



Newsletter #11 – January 2022

In this newsletter we will focus on the many podcasts that are available for Alzheimer's caregivers. In past newsletters we have looked at books and articles along with the many organizations that provide services to caregivers and the individuals they care for. In this issue we will switch focus.

Podcasts

While I have listened to some of these podcasts, I will not be selecting my favorites. I have not listened any one a sufficient number of times to make any real judgements. In no special order, they are:

Penn Memory Center

- **Bobs Last Marathon:** Listen to [Bob's Last Marathon](#) Podcast where Lena, a caregiver of a former Penn Memory Center patient offers guidance and support to others caring and loving someone with dementia.

University Of Wisconsin – Madison

- **Dementia matters:** is a podcast about Alzheimer's disease and other causes of dementia. Host Dr. Nathaniel Chin interviews leading scientists and caregiving experts to bring listeners the latest in Alzheimer's disease news, research and caregiver resources. You can listen to episodes through our website or subscribe to *Dementia Matters* through [Apple Podcasts](#), [Spotify](#), [Podbean](#) or wherever you get your podcasts. You can hear *Dementia Matters* on Fridays at 4 p.m. (CT) and again at 10 p.m.

Johns Hopkins Memory and Alzheimer's Treatment Center

Helens Story -Helen Hovdesven's husband Arne was diagnosed with Alzheimer's disease a number of years ago. Before he passed away in the Spring of 2009, Helen generously shared her story in an audio slide show and a series of podcasts:

- **Long journey begun:** Helen shares the beginning of "accepting and learning the path."
[Listen and view the slide show \(10 min\)](#)
- **Early decisions:** Helen describes symptoms her husband had and decisions they made.
[Listen \(10 min\)](#)
- **Psychological support:** Helen talks about receiving psychological support for both her and her husband.
[Listen \(10 min\)](#)
- **Coming to terms:** Helen deals with her husband's inability to communicate clearly.
[Listen \(9 min\)](#)
- **Focus on caregivers:** Helen talks about the multiple roles caregivers fill. [Listen \(10 min\)](#)

University of Michigan

- **Minding memory:** Welcome to Minding Memory. In this podcast we discuss topics related to dementia research. This is an all-hands-on-deck moment for dementia research, and we have topics for both those new to the space as well as old pros. We start with some basics, like: What exactly is dementia? What are the different types of dementia? But we also invite researchers on to discuss their interesting work to give you a glimpse at the questions, data, and methods moving the field forward. Subscribe to Minding Memory on: [Apple Podcasts](#), [Google Podcasts](#), [Spotify](#).

Caring Kind

- **Caregiver/Storyteller:** is a storytelling podcast about Alzheimer's and dementia caregiving. Every caregiver has a story to tell. Chris Doucette interviews caregivers to learn how they became caregivers, the ups and downs of their journey, and how they've changed as a

result. Other podcasts teach. Through confessional storytelling, Caregiver/Storyteller helps listeners understand the first-person reality of what caregiving is actually like. While all caregiving stories convey a sense of loss, there is also a surprising amount of fortitude, loyalty, gratitude, joy, and humor. These are their stories.

<https://www.caringkindnyc.org/podcast/>.

Note; In future issues we will highlight additional pod casts and current books and films

NEWS FROM OUR COMMUNITY

The **Unforgettables** chorus is hoping to start in person rehearsals on March 22 at Saint Michaels Church on Amsterdam and 99th street.

Lincoln Center Moments will be listing its upcoming programs on February 8th. These are very popular programs so you want to register as quickly as possible. access@lincolncenter.org or **212.875.5375**.

Both **Connect to Culture** and the **Folk Art Museum** have received additional Funding from the Mellon Foundation.

The **AFA Teen Alzheimer's Awareness Scholarship** is again up for grabs. It provides educational funding to college-bound high school seniors who have been impacted by Alzheimer's disease. The Application deadline is March 22nd. Check <https://alzfdn.org/young-leaders-of-afa/scholarship-contest/>.

STUDIES LOOKING FOR PARTICIPANTS

Weill Cornell Medicine's Center for Aging and Behavioral Research

- Launching an exciting research study for caregivers and their loved ones who live in New York, New Jersey, and Connecticut. The study seeks to work with informal and unpaid caregivers, such as family or friends, of people with mild cognitive impairment/early Alzheimer's and their care recipients. The program, delivered through laptop computer technology, will be tailored for the caregiver and emphasize issues important to caregivers, not only in the earlier stages of caregiving, but will also target issues across the caregiving trajectory to help prepare the

caregiver for changes in his/her role. Participants will receive \$20 - \$30 for each of the assessments (there are 3), and those who are not eligible will receive \$10. Participants in the study will also be able to keep the laptop at the end of the study if they choose.

If you know someone who is interested, they can call **646-962-7141** or email **AgingBehavioralRsrch@med.cornell.edu** to see if they qualify or to get more information.

NYU Langone Center for Cognitive Neurology

- Oral health Research Study. The objective of the study is to improve oral health and reduce risk of oral health problems in those with memory problems. Participants must be: Sixty years old, have four natural teeth, able to brush their teeth and been diagnosed with mild Dementia. If you qualify you will receive; three in home visits by an oral health evaluator, learn about oral health and receive compensation. If you are interested, please contact **Shahzad Siamdoust, (212)-992-5966**

Remember

Check the [event calendar](#) on our [website](#) on a regular basis. We are constantly adding new events.

Get your name on our mailing list. Email your request to: contact@adrcnyc.org