind of help is available or even what kind of help you need, it's hard to ask. After my first meeting with Sally I was sorry I hadn't reached out to her sooner. Her kindness and compassion combined with her knowledge of the resources available for my parents were just what we needed. When our family was in crisis and in need of immediate placement for my Mom, my first call was to Sally. She checked with local facilities for availability, made an appointment and accompanied us on our facility visit, and helped us get my Mom settled. Over the past year and a half A Place to Start has been an incredibly valuable asset to my family in navigating my Mom's disease. I can't imagine where we would be without the support and guidance they have provided."

*Edie Rossborough
APTS Client and Board Member*

A Note from Sally

Dear Friends of A Place to Start,

Welcome to our first quarterly newsletter. The purpose of this newsletter is to share useful information, offer words of encouragement, and build a sense of community. We are all in this together. Few families remain untouched by the cruelties of Alzheimer's.

I encourage you to share this newsletter with family and friends who are confronting the challenges and demands of 24 hour caregiving, and I ask that you please help us in our quest to help them

Warm Regards,

Sally
Executive Director

A Place to Start in our Community

In March APTS was pleased to participate in two local events. At *Dementia: Mapping the Journey*, sponsored by Caring Companion Home Care and held at the Kennebunk Unitarian Church, Sally shared her family's journey with her Mom and Alzheimer's. APTS also took part in a forum on dementia and Alzheimer's focused largely on caregivers hosted by The Graves Library in Kennebunkport.

A Place to Start

Sally Tartre - Executive Director

Diana Dubea - Volunteer Coordinator

Board of Directors

Jennifer Bordas

John Dolan

Jackie Muse

Amy Pow

Edie Rossborough

Maureen Wedge



Carnival Time!

On March 29th A Place to Start hosted our first ever Carnival at the Mabel Wilson School in Cumberland. It was a full Carnival experience with games, prizes, face painting and tattoos, a fortune teller, food, and a photo table. We started the day hosting residents from three local memory care facilities. The residents were accompanied through the Carnival by our volunteers and judging from the many smiles we saw a good time was had by all. Turnout for the event exceeded our expectations and we raised over \$8,000. We are especially grateful to the over 50 volunteers who donated more than 450 hours of time to make the event such a success. Next year we plan to host the Carnival in Cumberland and also in the Kennebunk area. Stay tuned for further details!!



"A bit of fragrance always clings to the hand that gives roses"

Chinese proverb

FAST FACTS (FROM THE ALZHEIMER'S ASSOCIATION)

68%

The increase in deaths due to Alzheimer's disease from 2000 to 2010

5.2 Million

Number of Americans age 65 and over who have Alzheimer's disease

Every 67 seconds

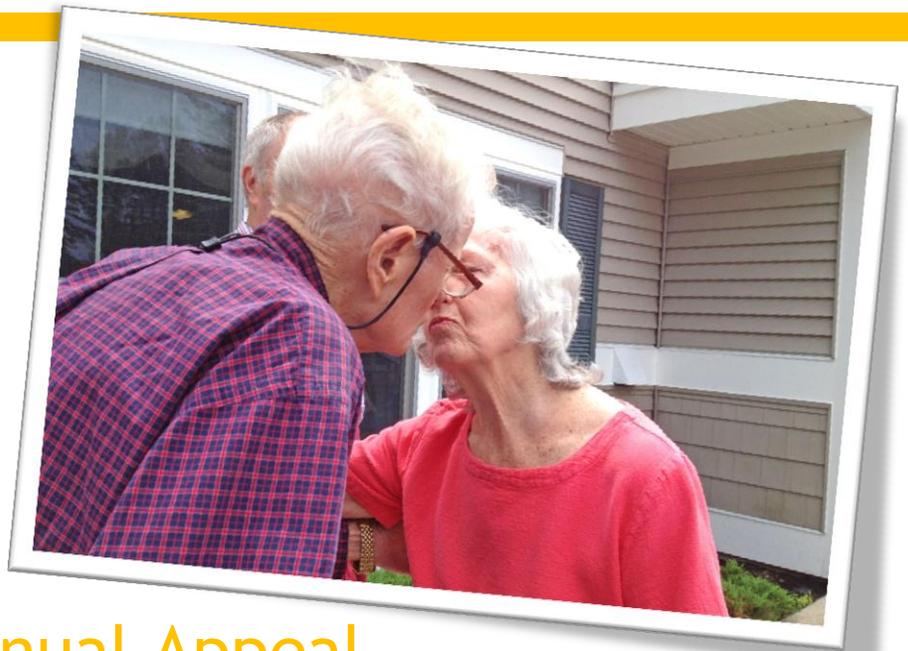
Someone in the US develops Alzheimer's disease

17.7 billion hours

Amount of unpaid care provided by friends and family of those with Alzheimer's and other dementias in 2013

\$214 billion

Estimated cost to American society in 2014 of caring for those with Alzheimer's



Annual Appeal

At the end of 2013 we held our first ever annual appeal. For 2014 and going forward we have decided to move our annual appeal to coincide with June 21st, the longest day of the year. For the millions of friends and family members who care for those with Alzheimer's or other dementias every day is the longest day. It is our hope that by moving our annual appeal to this time of year we will raise more than money, we will also raise awareness about the never ending demands placed on the caregivers of the millions of people living with Alzheimer's.

"If you think you are too small to make a difference try sleeping with a mosquito."

His Holiness 14th Dalai Lama

To donate to our annual appeal visit our website: www.aplacetostartfordementia.org

Did you know...

These famous people have or had Alzheimer's disease or dementia :

- Glen Campbell
- Pat Summit
- Norman Rockwell
- Margaret Thatcher
- Perry Como
- Gordie Howe
- Sugar Ray Robinson
- Rosa Parks
- Estelle Getty
- E.B. White

Caring for the Caregiver

Following are a few ways friends and family members can help care for the caregiver. You might be surprised what a difference you can make by just taking the time to:

- Go food shopping
- Pick up/drop off prescriptions
- Fill bird feeder
- Stay in touch
- Continue to invite
- Walk the dog
- Provide respite care
- Cook a meal

Caregiver's Corner

- **Routines are good.** Scheduling things can make the day more predictable and less confusing.
- **Be patient.** It may take longer to do things than it used to.
- **Allow your loved one to do as much as they can.** There may be tasks that they can still do with little or no assistance – let them.
- **Keep things simple.** Too many options can be overwhelming and confusing.
- **Keep distractions to a minimum.** A calm environment will better allow your loved one to focus.
- **Take care of yourself.** You can't care for anyone else if you don't care for yourself.