



## Newsletter #8 - September 2021

### Shout Out

First, a shout out to our friends at Lincoln Center Access for arranging tickets for Access program attendees at the recently completed Together Dance Festival. Sandy, Michele and I attended on a Thursday evening and it was a great night of dance. Thanks again.

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### **FLASHING LIGHT THERAPY – IS IT THE CURE WE ARE LOOKING FOR?**

#### **Introduction**

All of us who care for people with Alzheimer's or other forms of Dementia wait and pray for the day that there will be a drug that will help our loved one to once again experience life to the fullest. To be the person they once were. When Biogen's drug Aduhelm was approved by the FDA, we were all excited that this was the first step in finding a cure for his terrible disease. While many doctors question its effectiveness and say they will not prescribe it, many of us still hope.

Efforts are also underway exploring non-drug approaches to dealing with Alzheimer's. Among the most interesting is the use of flashing lights. Light has been shown to help those with seasonal affective disorder. Now scientists are looking to see what impact, if any, it could have on cognitive disorders. Actual clinical studies are underway in both in the US and Canada. Currently there is no data to suggest the approach works, but it is a new area of

exploration and interest. The Being Patient newsletter has an outstanding article on the issue:

[Review: These 3 Devices Use Flashing Lights Designed to Boost Brain Health.](#)

As the science supporting the brain health benefits of an experimental therapy called photobiomodulation — emitting flickering lights that may have some direct impact on the brain — grows, some devices are hitting the market, while others are entering clinical trials for Alzheimer's. Being Patient reporter Simon Spichak looks at what we know about each device and the science at large.

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### **Suggested Articles**

- Tom Coughlin the former NY Giant Head Coach wrote a touching piece in the Times about his caregiving experience. [https://www.nytimes.com/2021/08/24/opinion/tom-coughlin-wife-psp.html?mc\\_cid=a7f4d12ec1&mc\\_eid=6e9fa9f1f3.](https://www.nytimes.com/2021/08/24/opinion/tom-coughlin-wife-psp.html?mc_cid=a7f4d12ec1&mc_eid=6e9fa9f1f3)
- From Valerie Feurich in Teepa Snows Positive Approach to Care a good article on addressing the moving into a care community. Positive Approach to Care. [https://mailchi.mp/teepasnow/blog\\_5-tips-for-helping-a-person-living-with-dementia-understand-the-need-to-move-to-a-care-community? .](https://mailchi.mp/teepasnow/blog_5-tips-for-helping-a-person-living-with-dementia-understand-the-need-to-move-to-a-care-community?)
- The Penn Memory Center has a well written article on Alzheimer's. and other dementias. If you are looking for a good over view article this is it. [https://penmemorycenter.org/education/.](https://penmemorycenter.org/education/)

## Suggested Videos

- In addition to their excellent newsletter, *Being Patient* has also posted a number of first-rate videos which can be viewed at <https://www.youtube.com/channel/UCYTixYatREXOaWX0luAuRuw>.
- An interesting series of videos prepared by the *UCLA Alzheimer's Dementia Care Program*. Taken together they form the basis of a program. <https://www.uclahealth.org/dementia/caregiver-education-videos>.

## Featured Programs

### [CARE Program — Lenox Hill Neighborhood House](#)

CARE is the Lenox Neighborhood House's award-winning arts-based day program for older adults living with Alzheimer's disease and other forms of dementia. Elizabeth Hartowicz is the director of the CARE program. The program, offers a unique opportunity for social contact and stimulation to those individuals who, due to their progressing dementia would often be isolated in the community, while providing respite for their caregivers. The program focuses on the individual person, not on the disease. A person's preferences, interests, and needs are the basis for the programming. Openness, flexibility, improvisation, and spontaneity are encouraged rather than a reality orientation that is often used to bring back people with dementia. For additional information you can contact Elizabeth at 212.218.0447 or at [ehartowicz@lenoxhill.org](mailto:ehartowicz@lenoxhill.org)

## [Alzheimer's Foundation Teal Room](#)

The AFA Teal Room is The Alzheimer's Foundation of America's Virtual Community Class platform, where individuals living with Alzheimer's Disease and related cognitive impairments, care partners, and older adults in the community can access free virtual therapeutic programming from the comfort and safety of their home. The AFA Teal Room's Virtual Community Classes are offered 7 days per week and include the creative arts therapies, performances, nature-based programming, music, movement, and more! No registration required and all Virtual Community Classes can be accessed at any time after they are published.

### **Remember**

- Check the [event calendar](#) on our website on a regular basis. We are constantly adding new events.
- Subscribe to our Newsletter. Look for the Newsletter box on our [Home Page](#).