

# ASN NEWSLETTER

**Alzheimer's Support Network  
of South Central Massachusetts Inc.**

**Vol. 20 No. 2 ISSUE : FALL 2008**

Editor: Roger Lamontagne

## **President's Message**

**"Caregivers Are Terrific "**

**Roger Lamontagne, LICSW, BCD  
President  
ASN Board of Directors**

Caregivers are the backbone of our country's social and health support system. In a recent AARP report, there are more than 44 million Americans providing for their family members, friends or neighbors. This supportive care can be as simple as helping to get groceries or making monitoring visits to ensure safety. In addition, supportive caregiving can be as demanding as direct personal care around the clock.

According to the AARP report, our national caregiving is valued at \$350 Billion dollars! According to Congressional Budget Office, our national debt for fiscal year 2008 is \$455 Billion. Imagine what economic chaos there would be if the cost of caregiving was placed on our national budget. The sacrifices of our caregivers needs to be recognized. Even more should there be legislative relief for caregivers when health and social service allocations are being authorized for distribution.

Alzheimer's Support Network is dedicated to support our caregivers of persons with Alzheimer's disease. ASN remains steadfast in our belief that caregivers are terrific!

Thanks for giving and for caring!

## ***Alzheimer's Support Network Membership Renewal Drive***

The Alzheimer's Support Network membership drive has begun. Membership renewals will be sent before the end of the year. The annual membership dues will remain the same at fifteen dollars (\$15) per year. All of ASN's resources are used to the benefit of individual and family caregivers in our local community. Please renew your membership when you are asked. Thank you.

ASN Board of Directors

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***Alzheimer's disease is now the  
sixth leading cause of death in  
the United States.***

***The Centers for Disease Control and Prevention (CDC) for Health Statistics reported in 2008 that Alzheimer's disease has surpassed diabetes as a leading cause of death.***

**[www.AlzSupportNet.org](http://www.AlzSupportNet.org)**

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*Thanks for Supporting  
Alzheimer's Support Network*

*To*

*KOINONIA Women Fellowship at  
Sturbridge Federated Church*

*Christopher Heights of Webster*

*Lion's Club of Sturbridge and Fiskdale*

*Sitkowski & Malboeuf Funeral Home*

*<~>*

*Appreciation goes to our ASN  
General Members for their  
continued support through their  
membership dues.*

*<~>*

*In Addition,*

*Memorial gifts have been a  
major source of support for  
ASN to maintain its services  
to our caregiver families and  
local community. We are  
deeply appreciative of the  
kindness of our benefactors!*

*+++*

*www.AlzSupportNet.org*

*+++*

## *MEMORIALS*

*The following ASN Memorials  
were recognized by family of  
loved ones who died:*

*In 2008*

*+*

*Martial R. Chasse*

*Of Southbridge*

*Theresa M. Noga*

*Of Southbridge*

*Viola Olmstead*

*Of Webster*

*Nina Perrin-Tucker*

*Of Southbridge*

*Elizabeth Ruda*

*Of Dudley*

*Memorial donations  
were received this year  
in Remembrance of:*

*Mary Burbank*

*Elizabeth Clemence*

*Anna Dido*

*Victoria Eczakosky*

*Joseph Fitzgibbons*

*Peter Geary*

*Shirley R. Hyland*

*Katherine Kujawski*

*Raymond A. Martel*

*Harold Piehl*

*Joyce P. Richardson*

*Celia Rivers*

*Phyllis Thompson*

## Alzheimer's Support Network Roasted Chicken Takeout Fundraiser A Huge Success!

On Election Day, November 4th, ASN held its first Take-Out Dinner Fundraiser. Fundraising Coordinator, Patty Maly, reported that the event exceeded the initial goal of 100 dinners sold within a 3-hour pickup time. In fact, there were 165 dinners made for pickup on that evening. Special thanks to chef Edward Delage for his culinary expertise and all the ASN volunteers who participated in selling tickets and serving the takeout customers.

Additional thanks to the Veterans of Foreign Wars of Southbridge for the use of their kitchen and hall, to Tri-Valley Inc for printing the tickets and posters, to Radius Health Care of Southbridge for supplying the takeout containers, to Harrington Hospital for the meal condiments, and to our anonymous donor of the two door prize gift certificates.

The fundraiser proceeds will be used to help support the ASN Community Respite Services Program.

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### ASN Caregiver Resource Help

Family caregivers in need of respite help can apply for the **Community Respite Services stipend**. ASN Member families who are eligible for adult day health can **receive financial assistance for respite**. Call ASN's Helpline at 508-764-2423 for further information.

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### **NEW MEDICARE ONLINE HELP FOR CAREGIVERS**

Ask Medicare Website is a new online resource for caregivers to help them better assist Medicare beneficiaries. [Www.medicare.gov/caregivers](http://www.medicare.gov/caregivers).

## **COMMUNITY RESOURCES**

The **Elder Care Advice Program** at Tri-Valley Inc. provides the following free services:

- One-on-one sessions in person, by phone or through email to assist caregivers in assessing options, making decisions and solving problems related to their caregiver role.
- Information and educational materials tailored to meet specific caregiving needs.
- Referrals to community services and resources.

This service is available regardless of income or level of need to any caregiver who is assisting an adult, age 60 or over or under 60 with a diagnosis of Alzheimer's disease.

Call Tri-Valley at 800-286-6640 and ask for Elder Care Advisor or contact them at [www.trivalleyinc.org](http://www.trivalleyinc.org).

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### Understanding Alzheimer's Disease

To read more about Alzheimer's, sign on to [www.alzsupportnet.org](http://www.alzsupportnet.org) and click on the link, 'Articles'.

### Are You A Long Distance Caregiver?

The Central Mass. Family Caregiver Support Program has a wonderful booklet to help caregivers who live some distance away from their frail elder. The booklet, *Long Distance Caregiving*, is available free from the Program. Copies are also available from ASN Helpline at 508-764-2423.

Alzheimer's Support Network of  
South Central Massachusetts Inc.  
P. O. BOX 839  
Southbridge MA 01550

## **UPCOMING EVENTS & MEETINGS**

### **Caregiver Support Groups**

**Southbridge:** 1st Tuesday of each Month  
at 7:00pm, CR1, Mezzanine Level,  
Harrington Memorial Hospital

**Webster:** 2nd Monday of each Month  
at 6:15pm Meeting Room Floor G,  
Webster Public Library

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### **ASN BOARD MEETINGS**

ASN Members are Welcome.

Call 508-764-2423

for the next meeting date/time/location.

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### **VOLUNTEER OPPORTUNITY**

***Are you interested in being involved with  
the creation of our ASN Newsletter?***

***Become a Co-Editor by calling***

***508-764-2423***

***to volunteer your talent.***