



## CAREGIVER CONNECTIONS May-June 2023



### MGH Dementia Caregiver Support Program- Events and Resources

#### CONVERSATIONS WITH CAREGIVERS- May

#### Advocacy and Finding Your Voice

Tuesday, May 16  
5:30 - 7:00PM EST

**Katie Brandt, MM**

Dir. of the Caregiver Support Services- MGH FTL



Join Katie Brandt, Director of Caregiver Support Services and Public Relations for the MGH FTD Unit, for Advocacy and Finding your Voice. Katie will discuss practical tips and tools to enhance your skills as an advocate for yourself or your loved one. Whether you are in a doctor's office or at the State House, advocacy is about harnessing the power of your voice to share your story, get the help you need and support others on the journey of a life lived with dementia.

Through Katie's role, she provides leadership for advocacy, education, support,

and community events for persons living with a diagnosis, care partners, and families living with Alzheimer's Disease, Frontotemporal Dementia, and related disorders. Katie holds a national leadership role as co-chair of the National Alzheimer's Project Act (NAPA) Advisory Council on Alzheimer's Research, Care and Services where she can raise her voice for caregivers and families living with young-onset and atypical dementias. Katie has written the article, [Advocacy and Finding Your Voice: A guide for persons living with dementia and caregivers to learn practical tips about the power of advocacy.](#) She is an excellent advocate for all caregivers and people living with dementia in general.

## **Katie Brandt, Advocacy**

### **LOCATION**

Click here to join: <https://partners.zoom.us/j/83752537139>

### **DATE AND TIME**

05/16/23 5:30pm - 05/16/23 7:00pm US/Eastern

Join us to learn advocacy techniques.

[Click here to RSVP](#)

## **CONVERSATIONS WITH CAREGIVERS**

**June**

### **Latest Clinical Trials for Alzheimer's Disease and Related Disorders: What, Who, How and Why?**

**Tuesday June 20**

**5:30 - 7:00PM EST**



**Steven E. Arnold, MD**

**Professor of Neurology, Harvard Medical School**

This program will provide an up-to-date account of new and upcoming treatments under investigation for prevention and management of mild cognitive impairment and dementia. Dr. Arnold will discuss novel drugs and re-purposed medicines (medicines already in use for other health conditions), immune and gene therapies, dietary supplements and brain stimulation approaches. Some examples of trials ongoing at MGB will be presented to prompt questions and discussion for who, how and why someone should consider if research participation is right for them.

Dr. Arnold is the E. Gerald Corrigan PhD Endowed Chair in Alzheimer

Therapeutics and the Translational Neurology Head and Managing Director, Interdisciplinary Brain Center at Massachusetts General Hospital. Dr. Arnold has conducted longstanding research on neurodegenerative disease pathology, molecular biomarkers and therapeutics for cognitive decline and psychiatric syndromes in late life and has led broad clinical and translational research programs. He has authored over 250 scientific articles, reviews and chapters. Current scientific interests include biomarkers in brain aging and dementias, metabolic factors driving dementia, and protective factors that account for cognitive resilience, all with the goal of accelerating therapeutics discovery and development.

## Steven Arnold, MD- Clinical Trials

### LOCATION

Click her to join: <https://partners.zoom.us/j/83752537139>

### DATE AND TIME

06/20/23 5:30pm - 06/20/23 7:00pm US/Eastern

Research Trials- latest information

[Click here to RSVP](#)



## Health and Resiliency- May

### Caregiver Burnout & Stress Management Skills

**Tuesday May 2, 2023  
5:30PM to 6:30PM EST**

### Hannah Schulman

#### Licensed Mental Health Counselor

In this resiliency workshop, you will learn tools for stress management such as breathing exercises, progressive muscle relaxation, mini meditations, and other tangible relaxation techniques to prevent caregiver burnout. This workshop's aim is to empower participants to take an active role in managing their health and wellbeing. Come enjoy a feeling of calm and peacefulness within a group setting.

Hannah is a Licensed Mental Health Counselor (LMHC) & has a M.S. Degree in Counseling from Northeastern University with a concentration in clinical health psychology. She is a certified mind-body medicine instructor trained by the Benson-Henry Institute at the Massachusetts General Hospital in Boston, MA. Hannah currently works as an integrated behavioral health clinician at Beth Israel Deaconess Medical Center Primary Care and also has a private practice,

The Mind Shrine. The Mind Shrine offers virtual 8-week Stress Management and Resiliency Training (SMART) programs and classes.

## Hannah Schulman- Caregiver burnout

### LOCATION

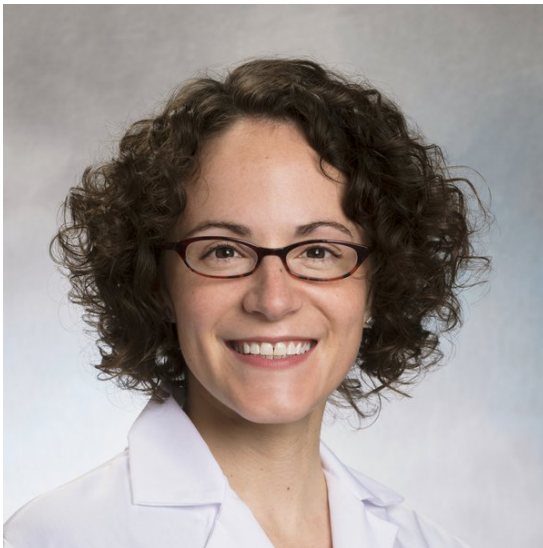
Click here to join: <https://partners.zoom.us/j/82776594940>

### DATE AND TIME

05/02/23 5:30pm - 05/02/23 6:30pm US/Eastern

Strategies to manage caregiver burnout

[Click here to RSVP](#)



## Health and Resiliency- June

### Poetry Slam- Listen or Share

**Tuesday June 6, 2023  
5:30-6:30PM EST**

### Kim Willment, Ph.D.

Do you believe in the healing power of words, writing, and creativity? Join us for an evening of poetry and short stories in our Poetry Slam! Come read original pieces or share published pieces that have moved you. Come to witness others' healing work. Come to be with people who are on this journey with you, whether you are experiencing cognitive changes or caring for someone with cognitive changes.

Kim Willment PhD, is a board-certified neuropsychologist in the Department of Neurology at Brigham and Women's Hospital. She founded and is now the Director of the **Resilience through Neurologic and Emotional Wellness – RENEW** Program. RENEW offers a range of comprehensive care programs to promote recovery and adjustment to neurologic illness/injury and support brain and emotional wellness for people with neurologic disorders. These group-based services provide education, cognitive skills training, therapeutic support, and enrichment services. RENEW also supports families and caregivers by offering dementia caregiving skills and wellness programs.

### Poetry Slam

### LOCATION

**DATE AND TIME**

06/06/23 5:30pm - 06/06/23 6:30pm US/Eastern

Poetry Slam for sharing or listening

[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.

**May classes are offered: Wednesdays from 5:30pm to 7:00pm on May, 3, 10, 17, and 24**

**June classes are offered: Mondays from 4:00pm to 5:30pm on June 5, 12, 26 and July 3**



## Caring Corner

### Helen Samuelson and Greg Anderson

Carepartners and members of the  
DCC Patient Family Advisory Council

### Our Path, Hand in Hand

Our journey along the dementia care path began about seven years ago when Helen was diagnosed with Alzheimer's. It was the little things we noticed together that were early signs of diminishing cognitive abilities. For us, the disease became the accumulation of many small things that added into an overall picture that was hard to confront both rationally and emotionally. At first, we tried to walk this path alone, feeling that, together, we could adapt and accommodate whatever changes were manifest. Ultimately, however, we recognized that engaging with the resources and deep expertise at MGH was best for both of us. For my wife, who has done her own professional research, the blend of clinical and collaborative/social care was important for both her care and complemented her core value to contribute to the growing body of knowledge through research. The DCC has opened many doors and perspectives for us.

Perhaps the most important door that the DCC opened for us is the sense of belonging. In our journey - especially during the darkest period of COVID - the DCC reduced the feelings of isolation and loneliness. For us, the notion of belonging and socialization has been such a strength; we know that we have so many wonderful people in our corner. Knowing that there are wonderful staff who are always willing to listen, to bolster our spirits, and to lend a guiding and gentle hand is so reassuring as we move farther down this path.

## 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...



## Mark Your Calendar!

Save the Dates for the next  
Talk With the Doc(tor) events:



**Dr. Cinthya Agüero Murillo**  
Friday, May 19th  
@ 12PM EST  
via Zoom  
\*Presented in Spanish\*



**Dr. Jasmeer Chhatwal**  
Friday, June 2nd  
@ 12PM EST  
via Zoom

More info coming soon: [madrc.org/events/](http://madrc.org/events/)

## Research Center

Next up in the Talk With the Doc(tor) series is Dr. Cinthya Agüero Murillo on Friday, May 19<sup>th</sup> (presented in Spanish) and Dr. Jasmeer Chhatwal on Friday, June 2<sup>nd</sup>.

Keep your eye on the MADRC website "Events" page for details: [www.madrc.org/events](http://www.madrc.org/events)

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