

alzheimer's  association®

Rhode Island Chapter

NEWS MAGAZINE
WINTER ISSUE 2020



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alz.org/ri



FROM THE DESK OF...

Donna M. McGowan, Executive Director

"Start by doing what is necessary; then do what is possible; and suddenly you are doing the impossible."

- Saint Francis of Assisi

A new year and decade is upon us, inspiring a renewed sense of excitement and enthusiasm in our mission to provide support services and education about Alzheimer's, and to raise funding for research that one day cures this devastating disease. But we can't do it alone. I can't stress enough that our Chapter has a continued need for volunteers.

There are so many ways to get involved: as a community educator, as a support group leader, as a committee member to help plan our Walks, The Longest Day, and other events; as a passionate voice to join in our advocacy and diversity efforts, or as an aide with administrative tasks. As a volunteer, it is you who can change the course of Alzheimer's disease. Through your dedication, you can encourage other volunteers, and engage and motivate them to grow and become a source of inspiration to help us live in a world without Alzheimer's.

On the topic of fundraising, I want to thank CVS Health for its wonderful collaboration with our Chapter and the entire Chapter network. The customer donation program that ran in November at 8,800 CVS Pharmacy stores nationwide raised a significant amount of money, resulting in a revenue allocation to all of our Chapters for Alzheimer's programs and resources. Both CVS Health and the Alzheimer's Association were overwhelmed by the support of CVS Pharmacy customers and our Chapter network, and are grateful for these funds.

The collaboration doesn't end there. CVS Health will be joining Edward Jones as the second National Presenting Sponsor of the Walk to End Alzheimer's, and will be participating in the Walk National Team Program with a workforce of 250,000 employees.

Speaking of the Walk to End Alzheimer's, the websites are now open for registration. Once again, there will be four Walks: Westerly on Sept. 12, Newport on Sept. 13, Block Island on Sept. 26, and Providence on Oct. 4. It's not too early to think about assembling a team of colleagues, friends and loved ones (or pledging to walk by yourself) in one of these beautiful locations.

We have other events to look forward to in 2020. On March 3, beginning at 2:00 p.m., is the Alzheimer's Association Advocacy Day at the Rhode Island State House. We encourage people to join us as volunteer advocates, as this is an opportunity to provide valuable input to elected officials and policymakers on Alzheimer's-related issues and needs.

On April 23, we will host our 10th annual Caregiver's Journey Conference at the Crowne Plaza Hotel in Warwick. This event provides seminars on topics related to caring for someone with Alzheimer's, and showcases the many resources that are available for the person living with the disease and their caregiver.

We will also be busy gearing up for our Reason to Hope luncheon on May 6, and the numerous fundraising activities planned around The Longest Day in June. I look forward to meeting you in the coming months at one of our many events.

Sincerely,

Donna M. McGowan
Executive Director

OUR TEAM

24/7 Helpline

Call us day or night

1.800.272.3900

TTY: 1.866.403.3073

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1 IN 3

seniors dies
with Alzheimer's
or another
dementia

It kills more than
breast cancer and
prostate cancer

COMBINED

Join the Mission to Advocate for Alzheimer's Legislation

Rhode Island Advocacy Day is March 3, 2020



Lt. Governor Dan McKee greets state Senator Cynthia Coyne at the start of last year's Advocacy Day at the State House.

In addition to fundraising for research in the hope of finding a cure, the Alzheimer's Association is dedicated to improving the lives of those currently living with Alzheimer's disease and their caregivers. Some of these improvements are achieved through legislative actions. To that end, the Alzheimer's Association will host an Advocacy Day at the Rhode Island State House on Tuesday, March 3. This is an annual event designed for people whose lives are affected by Alzheimer's to discuss the disease and its impact with lawmakers, as well as to learn about the roll out of state legislative priorities for 2020.

Most importantly, the Alzheimer's Association is looking for advocates

who are willing to join the Chapter in this important event. Advocacy Day will provide opportunities for advocates to meet face-to-face with their state elected officials. Advocates are encouraged to share their personal stories of how Alzheimer's has impacted their lives with state policymakers, and will have a chance to rally behind several pieces of legislation related to Alzheimer's disease, including a bill to expand access to in-home services to those diagnosed with younger-onset Alzheimer's who are under 65 years-old.

Advocacy Day begins at 2:00 p.m., with a speaking program and press event to begin at 2:15 p.m. Meetings with legislators are scheduled between 3:00 and 4:00 p.m., culminating with the Rhode Island Chapter being recognized on the House and Senate floors. Special speakers for the press event include Governor Gina Raimondo, Lt. Governor Dan McKee, Executive Director Donna M. McGowan of the Alzheimer's Association R.I. Chapter, a caregiver personally affected by younger-onset Alzheimer's, and several legislative champions and policymakers. *(Continued on next page)*

Interested in attending our
Advocacy Day and
having your voice heard?
Register online at alz.org/ri
under **Advocacy** or
contact Eric Creamer
at ercreamer@alz.org
to sign up.

Eric Creamer, Director of Public Policy for the Alzheimer's Association Rhode Island Chapter, noted that 2019 "was a monumental year for the work being done by the General Assembly in Rhode Island to address Alzheimer's disease in our state. One of the most comprehensive bills in over a decade was unanimously passed, as well as several other impactful pieces of legislation."

Creamer continued, "The need for action and the issues being faced by everyday people is very real, so 2020 could be another year where great strides are made in supporting them. Legislators are seriously looking at further ways to address the many issues people face day-to-day, and their work is certainly a model that other state legislatures should follow in facing this health crisis."

Creamer further noted that, in addition to the human toll of the disease, care for Alzheimer's disease, the country's most expensive condition, will cost the nation \$290 billion. By 2050, these costs could rise as high as \$1.1 trillion. He added that these staggering numbers do not include unpaid care by friends and family valued at \$232 billion a year, or the more than \$11.4 billion in increased healthcare costs for caregivers' own health issues. "State governments are increasingly on the front lines in addressing the Alzheimer's crisis, the care and support needs of families facing the disease, and its impact on local economies," he stated.

Later that month, on March 22-24, the conversation continues on a national level, as McGowan, Creamer, and a group of advocates from the Ocean State attend the Alzheimer's Impact Movement (AIM) Advocacy Forum in Washington, D.C. There, they will join more than 1,000 advocates from across the country for an inspiring, three-day event filled with networking, training and education as they work to advance policies to improve the lives of all individuals affected by Alzheimer's and other dementias.

alzheimer's  association®

YOUR VOICE MATTERS

Stand up, speak out, and share your story.

ALZHEIMER'S ADVOCACY DAY

AT THE RHODE ISLAND STATE CAPITOL

TUESDAY, MARCH 3, 2020 | REGISTER TODAY

2:00 p.m. - 4:00 p.m.

**HELP MAKE THE FIGHT AGAINST ALZHEIMER'S
DISEASE A PRIORITY IN RHODE ISLAND!**

Join us as we turn the Capitol purple and advocate for increased care and support as we discuss the public health crisis Alzheimer's disease and dementia present. Free and open to the public.

RSVP online at communityresourcefinder.org



Questions? Contact Eric Creamer at
ercreamer@alz.org or 401.421.0008

ACTION IN ADVOCACY

Eric Creamer, Public Policy Director



Town Hall Conversations Help Shape Alzheimer's Legislation



Eric Creamer leads a discussion at a Town Hall meeting in East Providence.

In 2019 from August through December, the Alzheimer's Association held 16 Town Hall discussions throughout the state to find out the needs of the community around issues pertaining to cognitive health, dementia and Alzheimer's disease. Led by Eric Creamer, Director of Public Policy for the Alzheimer's Association Rhode Island Chapter, the meetings were created to gather input and help drive what policy, regulatory and community service expansion decisions could be made in 2020. Participants included people living with dementia, family and professional caregivers, health

and long-term care workers, curious citizens, students, state and local legislators, community leaders and first responders.

"Hundreds of individuals from all walks of life attended and shared stories and concerns, and many asked questions about the capabilities of our municipal and state governments to assist. Based on the commonalities from each Town Hall, work on new legislation to meet those needs was assessed and community-based services and programs were planned both statewide and in local communities," said Creamer. "The Alzheimer's Association's state legislative priorities and current legislation was discussed at each Town Hall, and attendees talked about what could be done to fill gaps so that legislators had a solid plan going into 2020."

Creamer explained that this strategy was instrumental in bringing policy planning down to the local level. It allowed legislators and community
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leaders to hear directly from many different types of constituents about what the biggest needs are for their districts, how they can work with partners and other organizations to meet those needs and help prepare a realistic legislative agenda in 2020.

“These meetings did not just involve state policy makers but also mayors, city and town councilors, members of law enforcement agencies, health care professionals, and representatives of senior centers and senior service agencies, which helped these stakeholders to get a clearer view of how they all play an important role in supporting those with dementia and Alzheimer's and how collaboration can work to address issues,” stated Creamer.

“These community Town Halls were also tremendously helpful to the Alzheimer's Association Rhode Island Chapter in learning directly what the needs of our constituents and those we support and serve are so we can help drive those key conversations with community leaders and legislators. These conversations involve a diverse population, and it is imperative



East Providence Mayor Roberto DaSilva offers some insights on Alzheimer's care at a recent Town Hall meeting in East Providence.

that we cultivate more engagement from a wide variety of Rhode Islanders,” added Creamer.

Creamer noted that the results from these Town Hall meetings helped members of the state's General Assembly craft legislation to directly address the needs that were heard loud and clear, and which will be introduced at the Alzheimer's Association State Advocacy Day on March 3 at the State House. Among the legislation being championed in 2020 includes expanding access to services to those with younger-onset Alzheimer's disease under the age of 65, creating an Alzheimer's disease and other dementias coordinator position at the Rhode Island Department of Health, and other bills pertaining to Alzheimer's disease and dementia care.

FROM THE DESK OF...

Annie Murphy, MA, Program Manager



A Call for Volunteers

The old adage “Many hands make light work” can be applied to numerous situations, but the truth of the matter is that for the Alzheimer’s Association to be successful in its mission, we need the helping hands of many volunteers.

Here at the Rhode Island Chapter as well as Chapters across the U.S., the staff relies on volunteers to expand our scope and outreach into the communities. Alzheimer’s disease knows no geographical boundaries, so we try to provide educational programs and support services throughout the Ocean State. We’re also trying to reach more people in the Hispanic community by offering bilingual programs. As such, we are continually looking for volunteers to assist us in these areas.

We welcome volunteers of all ages: college students, teachers, healthcare professionals, retirees, or anyone who feels that they want to make a difference in the lives of those living with Alzheimer’s disease and their caregivers. From planning an event to hosting a support group to providing office support, there are many ways to get involved. For more information, visit <https://www.alz.org/ri/volunteer>.

Consider TrialMatch

As this new decade begins, there has been some exciting news about clinical trials in the study of Alzheimer’s disease. I can’t stress enough the importance of clinical research in providing valuable insight into potential treatments and methods of prevention, and

possibly, one day, finding a cure. That’s why I want to highlight the Alzheimer’s Association’s TrialMatch® service.

Trialmatch is a free, easy-to-use clinical studies matching service that generates customized lists of studies based on user-provided information. You can easily see what studies you may qualify for. Our database contains more than 250 studies, including both pharmacological (drug) and non-pharmacological (non-drug) studies being conducted at sites across the country and online.

Individuals with dementia, caregivers and healthy volunteers are all urgently needed to participate in clinical trials focused on Alzheimer’s and other dementias. For more information on TrialMatch, visit [alz.org/alzheimers-dementia/research_progress/clinical-trials](https://www.alz.org/alzheimers-dementia/research_progress/clinical-trials).

Our Helpline is Always Available

I also want to remind folks about the Alzheimer’s Association’s Helpline. This service operates 24 hours a day, seven days a week, in 140 languages. Our staff is highly trained and knowledgeable about all aspects of Alzheimer’s disease and related disorders. Call us if you have questions about the disease or memory loss, medications and treatment options, brain health, caregiving tips, respite care options, services available in your community, and referrals. Or, you can just call for emotional support - as often as you need.

Remember, we are here for you -- all day, every day. **1-800-272-3900**.



Dementia's Impact on the Five Senses

The five senses of the body's nervous system (sight, smell, taste, sound and touch) are how we receive and process information about our surrounding environment. Dementia-related illnesses change these senses over time, and these changes can impact quality of life. Here are ways the five senses are affected by dementia and how to help someone deal with those changes.

SOUND

Dementia-related illnesses can cause difficulties with processing sounds, and/or lead to hypersensitivity to noise. Diminished hearing can lead to increased disorientation, anxiety, fear, and overstimulation. These changes are not related to whether or not a person has hearing loss, but rather the impacts of dementia-related illness itself.

TIPS

- Be aware of tone, pitch, and volume when addressing someone with dementia.
- Minimize background noise.
- Offer sounds or music that may speak to the person's preferences (i.e., classical music, ocean sounds).

TASTE

Due to changes in taste bud sensitivity, someone living with a dementia-related illness may not be able to experience flavors as they once did. These changes can impact eating habits, food preferences and nutritional health. For instance, an individual may experience weight loss or gain as a result of not being able to taste or recognize when they are no longer hungry.

TIPS

- Cook with a variety of herbs and spices.
- Review medications that may have side effects which impact taste.
- Offer food with texture, as chewing can produce even more flavor.
- Be mindful of changes in eating habits and seek assistance as needed, such as working with a nutritionist to identify food options.

SMELL

Sense of smell is often impacted in the early stages of a dementia-related illness. For some, smells can be intense and overpowering, while others may have a significantly diminished or total loss of smell. These changes can impact a person's safety in the event that they are not able to smell smoke **(Continued on next page)**

for example. This change can often go unnoticed, making it difficult to plan accordingly for care

TIPS

- Regularly check smoke and carbon monoxide detector batteries.
- Ensure rooms are well ventilated.
- Consider pleasant scents that may offer an opportunity to reminisce with the person.

SIGHT

Images travel from the eyes to the brain where they are then interpreted alongside information provided by thoughts and memories. Dementia can impact the brain's ability to interpret images, potentially resulting in confusion, disorientation and the inability to recognize familiar people, places and things. It is important to understand that this change is caused by dementia itself and not poor eyesight. Changes with sight as a result of dementia can include:

- motion blindness (the inability to sense movement)
- depth perceptions (3-D objects begin to appear flat)
- color perception (inability to perceive color diminishes)
- contrast sensitivity (difficulty in seeing contrast between colors)

TIPS

- Be aware of floor and wall colors, print and contrasting colors.
- Consider using pictures or a small decoration, such as a wreath, on the doors of important rooms, like the bathroom or bedroom.
- Keep clutter under control and try to create clear paths for the person to move.

TOUCH

Dementia can impact fine motor skills, interfering with a person's ability to button/unbutton clothes or use eating utensils. Someone with a dementia-related illness may also be unable to recognize being hot or cold. They may experience a decreased ability to identify and verbalize pain and/or experience increased sensitivity to pain.

TIPS

- Offer things for a person to hold or touch that may be engaging for them based on their preference. For example, a person may enjoy using molding clay or dough.
- Be aware of temperature.
- Consider offering therapeutic touch to soothe the person.

(Reprinted from Alzheimer's Today, Vol. 14, No. 4)



Caregiver's Journey Conference

Thursday, April 23, 2020

Crowne Plaza Hotel, Warwick, RI

Registration opens mid-February. Call 1-800-272-3900 or visit alz.org/ri

Sponsored in part by the Rhode Island Office of Healthy Aging and the Rhode Island Geriatric Education Center



Keynote Speaker
Keith N. Fargo, Ph.D.



Special Presenter
Alex Zima, MS Ed.

Join us at our 2020 Caregiver's Journey Conference. Now in its 10th year, this day-long, free conference is designed to provide caregivers and healthcare professionals with the tools they need to carry on their journey of supporting someone with Alzheimer's disease or other dementias.

The keynote speaker, Keith N. Fargo, Ph.D, is Director of Scientific Programs & Outreach at the Alzheimer's Association. Dr. Fargo oversees the Alzheimer's Association TrialMatch® program, and coordinates the scientific programming for the Alzheimer's Association International Conference (AAIC). He manages publication of the annual Alzheimer's Disease Facts and Figures report, and is staff liaison to the Alzheimer's Association International Society to Advance Alzheimer's Research and Treatment (ISTAART).

Also featured is Alex Zima, MS Ed., a grief counselor and mindfulness coach at HopeHealth, will give a special presentation on "Mindfulness Practices for Dementia Caregivers."

In addition to the keynote address, the conference will offer a variety of workshops on topics related to understanding the disease and its related behaviors, unique considerations in providing support for people with intellectual disabilities, self-care for caregivers, legal and financial planning, and more. There will also be more than 40 vendors providing resources related to Alzheimer's care.

To accommodate the needs of attendees, a full respite care will be available all day throughout the conference.



EDUCATION CALENDAR

Get the emotional support you need!

Support groups are regularly scheduled, free gatherings of persons who are providing care for persons with Alzheimer's disease or a related disorder. The groups are facilitated by persons trained by the Alzheimer's Association and are held throughout the state in community-based settings.

For a full listing of support groups in Rhode Island please visit:
communityresourcefinder.org

Understanding Alzheimer's and Dementia

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research and treatments available for some symptoms, and Alzheimer's Association resources.

February 11, 6:00 - 7:30 p.m., East Providence Senior Center, 610 Waterman Ave., East Providence, RI 02914

Understanding Dementia-Related Behaviors

Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

February 12, 6:00 - 7:30 p.m., St. Andrews Lutheran Church, 15 East Beach Rd., Charlestown, RI 02813

February 24, 10:30 a.m - 12:00 p.m., Brown Medicine, 375 Wampanoag Trail, East Providence, RI 02914

February 25, 6:00 - 7:30 p.m., East Providence Senior Center, 610 Waterman Ave., East Providence, RI 02914

Conozca Las 10 Señales del Alzheimer

Detectar la enfermedad de Alzheimer temprano le dará la oportunidad de empezar un tratamiento, participar en un estudio clínico y planear para el futuro.

5 de Febrero del 2020, 1:00 p.m., Pierce Manor, 20 Grand St., Providence, RI

19 de Febrero del 2020, 1:00 p.m., Huntington Towers, 170 Benedict St., Providence, RI

(Continued on next page)

LGBTQ Phone Support Group

Join other LGBTQ spouses and partners to support one another while receiving information and resources on Alzheimer's disease and related dementias.

Held the first Monday of every month for partners and spouses of people living with dementia. For details on timing and call-in information, please contact the facilitator, Barb Meehan at 508.291.0660 or bamscats@gmail.com.

EDUCATION CALENDAR CONTINUED

Healthy Eating and Exercise to Ward Off Dementia

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

February 26, 10:00 - 11:30 a.m., Cranston Senior Services, 1070 Cranston St., Cranston, RI 02920

Healthy Living For Your Brain and Body

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age.

March 3, 6:00 - 7:30 p.m., East Providence Senior Center, 610 Waterman Ave., East Providence, RI 02914

Legal and Financial Planning on Alzheimer's Disease

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. Join us to learn about important legal and financial issues you may face and how to put plans in place.

February 11, 10:30 a.m. - 12:00 p.m., Care New England Primary Care, 215 Toll Gate Rd., Warwick, RI 02886

February 13, 5:30 - 7:00 p.m., Randall Realtors, 235 Main St., South Kingstown, RI 02879

February 20, 6:00 - 7:30 p.m., Beechwood Community Center, 44 Beach St., North Kingstown, RI 02852

March 10, 6:00 - 7:30 p.m., East Providence Senior Center, 610 Waterman Ave., East Providence, RI 02914

Rhode Island Chapter 2020 Support Group Calendar



Day and Time	Support Group Location	Details
Bristol County		
Every 1st Monday of each month 1:00 p.m. to 2:30 p.m.	Barrington Senior Center 281 County Rd Barrington, RI 02806	Please call Ann Murphy and Alice Kane at 401.374.8361 to confirm date and time.
2nd Monday of the month 6:00-7:30 p.m.	Atria Bay Spring Village 147 Bay Spring Ave., Barrington, RI 02806	To register or for more information, contact us 401-415-4664 or the Alzheimer's Association 24/7 Helpline at 800-272-3900.
Every 4th Wednesday of each month 6:30 p.m. to 8:00 p.m.	Warren Baptist Church 407 Main St, Warren, RI 02885	Please email Joan Miller at joanmalz814@gmail.com to confirm date and time.
2nd Wednesday of each month 5:00 p.m. to 6:30 p.m.	Saint Elizabeth Manor 1 Dawn Hill, Bristol, RI 02809	To register or for more information, contact us 401-415-4664 or the Alzheimer's Association 24/7 Helpline at 800-272-3900.
Kent County		
2nd Monday of the month 2:30-4:00 p.m.	All American Assisted Living at Warwick 55 Tollgate Hill Farm Rd, Warwick, RI 02888	To register or for more information, contact us 401-415-4664 or the Alzheimer's Association 24/7 Helpline at 800-272-3900.
1st Saturday of each month 10:00 - 11:30 a.m.	West Greenwich Public Library 274 Victory Highway W. Greenwich, RI 02817	To register or for more information contact the Alzheimer's Association 24/7 Helpline at 800-272-3900.
Newport County		
Every 1st and 3rd Tuesday of each month 10:00 a.m. to 11:00 a.m.	Calvary United Methodist Church 200 Turner Rd, Middletown, RI 02842	LBGT Support Group. Please call Janet Grapentine at 401.848.4119 to confirm date and time.
Every 3rd Tuesday of each month 6:00 p.m. to 7:30 p.m.	Newport Hospital 20 Powel Ave, Newport, RI 02840	Please call Stewart Burchard or Mary Hansen-Joyce at 520.275.8818 or 508.280.7983 to confirm date and time.
Every 4th Friday of each month 4:30 p.m. to 6:00 p.m.	Newport Hospital Library 20 Powel Ave, Newport, RI 02840	Early Stage Support Group. Please call Mary Hansen-Joyce at 508.280.7983 to confirm date and time.
2nd Tuesday of the month 11:00 a.m.- 12:30 p.m.	Hambly House 30 Red Cross Ave., Newport, RI 02840	To register or for more information contact Hope Health at 401.415.4664 or info@HopeDementia.org.
Every 2nd and 4th Monday of each month 2:30 p.m. to 4:00 p.m.	Tiverton Senior Center 207 Canonicus St, Tiverton, RI 02878	Please call Janet Grapentine at 401.848.4119 to confirm date and time.
Every Tuesday 9:30 a.m. to 10:30 a.m.	Portsmouth Senior Center 110 Bristol Ferry Rd, Portsmouth, RI 02871	Please call Kerry Murphy at 401.846.0727 to confirm date and time.
Every 1st Monday of each month Email for time	Phone Support Group	LBGT Phone Support Group. Please email bamscats@gmail.com for details.

Updated 1.2.20

The Alzheimer's Association Rhode Island Chapter provides free, local educational programs and services to those facing Alzheimer's and their caregivers. Please visit communityresourcefinder.org or call 800.272.3900 to find resources in your area.

Rhode Island Chapter 2020 Support Group Calendar

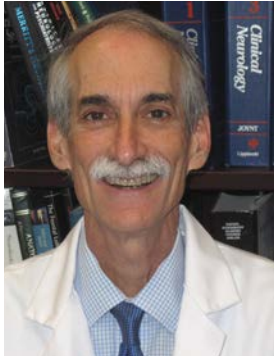


Day and Time	Support Group Location	Details
Providence County		
Every 2nd Thursday of each month 9:30 a.m. to 11:00 a.m.	Hope Alzheimer's Center 25 Brayton Ave, Cranston, RI 02920	Please call Melanie Beaton and Dorothy Poveromo at 401.946.9220 to confirm date and time.
Every 3rd Thursday of each month 10:00 a.m. to 11:30 a.m.	Lincoln Senior Center 150 Jenckes Hill Rd, Lincoln, RI 02865	Please call Lois Durkin at 401.753.7000 to confirm date and time.
Every 2nd Saturday of each month 4:00 p.m. to 5:00 p.m.	St. Thomas Episcopal Church 1 Smith Ave, Greenville, RI 02828	Please call Gigi Uttley and Reverend Susan Carpenter at 401.829.0255 to confirm date and time.
1st Thursday of the month 2:00 p.m. to 3:30 p.m.	The Village at Waterman Lake 715 Putnam Pike, Greenville, RI 02828	To register or for more information, contact us 401-415-4664 or the Alzheimer's Association 24/7 Helpline at 800-272-3900.
Every 1st Wednesday of each month 5:30 p.m. to 7:00 p.m.	Bliss Properties 245 Waterman St, Providence, RI 02906	Please call Beverly Whitman at 401.714.3962 to confirm date and time.
Every 1st Thursday of each month 5:30 p.m. to 7:30 p.m.	Bliss Properties 245 Waterman St, Providence, RI 02906	For Care Partner & Person with Disease. Call Jodi DiRaimo and Stewart Berchard at 401.302.2894 or 520.275.8818 to confirm date and time.
Thursdays, 4:30-6:00 p.m. 1/27; 2/24; 3/30; 4/27; 5/18	Steer House Nursing and Rehabilitation Center 100 Borden St., Providence, RI 02903	To register or for more information, contact us 401-415-4664 or the Alzheimer's Association 24/7 Helpline at 800-272-3900.
Last Monday of each month 3:30-5:00 p.m.	Tockwotton on the Waterfront 500 Waterfront Dr. East Providence, RI 02914	To register or for more information contact the Alzheimer's Association 24/7 Helpline at 800-272-3900.
Last Wednesday of each month 10:00 to 11:00 a.m.	Leon Mathieu Senior Center 420 Main Street, 2nd Floor, Pawtucket, RI 02860	Please contact the Senior Center to confirm date and time at 401.728.7582
3rd Friday of each month 10:00-11:00 a.m.	Progresso Latino 626 Broad Street, Central Falls, RI 02863	Latino Dementia Support Group. For additional info call 401-728-5920 Ext. 317
2nd Thursday of each month 4:30 to 6:00 p.m.	Highlands on the East Side 101 Highland Avenue, Providence, RI 02906	To register or for more information, contact us 401-415-4664 or the Alzheimer's Association 24/7 Helpline at 800-272-3900.
3rd Thursday of each month 3:00 to 4:30 p.m.	Laurelmead 355 Blackstone Blvd., Providence, RI 02906	To register or for more information, contact us 401-415-4664 or the Alzheimer's Association 24/7 Helpline at 800-272-3900.
Washington County		
Every 3rd Tuesday of each month 6:00 p.m. to 7:30 p.m.	North Kingstown Public Library 100 Boone St, North Kingstown, RI 02852	Young-onset Support Group. Please call Annie Murphy and Jane Korb at 401.421.0008 to confirm date and time.
Every 1st Wednesday of each month 6:00 p.m. to 7:30 p.m.	St. Francis de Sales Church 381 School St, North Kingstown, RI 02852	Please call Annie Murphy at 401.421.0008 to confirm date and time.

The Alzheimer's Association Rhode Island Chapter provides free, local educational programs and services to those facing Alzheimer's and their caregivers. Please visit communityresourcefinder.org or call 800.272.3900 to find resources in your area.

Local Researchers Will Evaluate HIV/AIDS Drug as Potential in Alzheimer's Disease Treatment

\$750,000 "Part the Cloud" grant awarded by Alzheimer's Association



Dr. Stephen Salloway



Dr. John Sedivy

Through newly-awarded grants from the Alzheimer's Association Part the Cloud Translational Research initiative, scientists are evaluating the use of existing HIV/AIDS, diabetes and organ transplant drugs as possible therapies for Alzheimer's dementia. Other research funded by the grants will investigate novel drugs that might alleviate, delay or slow the brain changes associated with Alzheimer's.

Among 2020 grant recipients are John Sedivy, Ph.D., of Brown University in Providence, R.I.; and Dr. Stephen Salloway, a professor of neurology and psychiatry at the Warren Alpert Medical School and director of Butler Hospital's Memory and Aging Program, who will be involved in conducting a Phase 1 clinical trial to evaluate whether an HIV/AIDS medication might be repurposed to reduce brain inflammation in individuals with Alzheimer's and other brain diseases.

The drug, called emtricitabine (Emtriva), is from a class of therapeutics typically used to treat HIV and AIDS. Research by Sedivy, a professor of molecular biology, cell biology and biochemistry at Brown and director of the Brown Center on the Biology of Aging, has shown that the drug can potentially

reduce a type of age-related cellular inflammation that has been associated with Alzheimer's. This new clinical trial is an initial step toward determining if the drug may benefit people with the disease.

The trial is supported by a \$750,000 grant from the Alzheimer's Association's Part the Cloud Translational Research Funding program, which aims to increase funding for early-stage clinical trials of promising new drug treatments. Each researcher will receive up to \$750,000 over two years. Part the Cloud awards are specifically designed to accelerate translation of findings from the laboratory, through trials, into possible therapies.

Sedivy and Salloway will lead the research. They will work closely with Dr. Rami Kantor, a professor of medicine and director of the HIV Resistance Laboratory at the Miriam Hospital, as well as Constantine Gatsonis and Fenghai Duan from the Center for Statistical Sciences at Brown's School of Public Health.

"There's been a tremendous push to start thinking about Alzheimer's and other age-associated diseases in new ways," said Sedivy, who is also affiliated with the Brown Institute for Translational Science (BITS). "That is exactly what we're doing with this study by using a class of drugs that has never been used before in this context. We know that the Alzheimer's brain is an inflamed brain, and we're hopeful that by down-regulating that inflammation we can modify the course of the disease." *(Continued on next page)*

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This is such an exciting trial because this is an entirely new target for treating Alzheimer's," said Salloway, who is also affiliated with Brown's Carney Institute for Brain Science. "This is the kind of discovery science that will be necessary for us to find more effective treatments for this disease. We're very grateful that the Alzheimer's Association and Part the Cloud have made this work possible."

With the recent influx of new funding - including more than \$2 billion annually at the National Institute on Aging - researchers are expanding the exploration of new treatment avenues. At the same time, scientists are more extensively testing the potential benefits of drugs approved for other diseases for the treatment of dementia.

As an example, through newly-awarded grants from the Alzheimer's Association Part the Cloud Translational Research initiative, scientists are evaluating the use of existing HIV/AIDS, diabetes and organ transplant drugs as possible therapies for Alzheimer's dementia. Other research funded by the recent grants will investigate novel drugs that might alleviate, delay or slow the brain changes associated with Alzheimer's.

To drive the field forward and create new therapies for people living with Alzheimer's and all dementia, the Alzheimer's Association believes it is important to fund innovative science that explores both new mechanisms and the repurposing of existing drugs," said Maria C. Carrillo, Ph.D., Alzheimer's Association chief science officer. "The Part the Cloud program is vital to advancing high-risk, high-reward research that might not otherwise be explored without this financial support."



Repurposing existing drugs for new uses can speed up the research process. Since scientists are building on previous research, much is already known about the drugs' potential side effects, it may take less time for the drugs to be tested, and the clinical trials may be less expensive. For many of the same reasons, repurposing can also speed review by the U.S. Food and Drug Administration.

"No stone can be left unturned. We must advance all potential avenues of treatment, and explore methods for combining successful approaches," Carrillo said. "Alzheimer's and all dementias are complex, and their effective treatment and prevention will likely also be a complex but achievable task."

"We're excited about the potential of all of this groundbreaking Alzheimer's research made available through Part the Cloud – and especially proud of what is going to be undertaken right here in Rhode Island," said Donna M. McGowan, Executive Director of the Alzheimer's Association, Rhode Island Chapter.

"With more than five million Americans and tens of millions more worldwide living with Alzheimer's disease, there is an urgent need to identify therapies that can prevent, stop or reverse brain cell damage caused by Alzheimer's disease and other dementias. To identify these therapies, we must explore innovative avenues of research, such as with this HIV/AIDS inhibitor drug, that can accelerate needed treatments and one day, a cure for this disease," added McGowan.

UPCOMING EVENTS

Kate Spinella, Development Director



Where Your Dollars Go

Each season, the Alzheimer's Association Rhode Island Chapter needs to raise money to support our work in the Ocean State. Without generous donors, walkers, sponsors and event participants, we could not do the work we do in the community each day. Dollars raised by our Chapter go to maintaining the 30-plus support groups throughout the state, providing education to both family and professional caregivers, making sure our legislators both locally and nationally hear the voices of those affected, and manning our 24/7 information and support Helpline. Plus, a portion of every dollar raised goes to global research efforts. We must rely on voluntary support from the public to drive our mission forward and everyone can help.

During the 2019 Walk Season, we raised just under \$650,000 statewide at our four Walks in Providence, Westerly, Newport and our inaugural Walk on Block Island. Our Walks have placed us as one of the most successful Chapters in the nation due to the incredible work of our sponsors, volunteer committee members and of course our walkers; and we honor your commitment.

Join In The Longest Day

But what can you do to support our mission in 2020? In June, and every month from now until then, we are celebrating The Longest Day. The day with the most light, June 20, 2020, is the day we fight -

standing up to the darkness of Alzheimer's disease.

Becoming a fundraiser in support of The Longest Day is easy. First, you decide on the type of fundraiser you might want to sponsor: host a poker tournament, put on a party, sell crafts, create a yard sale, play a game: really, any activity can be a fundraiser. Second, you sign up at alz.org/thelongestday. Once registered you will find tips on how to hold a successful fundraising event. Third, we can help promote your event on our social media: Facebook, Instagram and Twitter. Please contact myself (kaspinella@alz.org) or Bella Garcia (agarcia@alz.org) if you want more information on how to hold the perfect fundraiser.

Don't miss the opportunity to be a fundraising rock star; this is the day we call on everyone to fight Alzheimer's disease by raising dollars and awareness for care, support and research. In 2019, we raised \$50,000 on The Longest Day, more than doubling our funds from 2018. Help us double up again in 2020 and sign up!





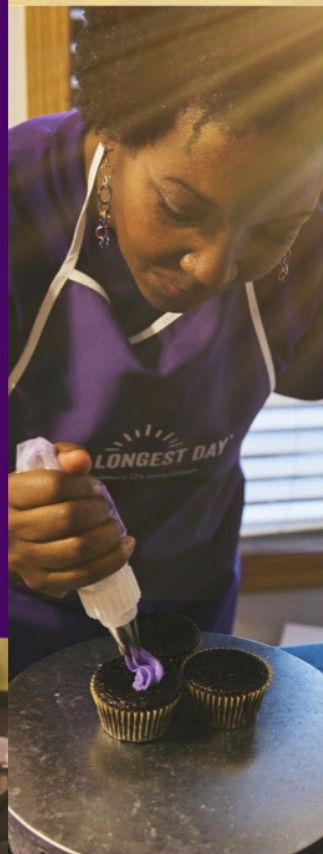
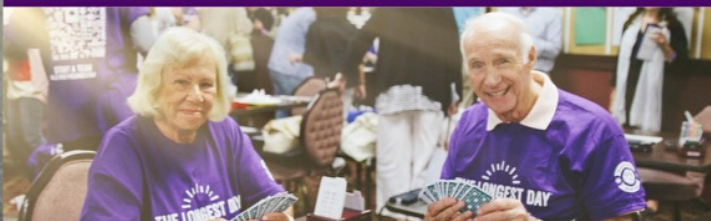
THE DAY WITH THE MOST LIGHT IS THE DAY WE FIGHT.™

The Longest Day® is the day with the most light — the summer solstice. And it's the day the Alzheimer's Association® calls on everyone to fight Alzheimer's disease by raising funds and awareness for care, support and research.

On June 20, stand up to the darkness of Alzheimer's. Together, we can get closer to our ultimate goal: Alzheimer's first survivor.


THE LONGEST DAY
alzheimer's association®

START NOW. SELECT YOUR ACTIVITY AT ALZ.ORG/THELONGESTDAY.





PLEASE JOIN US:

WESTERLY WALK TO END ALZHEIMER'S

SATURDAY, SEPT. 12
MISQUAMICUT STATE BEACH

NEWPORT WALK TO END ALZHEIMER'S

SUNDAY, SEPT. 13
FORT ADAMS STATE PARK

BLOCK ISLAND WALK TO END ALZHEIMER'S

SATURDAY, SEPT. 26
FRED BENSON TOWN BEACH

PROVIDENCE WALK TO END ALZHEIMER'S

SUNDAY, OCT. 4
ROGER WILLIAMS PARK

Welcome to Our 2020 Walk Season

We are pleased to announce that the 2020 Walk to End Alzheimer's websites are up and running.

Once again, we offer four Walks at scenic locations throughout Rhode Island that you can participate in. Plan now to gather your family, friends, and colleagues for this inspiring event, and help us realize our vision of a world without Alzheimer's disease and all other dementias.

Take the first steps by finding a walk near you at alz.org/ri/walk.



Volunteer With Us In 2020

Are you passionate about putting an end to Alzheimer's disease? Do you want to get more involved with the Alzheimer's Association and the Walk to End Alzheimer's events? Then we need you!

Join one of our local Walk to End Alzheimer's Planning Committees and help grow the movement to end Alzheimer's from the ground up. For more information on how you can get involved, contact Bella Garcia agarcia@alz.org.

In addition to Walk planning, volunteers are also needed to facilitate and lead programs and to assist in other fundraising events. Please visit us at volunteer.alz.org to learn about current opportunities. If interested, contact Jennifer Atkinson at jratkinson@alz.org or call 1-800-272-3900.





URI Men's Basketball Game Raises Money for Alzheimer's Mission



On the winter solstice (Dec. 21, 2019), the University of Rhode Island Rams took on the Western Kentucky Hilltoppers in Kingston. We thought this would be a perfect occasion to shine a light on the Alzheimer's mission as a prelude to "The Longest Day." Fans, players and cheerleaders agreed, turning the Ryan Center purple, and raising funds for our continued mission of providing education and resources. Our thanks to all who attended and to the URI men's basketball program for their spirited support.



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or visit www.alz.org/ri

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