



CAREGIVER CONNECTIONS March-April 2023



MGH Dementia Caregiver Support Program- Events and Resources

CONVERSATIONS WITH CAREGIVERS- March

**Stress & The Brain:
Approaches for a Better Life**
Tuesday, March 21
5:30 - 7:00PM EST



Jacob Mirsky, MD MA DipABLM
Primary Care Physician and Medical Director MGH DGIM

Dr. Mirsky will explore the stress response, also called the fight-flight-freeze response, and the negative impact that chronic stress can have on the brain and overall health. As the Medical Director for the MGH DGIM Healthy Lifestyle Program, he will also explore strategies to cope with stress and share healthy lifestyle approaches to reduce stress and improve your quality of life.

Dr. Mirsky is an primary care physician at MGH Revere HealthCare Center. He views healthy lifestyle changes, through patient education and empowerment, as the cornerstone of health. In addition to his primary care practice, he leads Lifestyle Medicine group visits (also called shared medical appointments) in primary care for symptom management and disease prevention. He co-founded and is the Medical Director of the Division of General Internal Medicine Healthy Lifestyle Program (HLP); the HLP has a vision of establishing healthy lifestyle change as the standard of care for preventing and treating chronic disease. He has received several awards to spread lifestyle-

focused group visits at MGH, including the MGH Department of Medicine Phoenix Project Award and the MGH Springboard Studio iSolve Grand Prize. He also serves as the Assistant Course Director of Harvard Medical School's Herbert Benson, MD Course in Mind Body Medicine. Dr. Mirsky also founded the MGH Revere Food Pantry in 2019; he is now its Medical Director. The MGH Revere Food Pantry treats both food insecurity and chronic disease by providing free plant-based foods to patients with food insecurity. To further advocate for food insecurity interventions, he serves as a member of the MGH Executive Committee on Community Health and the Greater Boston Food Bank Health and Research Council. He attended medical school at the University of California San Francisco and completed residency in Internal Medicine at the Brigham and Women's Hospital in Boston as part of the Harvard Vanguard Medical Associates primary care track.

Are you coming to my event?

LOCATION

Join at this link: <https://partners.zoom.us/j/83752537139>

DATE AND TIME

03/21/23 5:30pm - 03/21/23 7:00pm US/Eastern

Stress and the Brain

[Click here to RSVP](#)



CONVERSATIONS WITH CAREGIVERS- April

Worried about Memory?

Normal aging and memory;
Strategies for life changes now.

**Tuesday April 18, 2023
5:30 - 7:00PM EST**

Christine Ritchie, MD, MSPH

Kenneth L. Minaker Endowed Chair in Geriatrics &
Director of Research-Division PCGM

As we age, many of us will experience subtle changes in our memory and thinking. For many, these changes will not have any impact on function or effectiveness. But for all, they can be a reminder of behaviors and lifestyles we can adopt now that can reduce our risk for future challenges. Some of these changes may seem straightforward and include behaviors related to our diet, sleep, management of stress and physical activity. Others may seem less obvious but are equally important and include social connection and planning for a future that brings some functional limitation with it. We'll briefly review normal changes in thinking with aging and what may warrant further evaluation and spend more time talking about life changes we can make now that will improve our quality of life in the future.

Christine Ritchie, MD, MSPH, is the Kenneth L. Minaker Endowed Chair in Geriatrics and Director of Research for the Division of Palliative Care and Geriatric Medicine at Massachusetts General Hospital (MGH). She is a board-certified geriatrician, palliative care physician and health services researcher who conducts research focused on optimizing quality of life for those with chronic serious illness. She co-leads the Dementia Palliative Care Clinical Trials Training Program and the national Home-based Primary Care Learning Network, which seeks to improve our understanding and care of the homebound population. Dr. Ritchie directs the Center for Aging and Serious Illness Research in the MGH Mongan Institute and the MGH Dementia Care Collaborative. She is past president of the American Academy of Hospice and Palliative Medicine and serves as a member of the National Quality Forum (NQF) Standing Committee for Palliative and End of Life Care.

Are you coming to my event?

LOCATION

Join at this link: <https://partners.zoom.us/j/83752537139>

DATE AND TIME

04/18/23 5:30pm - 04/18/23 7:00pm US/Eastern

Worried about your Memory?

[Click Here to RSVP](#)



Health and Resiliency- March

Possibilities with Art

**Tuesday, March 7
5:30PM to 6:30PM EST**

Erica Curcio

Licensed Mental Health Counselor

Registered Art Therapist

Join us for an interactive art workshop and presentation. This evening hopes to inspire, support and encourage you to use more art in your life. Participants will get the opportunity to try art for self care and learn how to adapt it for their person living with dementia.

Erica Curcio is a Registered Art Therapist and Licensed Mental Health Counselor (Lesley University, M.A. in Clinical Mental Health Counseling) that specializes in working with persons living with dementia and their Care Partners. Erica travels to client's homes and uses art therapy techniques to bring out feelings of joy and accomplishment in the person living with dementia and their families. Her Art Therapy sessions aim to create new

connections and reconnect people living with dementia to themselves and the world around them. To learn more about Erica and her practice, visit: www.arttherapistsathome.com

Possibilities with Art

LOCATION

Click here to join: <https://partners.zoom.us/j/82776594940>

DATE AND TIME

03/07/23 5:30pm - 03/07/23 6:30pm US/Eastern

Erica Curcio will explore art as a possibility for caregivers to increase quality of life.

[Click here to RSVP](#)



Health and Resiliency- April Exercise for Strength and Health

**Tuesday April 4, 2023
5:30-6:30PM EST**

Phil Golden Certified Personal Trainer

Phil's program presents a set of exercises that will help you stay fit and better prepared for your daily activities. The exercises will focus on strength, stability and mobility. No special equipment is required—just comfortable clothes and shoes and a desk or kitchen chair (not a recliner). The exercises covered are effective both when standing (with a chair nearby for stability), seated or a combination of both. When we tap into a sense of strength, balance and mobility in our bodies through exercise, it can translate into the rest of our lives.

As a fitness professional, Phil focuses on two key constituencies: Older people and Parkinson's patients. He teaches Enhanced Fitness, a fitness program specifically designed to enhance strength, stability and mobility for seniors. He also teaches Parkinson's SMART exercise and Pedaling for Parkinson's, an innovative exercise protocol that utilizes indoor cycling to provide temporary relief from Parkinson's symptoms. Phil is an American Council on Exercise (ACE) certified personal and group exercise trainer as well as a Schwin-certified Spin Instructor. He pursued his fitness certifications after retiring from an extended career in Finance.

Are you coming to my event?

LOCATION

Link to join: <https://partners.zoom.us/j/82776594940>

DATE AND TIME

04/04/23 5:30pm - 04/04/23 6:30pm US/Eastern

Exercise for Life with Phil

[Click here to RSVP](#)

Fundamental Skills for Dementia Caregivers

Each month we offer this innovative and highly recommended four-part course to learn about improved communication, minimizing challenging symptoms, and decisions around safety. Offered by Barbara Moscowitz, LICSW and Chris Wight, LICSW. This class is offered via Zoom and is available upon meeting with Barbara or Chris. [Contact the team](#) to learn more.

March classes are offered: Fridays from 10:00am-11:30am

March 3, 10, 17, 24

April classes are offered: Mondays from 4:00pm to 5:30pm

April 3, 10, 17, 24



Caring Corner

**Nancy Coppelman and
Judy Johanson MA-ADRC**

Here are two amazing women working to increase research opportunities for dementia and caregiving.

We are Nancy Coppelman and Judy Johanson, and we would like to encourage you to be part of the solution! With no cure in place for Alzheimer's Disease (AD) and other dementias, participating in research offers a continuum of quality care and a lens through which a cure is possible.

At the Massachusetts Alzheimer's Disease Research Center (MADRC), we have over 40 research opportunities—both clinical trials and observational studies --and we need you.

Prior to the pandemic, we had the privilege of meeting many of you Monday afternoons at the MGH Memory Disorders Clinic. We continue to be your home for research and invite you to check out our website: www.madrc.org and consider joining a study <https://www.madrc.org/join-a-study/>

Nancy and Judy have been with MADRC since 2016 and 2019, respectively

and continue to be humbled by patients who become research heroes. You truly are visionaries and understand that a cure comes from participating in research. Feel free to be in touch at ncoppelman@bwh.harvard.edu and jjohanson1@mgc.harvard.edu.

Visit our DCC website for the latest information

Support Groups

Support groups provide a welcoming space for people who are having similar experiences. Group members give and receive support, share resources, express feelings of guilt and grief, and often find unexpected moments of lightness and humor.

Barbara Moscovitz offers support groups that meet once a month.

Please [email us](#) to learn how being in this compassionate community can benefit you.



How You Can Support The DCC

The DCC exists at MGH due to the foresight of compassionate donors. They understood the critical need for comprehensive education, psycho-social, and emotional support for those living with dementia and their care-partners.

All DCC programming is largely funded through philanthropy and needs the generosity of donors to continue to exist. Donations of all sizes are welcome!

Please donate what is comfortable for you today. Gifts can be mailed to 125 Nashua Street, Suite 540, Boston, MA 02114. A check is made payable to "Massachusetts General Hospital" with "Dementia Care Collaborative" on the memo line.

Or, better yet, click the [green button](#) below.

GIVE A GIFT

You May Be Interested...

National Institute on Aging invites you to explore some of the most popular caregiving topics from 2022:

- Providing Care and Comfort at the End of Life —



Each experience is different at the end of life. Caregivers can help provide physical, emotional, and spiritual comfort to relieve suffering when caring for a loved one who is approaching the end of life.

- Tips for Caregivers and Families of People With Dementia — No matter what kind of caregiver you are, taking care of another person can be overwhelming at times. These tips and suggestions may help with everyday care and tasks.
- Getting Help With Alzheimer's Caregiving — As your loved one moves through the stages of Alzheimer's, he or she will need more care — and you will need more help. Explore resources you can use for support and advice.
- Alzheimer's Caregiving: Changes in Communication Skills — Get tips on how to improve verbal and nonverbal communication with a person with Alzheimer's.
- Bathing, Dressing, and Grooming: Alzheimer's Caregiving Tips — At some point, people with Alzheimer's need help bathing, combing their hair, brushing their teeth, and getting dressed. These tips can help make everyday care a little easier.

You can visit NIA's website to find a full range of caregiving information articles and free publications.

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MGH Dementia Care Collaborative | 55 Fruit Street, Austen 600, Boston, MA 02114

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