

Awareness. Education. Empowerment.

Featured in this Issue

Volunteer to
find the Cure

[More on Page 5](#)

Caregiver
Proclamation from
President Biden

[More on Page 6](#)

Dementia Research
& Data

[More on Page 5](#)

Also In This Issue

- 10 Tips for Caregivers
- Upcoming Events & Conferences
- Caregiver Support
- Virtual Programs & Webinars



Breaking News

Fleming Foundation grants
\$500,000 to the United Way

[More on Page 2](#)

Our Mission

The mission of DFLV is to raise awareness and reduce stigma related to Alzheimer's Disease and Related Disorders (ADRD) among community members and encourage the Lehigh Valley community to become more accessible and supportive for individuals affected by ADRD and their caregivers.

Fleming Foundation grants \$500,000 to the United Way



United Way of the Greater Lehigh Valley Expands Dementia Initiatives with Support from the Fleming Foundation

The Fleming Foundation awards \$500,000 grant to improve the lives of those who have Alzheimer's and dementia and their caregivers.

Allentown, PA November 3, 2021 – United Way of the Greater Lehigh Valley (UWGLV) announces that it has been awarded a \$500,000 grant from the Fleming Foundation to help improve the lives of Lehigh Valley residents who have Alzheimer's and dementia, and for those who care for them.

"The Alzheimer's journey is a very long and difficult one for the patient and family caregivers. In loving memory of my mother Peggy Fleming, it is my hope that we can provide guidance and support to those affected so that their journeys are not any more difficult than they need to be," remarked Trinka Arnold of the Fleming Foundation.

The local chapter of the Alzheimer's Association indicates that almost 25,000 individuals in the Lehigh Valley are living with Alzheimer's and dementia. This number, which does not include undiagnosed cases, is expected to triple by 2050.



“As a public health crisis, dementia impacts healthcare systems, delivery of long-term care, worker shortages, community infrastructure, families and most importantly, the quality of life for people living with dementia,” said Carmen Bell, Director, Healthy Aging, UWGLV. “The Dementia-Friendly Lehigh Valley coalition, in partnership with UWGLV and Age-Friendly Lehigh Valley, is working to ensure organizations and individuals are equipped to support people living with dementia so they can remain in the community and engage and thrive in day-to-day living.”

United Way will take action to build a dementia-friendly community that fosters quality of life for people living with dementia and their caregivers. Initiatives will focus on decreasing stigma, increasing opportunities for meaningful social interaction, increasing early diagnosis, and providing support in addressing the changing needs of people living with dementia.

“United Way envisions an Age-Friendly Lehigh Valley where every person belongs and every person thrives. We want every person to have the opportunity to age successfully. Our plan will improve the quality of life for at least 6,000 individuals with Alzheimer’s and dementia and their caregivers,” added Bell.

The four-year grant from the Fleming Foundation will provide funding to:

- Expand the Savvy Caregiver program to provide culturally responsive outreach and support to more individuals with dementia and their care givers in partnership with the Lehigh Valley Health Network Fleming Memory Center, St. Luke’s Senior Care Associates and Dr. Ken Hepburn of Emory University.
- Grow the community based, public safety program Project Lifesaver to protect more individuals with dementia who are at-risk of wandering in partnership with Bethlehem Health Bureau.
- Provide self-care and mental health training for professionals, caregivers and older adults to address the grief that comes with being a caregiver and for those experiencing the tremendous life change that comes along with dementia.
- Equip healthcare providers and others with information about dementia to increase the number of individuals who receive early Alzheimer’s and dementia diagnosis, treatment and resources.

“Because of incredible philanthropists in the Lehigh Valley, we are focused on solutions to our community’s greatest issues and needs. We could not do what we do without partners like the Fleming Foundation and the LVHN Fleming Memory Center,” remarked Paul Hurd, Chief Development Officer at UWGLV.

For more information about Age-Friendly Lehigh Valley, visit www.unitedwayglv.org.

Caregiver Corner

10 Important Tips for Alzheimer's Caregivers

Being the caregiver of someone with Alzheimer's is hard work and requires a lot of knowledge and many skills for getting along and connecting with the person. Here are some tips to help you out on your caregiving journey:



- 1. Plan for the future.** While it can be hard to accept a loved one's dementia diagnosis that acceptance comes with the opportunity to start a treatment plan. A good treatment plan will enable them to achieve their highest potential at each stage of the disease.
- 2. Remember when.** Many times a person with dementia can recall events from long ago. Share stories and laughter of events from the past that bring joy.
- 3. Interact with the person at his or her level.** Even though you may want to interact with the person the way you always have, it isn't going to be possible. You need to understand where they are on their journey with dementia and what they are able to understand. Don't overwhelm them with details. A slow and compassionate approach will result in better communication.
- 4. Put something meaningful in their hand, such as a favorite flower.** This is a great way to connect with a person in late-stage Alzheimer's.
- 5. Try introducing them to children, pets, music or art.** These activities could reach even those in the late-stages of the illness.
- 6. Maintain your cool.** You will not be able to win an argument with a person who has dementia. Do not contradict the person as it will make them dig in their heels even more strongly.
- 7. Keep the conversation on topics that are more neutral.** If you know your loved one will get upset if you talk about a particular topic, for example, politics, don't start the conversation.
- 8. Change the subject quickly if the person gets upset.** Redirect their attention to something else, preferably something pleasant.
- 9. Visit the person even when they do not know who you are.** Even when your loved one is no longer able to recognize you, they will know that you care. Your body language and attitude will convey your feelings more strongly than words.
- 10. Take care of yourself.** This last tip is SO important! Being an Alzheimer's caregiver is hard work. You cannot be an effective, compassionate caregiver if you are exhausted and burned out all the time. Look for a caregivers' support group where you can share your thoughts and feelings with other caregivers.



Dementia Research & Data

The Staggering Statistics... from the Alzheimer's Association

- The number of Alzheimer's cases doubles every 5 years for people age 65 and older.
- By the year 2050 the number of Americans age 65 and older with Alzheimer's disease is estimated to be 13.8 million.
- Alzheimer's disease is the sixth leading cause of death among U.S. adults and the 5th leading cause of death among people age 65 and older.
- Between 2000 and 2018 reported deaths from Alzheimer's disease increased 146.2% while during that same time period, other causes of death, including stroke, HIV and heart disease decreased.
- In 2019, an estimated 18.6 billion hours of care provided by 16 million unpaid caregivers, was provided to people with Alzheimer's disease or other dementias.
- Cost of providing health care, long-term care and hospice care in 2020 for people age 65 and older with dementia was approximately \$305 billion.
- People most often affected by Alzheimer's disease are women.
- The majority of caregivers who provide dementia care and support are women.

Volunteer to find the CURE

Do you know the important role that clinical trial volunteers can play in finding the cure for Alzheimer's disease? TrialMatch® is a free matching tool for research studies and treatment trials for Alzheimer's disease and other dementias. Based on criteria entered, the tool connects volunteers to specific studies and research teams. Volunteers for TrialMatch® can be people who have Alzheimer's disease, their caregivers or healthy individuals who don't have a dementia-related illness. Engaging in a study or treatment trials is as easy as 1-2-3...

1. Visit [TrialMatch®](#) →
2. Answer a few simple questions. (All information is kept confidential.)
3. Review your study matches and select the studies/trials in which you want to participate.

By participating in clinical research, volunteers help to accelerate progress and provide valuable insight into potential treatments and methods to prevent Alzheimer's disease. If you have questions about TrialMatch® call the Alzheimer's Association at 800.272.3900 or email trialmatch@alz.org.

President Biden Proclaims November 2021 as National Family Caregivers Month

BY THE PRESIDENT OF THE UNITED STATES OF AMERICA

A PROCLAMATION

Celebrated every November, National Family Caregivers Month (NFCM) is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers.



Every day, millions of Americans provide essential care and medical assistance to their loved ones. These acts of love, commitment, and compassion enable their family members to receive the support they need to live a life with dignity. This has been especially true throughout the COVID-19 pandemic, during which Americans of all ages have made substantial sacrifices to keep family members safe and healthy. During National Family Caregivers Month, we recognize the important role of our Nation's family caregivers and thank them for the invaluable and instrumental care they provide.

While the opportunity to provide care to a loved one can be a blessing and a source of connection, it often requires sacrifice. Millions of Americans have sacrificed jobs and altered careers in order to perform caregiving duties. Workers, their families, and our economy suffer when workers are forced to choose between their jobs and their caregiving responsibilities or between putting food on the table and caring for a relative. Too many Americans who need caregiving support struggle with the high costs of caring for a family member in need, or providing long-term care for people with disabilities or older adults.

My Administration is committed to strengthening American families and easing the burdens of caregiving. That is why my American Rescue Plan provided an additional \$145 million in funding for the National Family Caregiver Support



Program, which continues to help State and community organizations support family and informal caregivers through in-home programs including counseling, respite care, and training. The American Rescue Plan also provided States with additional Medicaid funding to strengthen and enhance their home- and community-based services (HCBS) program. My Administration's Build Back Better agenda will build on this down payment by continuing to invest in the caregiving infrastructure for HCBS and increasing pay and benefits to address the direct care workforce crisis. I will also fight to expand paid family and medical leave nationwide. Each of these elements is critical to better supporting family caregivers. We want to see our Nation's paid caregivers, including the majority of home health care workers and over 90 percent of child care workers who are women — disproportionately women of color — have jobs that provide dignity, safety, and decent pay.

Earlier this year, the RAISE (Recognize, Assist, Include, Support, and Engage) Family Caregiving Advisory Council, with support from the Department of Health and Human Services, delivered an initial report on how the Federal, State, Tribal, and local governments can work with our partners in the private sector to better support our Nation's family caregivers, and we will continue working to provide that support.

As my own family members have been caregivers, I understand the struggles family caregivers face and the importance of the care they provide. This month, as we continue our fight to expand access to caregiving, we recognize our caregivers who wake up every single day to do this physically and emotionally demanding yet vitally important work.

NOW, THEREFORE, I, JOSEPH R. BIDEN JR., President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim November 2021 as National Family Caregivers Month. I encourage all Americans to reach out to those who provide care for their family members, friends, and neighbors in need, to honor and to thank them.

IN WITNESS WHEREOF, I have hereunto set my hand this twenty-ninth day of October, in the year of our Lord two thousand twenty-one, and of the Independence of the United States of America the two hundred and forty-sixth.

JOSEPH R. BIDEN JR.

Upcoming Events & Conferences



Alzheimer's Association International Conference (AAIC)

July 31 – August 4, 2022 | San Diego, CA

Join the Alzheimer's Association in San Diego and online for AAIC 2022, where the world's leading basic scientists, clinical researchers, early career investigators, clinicians and the care research community will share breaking research discoveries that will lead to methods of prevention and treatment and improvements in the diagnosis of Alzheimer's disease.

[Sign Up Today →](#)

Caregiver Support



Memory Cafe by Senior Solutions

[View PDF →](#)



November 2021
In Person Support Groups

[View PDF →](#)



Memory Support Groups

[View PDF →](#)



November 2021
Virtual Support Groups

[View PDF →](#)



YWCA Bethlehem Support Group Meetings

[View PDF →](#)

Virtual Programs & Webinars



The 10 Warning Signs of Alzheimer's

English Version PDF →
Spanish Version PDF →



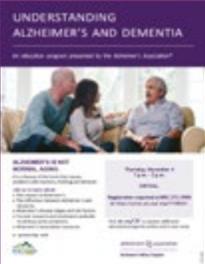
Effective Communication Strategies

View PDF →



Delaware Valley Chapter Webinars

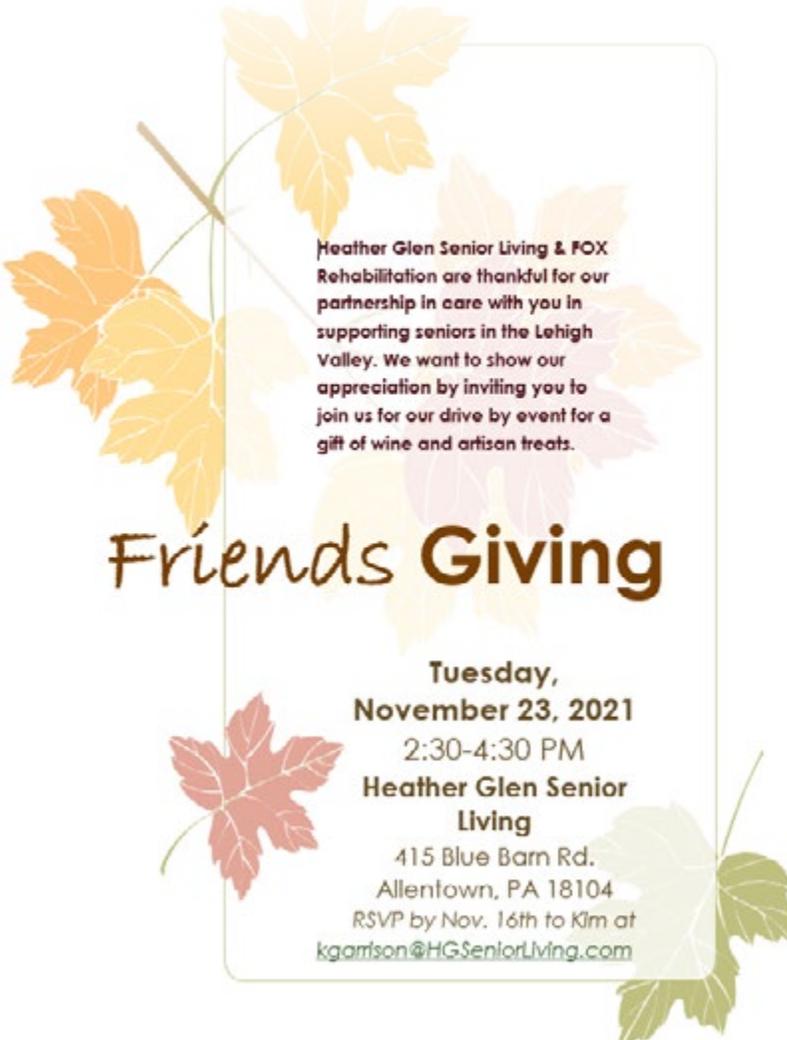
View PDF →



Understanding Alzheimer's & Dementia

View PDF →

An Invitation



Heather Glen Senior Living & FOX Rehabilitation are thankful for our partnership in care with you in supporting seniors in the Lehigh Valley. We want to show our appreciation by inviting you to join us for our drive by event for a gift of wine and artisan treats.

Friends Giving

**Tuesday,
November 23, 2021**
2:30-4:30 PM
Heather Glen Senior Living
415 Blue Barn Rd.
Allentown, PA 18104
RSVP by Nov. 16th to Kim at kgarrison@HGSeniorLiving.com