



Hope, Help & Guidance for Alzheimer's Families

P.O. BOX 237 WEST KENNEBUNK, MAINE 04094

207.502.7238

Second Annual Big Night Out a Big Success

A Place to Start held its second annual Big Night Out fundraiser at Duffy's in Kennebunk on Saturday, November 8th. The Sock Puppets provided music for the event and at the end of the evening were kind enough to donate back to APTS the money that had been raised for them by passing a jar. The event was attended by over 150 people and raised twice as much money as last year's Big Night Out. APTS would like to thank Duffy's for donating the venue and food, and the Sock Puppets for the music and donation. In addition, big thanks go out to our two major sponsors, Kasprzak Insurance Associates/Kasprzak Homes and Bancroft & Company, as well as the many local businesses who donated wonderful items for raffle packages and door prizes. These businesses are listed on the back of this newsletter. We hope you will take a moment to read over their names and keep them in mind for your shopping needs. To those of you who attended this year's event we thank you for your support and hope you enjoyed the evening as much as we did. If you couldn't join us this year stay tuned, Big Night Out will be back in 2015!



*"Always be kinder than you feel."
– Unknown*



A Note from Sally

Dear Friends,

I want to thank everyone who came or donated to our VERY successful Big Night Out Event. I am happy to say that we raised over \$8000, but I am also happy to say it brought priceless awareness to our community about Alzheimer's and what A Place to Start can offer families.

Our goal around our fundraisers is to always incorporate memories. I hope those who attended had a great night out! And congratulations to the folks who won the amazing raffles! It was nice to see everyone laughing, smiling, and enjoying themselves.

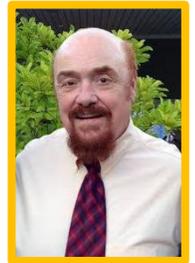
I had one brief moment that night when I thought to myself that our mom would have loved this event. She would have been laughing and probably dancing to the music. She may not have been there in person, but I certainly felt her presence.

With all of the holidays coming up, please know that A Place to Start is very thankful for your continuing generosity. And most importantly, enjoy all the memories you will be making with your family!

Warm Regards,
Sally

Mike's Story

Many people think of Alzheimer's disease as a condition that only affects the elderly. In fact, of the 5 million people currently living with Alzheimer's, about 5% of them suffer from early onset Alzheimer's, so-called because it strikes before the age of



65. Mike Smith, who is 61, is one of those people. For the past thirty years Mike was a civil rights and criminal defense attorney. In addition, for the last fifteen years he was a professor at St. Anselm College in Manchester, NH and served as the Director of Research at the New Hampshire Institute of Politics.

In the summer of 2010 Mike knew something was wrong. He paid a visit to his primary care doctor who ordered several tests which all came back negative. By 2012 he noticed that word retrieval was becoming more difficult. He received a diagnosis of early onset Alzheimer's in April of 2013.

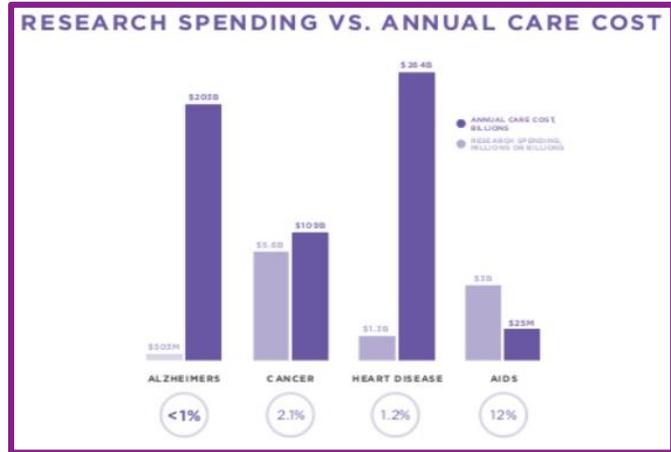
Following his diagnosis Mike retired as an attorney. He taught his last class at St. Anselm in December of 2013. Mike loved the college and still misses teaching, his students, and his colleagues.

Mike's focus now is on staying healthy, exercising, keeping stress low, and maintaining a healthy attitude. He finds strength in the support of his wife and daughter, and also in the memory cafes and support group he attends. Mike's message to everyone reading this? "Don't stop believing."

*"Sometimes you will never know the true value of a moment, until it becomes a memory"
– Dr. Seuss*



Graphics Courtesy of Alzheimers.net



Breakthrough in Alzheimer’s Research

In what is being described as “a giant step forward for the field”, researchers at Mass General have created “Alzheimer’s in a Dish” – human brain cells that will develop the signs of Alzheimer’s disease, all in a petri dish. Lead researcher Dr. Rudolph Tanzi said this breakthrough will allow for the testing of “hundreds of thousands of drugs in a matter of months”, as opposed to the old method of testing drugs in mice which took a year for each drug. To read more about this remarkable development in Alzheimer’s research check out the **New York Times** article online at <http://nyti.ms/1xHnh9m>.

A Place to Start Would Like to Thank...

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|--|------------------------|----------------------|
| Duffy's | Sock Puppets | Sea Salt Lobster |
| Kennebunkport Resort Collection | The Sugar Shack | The Clam Shack |
| Berry'd Treasure | Hugs Restaurant | DiMillo's Restaurant |
| Calluna | Kennebunk Toy Company | H.B. Provisions |
| Twigs | Hyatt Place | Portland Symphony |
| Mail It Unlimited | Perfectos | Dunkin Donuts |
| Faulkner Teguis Orthodontics | Hanson Enterprises | Cape Neddick Inn |
| Kennebunk Inn | Village Tavern | Restless Threads |
| Portland Ovations | Portland Museum of Art | Sea Chambers Motel |
| Amoré | Village by the Sea | Joshua's Restaurant |
| Carpe Diem Coffee | Jarva Cakes | Aim to Be Well |
| New Morning | YMCA | Ogunquit Playhouse |
| Sea Star Market | Smitty's Cinema | Sun Media Group |
| Zapoteca Restaurant | Hannaford | The Front Porch |
| Clay Hill Farm | Scentsy | Dr. Bruhl |
| Healing Ways | Fleurant | Back Bay Grill |
| Kasprzak Insurance Associates/Kasprzak Homes | | Bancroft & Company |

To donate visit our website: www.aplacetostartfordementia.org

License Plates

The Alzheimer’s Association is creating a specialty license plate for the state of Maine. In order to petition the legislature to approve this specialty plate the Alzheimer’s



Association must submit 2,000 registrants for their car or truck. The cost of the

plate is \$29, with \$10/plate going to the Alzheimer’s Association once the initial 2,000 plates have been issued. Visit www.alz.org/maine today for more information.

Celtics Raffle

Don’t miss this incredible opportunity with the 2014 – 2015 Boston Celtics Basketball team. Raffle includes an opportunity for a 10-18 year old to be a Ball Girl/Ball Boy at the Boston Celtics home game on April 12th vs Cleveland. This package is good for three (3) guests, including the Ball Girl/Ball Boy (who will assist Celtics players during warm-ups), a player autographed ball, a Celtics t-shirt and hat, and a photo at center court. Tickets are \$5 for 1 or \$20 for 5. To purchase tickets visit: www.aplacetostartfordementia.org. Winner will be drawn December 15th.



Carnival Time...

A Place to Start will be holding its second annual Carnival this winter. The date and other information will be posted on our website, keep your eyes open!

“We do not remember days, we remember moments.”
– Cesare Pavese

Did You Know?

If you would like to receive our newsletters via email instead of regular mail please let us know at info@aplacetostartfordementia.org.