

A Place to Start

Hope, Help & Guidance for Alzheimer's Families

A 501(c)3 Organization

11 YORK STREET, KENNEBUNK, MAINE 04043



Music Therapy

Patricia Mulholland, MA, MT-BC, NMT, is a board certified music therapist in private practice in the Kennebunks. Founder of "Be Your Note" Music Therapy Services, she works in both wellness and clinical settings and has a particular interest and expertise in working with the aging population, including patients with Alzheimer's disease and other forms of dementia. Currently she offers group music therapy in a number of memory care centers and is available for private work as well, either in her studio or at the patient's residence.

Patricia describes music therapy as the "meeting of science and art." "As a music therapist, my role is to make a connection and build a therapeutic relationship with my clients via music. It is an active endeavor, which means finding ways to engage individuals to experience ability and success midst a life that may be more defined by disability and disorientation." This may take the form of singing familiar songs, improving, playing rhythm instruments, creating a musical life review and even writing songs together.

In her work with Alzheimer's/dementia patients, Patricia remarked, "I witness the amazing power of music to connect the patient to himself and to relieve the isolation and confusion of a disordered world. I witness music bring physical and emotional comfort, decrease agitation and increase relaxation, promote socialization, facilitate cognitive activity, and provide sensory stimulation."

Thank You, Carnival Sponsors

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We appreciate your support

A Note from Sally

I wanted to thank everyone who came out to support our two fundraising carnivals. They were very well attended and fun was had by all! I also want to thank all of our sponsors, especially Kennebunk Savings Bank who was our major sponsor.

Each summer Holy Cross Lutheran Church holds The Blueberry Festival and donates the proceeds to a non-profit who they feel is deserving. A Place to Start is delighted to have been chosen as the recipient of all the proceeds raised from this year's Blueberry Festival. The Festival is being held on August 8th from 9 am to 1 pm at the church. Come out and support a great cause!

Lastly, I just want to emphasize that A Place to Start is a grass roots, in the trenches, hands on approach to dealing with Alzheimer's. We rely strictly on donations and fundraising events to do this work. Please contact us if you would like information on sponsoring an upcoming event. We are so thankful for the continued support from all of our donors and sponsors!

Happy spring,
Sally

"A memory is a photograph taken by the heart to make a special moment last forever."

-Ritu Ghatourey

207.502.7238



Carnival 2015

In March A Place to Start hosted two fundraising Carnivals. On Sunday, March 8th, we were in Cumberland for our second annual Carnival, and on Saturday, March 28th, we hosted our inaugural Kennebunk Carnival. We started both Carnivals by hosting residents from local memory care facilities. There were smiles and laughter as our volunteers accompanied the residents from game to game and spent time visiting with them. At noon both Carnivals opened to the public. We were thrilled to see so many families turn out to enjoy the Carnival and support APTS. While our Carnivals started out as a fun, family-friendly way to raise money for APTS, they have turned into a wonderful opportunity for us to give back to the community we serve and spend time with the people who are living with Alzheimer's and dementia. They still have so much to teach us.



Caring for the Caregiver

If a friend or family member is caring for someone with Alzheimer's or dementia, it's important to offer all the help and support you can.

- **Don't wait to be asked to help.** Many caregivers find it difficult to ask others for help, so make the offer. Instead of asking, "What can I do to help?" make suggestions like, "I'm free tomorrow afternoon, can I sit with the patient while you take a break?" or "What can I get you from the grocery store today?" Helping out with even the most simple or mundane chores can free the caregiver up to spend more quality time with the patient or take a break to recharge his or her batteries.
- **Be a friend.** Caregivers are prone to withdrawing from family and friends but they still need regular contact with the outside world. Phone calls, texts, or emails are fine, but nothing beats a personal visit to lift a caregiver's mood. Again, don't wait to be asked; be the one to reach out.
- **Be a good listener.** Venting frustrations about caregiving can be a great stress reliever. Listen to the caregiver's fears and concerns without judging.
- **Show your gratitude.** If the caregiver is a sibling looking after your parent, for example, it's important to express your gratitude. The person with mid- or late-stage Alzheimer's or dementia may not be able to show appreciation to the caretaker so it's important other family members recognize the caregiver's hard work and sacrifice and regularly show their appreciation.
- **Recognize the signs of caregiver stress** and encourage the caregiver to focus more on his or her own health and well-being.

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Annual Appeal

Once again A Place to Start will be conducting our annual appeal around June 21st to coincide with the longest day. Our hope is to not only raise funds which allow us to continue providing resources and support to families living with Alzheimer's, but also to raise awareness about the caregivers for whom every day is the longest day. APTS is able to accomplish all we do because of the generosity of folks like you. We are grateful for all donations.



Community Champions

Recently A Place to Start launched the Community Champions program. This innovative program matches individuals living with Alzheimer's with various local organizations where they can volunteer their time. The program benefits both the organization, who enjoys the assistance of a dedicated and knowledgeable volunteer, and the individual, who enjoys the value of continuing to be active in their community. Many thanks to our first Community Champion, Graves Memorial Library, for working with us to make this program possible. Read more about Community Champions in the April 30th issue of The Village. For more information on the Community Champions program please contact Sally or Diana at APTS.

Did You Know?

- ✓ The National Institute of Health funding for HIV/AIDS is **23 times** the level of that for **Alzheimer's** disease research. Yet there are **5 times** as many Americans with **Alzheimer's** than with HIV.
- ✓ Cancer research funding is **12 times** the level spent for **Alzheimer's** disease research. Yet more people die each year from **Alzheimer's** than from the 2 most commonly diagnosed types of cancer (breast and prostate) combined.
- ✓ While the federal government spends **\$4 billion** per year on cardiovascular disease, the number of patients age 65 and older who were hospitalized with heart attacks **dropped nearly 40%** from 1999 to 2011. By contrast, we still spend **less than 1%** of the cost of **Alzheimer's** care on research each year. Yet, deaths from **Alzheimer's** disease **increased by 68%** between 2000 and 2010.



May Day

A Place to Start had a table at Kennebunk's annual May Day Festival on May 2nd. We decided to pay it forward with donations from this event. All contributions from our "paint a craft" table went to benefit a family in Nepal that Sally has ties to who lost everything in the recent earthquake.



"The best memories are the ones you try to explain but in the end...you just say 'you had to be there'."

-Unknown