

From The Alzheimer's Association:

Learning how to cope with the effects of Alzheimer's Disease - on both the person diagnosed and on the family caregiver—helps families provide the best possible care while maintaining their own health and well being.

Tips for Coping

- Take one day at a time, but prepare for the future.
- Recognize what you can and cannot do.
- Be realistic about your loved one's changing abilities.
- Understand that your relationship with the person you are caring for will be different, but can be meaningful and rewarding.
- Find out what resources are available and take advantage of them.
 - Accept and ask for help.
- Keep your sense of humor and be forgiving of yourself.
- Take pride in the care and comfort you give.
 - Take time for your emotional needs.

November 2010

**COMMUNITY RESOURCE
GUIDE TO SERVICES
FOR
ALZHEIMER'S DISEASE AND
RELATED DISORDERS**

Brought to you by
the West Suburban Area
Alzheimer's Partnership

Serving the Communities of
**Belmont, Brookline,
Needham, Newton,
Waltham, Watertown,
Wellesley, and Weston**

Mission Statement

The West Suburban Area Alzheimer's Partnership is a collaboration of families, healthcare and human service providers. Our mission is to identify and serve the needs of individuals with Alzheimer's Disease and Related Disorders and their families by:

- Providing and promoting the education of patients, families, caregivers, medical professionals, and elder care providers;
- Improving accessibility and utilization of existing services through joint planning and the exchange of information;
- Promoting the development, better utilization, and increased awareness of new services;
- Supporting the advocacy efforts of the Alzheimer's Association concerning legislation that impacts Alzheimer's patients, caregivers, and the delivery of services;
- Working in partnership with the Alzheimer's Association, Massachusetts /New Hampshire Chapter.

Disclaimer

This is a partial listing of service providers, courtesy of the West Suburban Area Alzheimer's Partnership. The West Suburban Area Alzheimer's Partnership and the Alzheimer's Association, Massachusetts/New Hampshire Chapter, do not specifically license, endorse or recommend any specific service provider listed within this Guide. We apologize for any misprints or omissions. Organizations, agencies and individuals who are 2010 dues paying members of the West Suburban Area

2010 Dues Paying Members of the West Suburban Area Alzheimer's Partnership

- Partners Private Care
- Prime Life Assistance (Sally Dubrow)
- Providence House Senior Living Community
- Sally Kaitz, Geriatric Care Manager
- Senior Evolution
- Senior Homecare Solutions
- Sharon F. Whittemore, MSSW, LICSW, C-ASWCM
- Shirley Earle
- Sostek Home Care
- Springhouse
- Springwell, Inc.
- Susan J. Glantz
- Suzanne Modigliani, Geriatric Care Manager
- Takingcare.TV
- Weston Council on Aging
- Whitney Place at Natick

2010 Dues Paying Members of the West Suburban Area Alzheimer's Partnership

- Golden Law Center
- Griswold Special Care - Metrowest
- Hope Elder Law
- Howard Block, Alzheimer's Consultant
- Jean Dahlben
- Jeanne Stolbach, Senior Housing/Healthcare Consultant
- Julie McQuade Ladimer, Esq. at the Law Office of Michael G. Gatlin
- Your Elder Experts Geriatric Care Management/Jewish Family & Children's Services
- Laughing Matters
- Law Offices of Timothy R. Loff
- MD Can Help, PC
- Meredith Pensack, LTCI Planning Specialist
- Nancy B's Paper Management
- Newton Senior Center
- North Hill
- Pamela S. Kunkemueller

Alzheimer's Partnership are listed at the end of this Guide. Their dues helps make this Guide possible.

Choosing a Care Provider or Service

This Guide is intended as a starting point for getting information about local services for a person with Alzheimer's Disease or a Related Disorder, and for their families. Finding the right provider or service to meet your particular needs is often a matter of doing some homework and asking the right questions. The Alzheimer's Association has many tools and checklists available to help you in this process. Many can be downloaded for free from their website at www.alz.org/MAHN or can be requested by calling the Association's Helpline at 1-800-272-3900.

Using this Guide

The Guide is grouped by resource type (for example, all housing resources are listed together). The city or town of certain resources are listed, if the location might determine which resource you choose (such as the city of an assisted living). Resources listed without a city or town mean that the provider serves many communities in the west suburban area.

For More Information

For more information about the West Suburban Area Alzheimer's Partnership, please go to www.alz.org/MAHN.

Additional copies of this Guide may be downloaded at www.springwell.com. Or to request a copy of the Guide, please contact the Information and Referral Department at Springwell by calling 617-926-4100 or by emailing your request to inforef@springwell.com.

Alzheimer's Association, Massachusetts / New Hampshire Chapter

- Helpline: 800-272-3900
- Spanish Speaker's Line: 617-393-2010

Wandering

- Patient wandering is one of the most emotionally wrenching and life-threatening behaviors associated with Alzheimer's Disease and other dementing illnesses. The national Safe Return Program operated by the Medic Alert Foundation coordinates efforts to locate and recover wanderers who become lost. For an enrollment fee of \$54.90 fee plus an annual fee, caregivers in Massachusetts and across the U.S. can register people with dementia in Safe Return. Call the Medic Alert / Safe Return program at 888-572-8566.

Diagnostic Centers for Alzheimer's and Related Disorders (Dementia Evaluation)

- Belmont: McLean Hospital, Memory/Diagnostic Clinic, 617-855-2300
- Boston: Beth Israel Deaconess Medical Center, Gerontology Department, 617-632-8696
- Boston: Brigham & Women's Medical Center Behavioral Neurology Unit, 617-732-8060
- Boston (Roslindale): Hebrew Rehab /Senior Life, Memory Disorders Clinic, 617-363-8539
- Boston: Mass General Hospital, Memory Disorders Clinic, 617-726-1728
- Boston Medical Center, Neurology, 617-638-8456
- Cambridge: Mt. Auburn Hospital, Geriatrics Department, 617-868-0847
- Cambridge: Youville Hospital, Geriatric Assessment Program, 617-349-5804

2010 Dues Paying Members of the West Suburban Area Alzheimer's Partnership

- A Thoughtful Move
- Aging Link, Inc.
- Avery Crossings
- Belmont Savings Bank
- Brain Enhancement Services, Inc.
- C & Z Transitions
- Christy Bean Leamy, CFP, Financial Advocate for the Elderly
- Circle of Caring at Hospice of the Good Shepherd
- Comfort Keepers
- Crossroads Counseling, Inc.
- Epoch Assisted Living of Weston
- Evans Park
- Generations, All About Elders
- Geriatric Resource Centre, Inc.
- Goddard House Assisted Living

Police: Community Service / Alzheimer's Resources

- Belmont, Lt. Richard Santangelo, Community Service Division, 617-484-1215 x121
- Brookline, Officer Jim Reardon, Community Relations Division, 617-730-2786
- Needham, Community Services Office, Carl Harmon, 781-455-7570 x213
- Newton, Elder Affairs Officer, Eric Rosenbaum, 617-796-2116
- Waltham, TRIAD Officer, 781-314-3153
- Watertown, Sergeant David Sampson, Community & Staff Development, 617-972-6529
- Wellesley, Elder Affairs Officer, Brian Spencer, 781-235-1212 x5129
- Weston, Community Services Officer, 781-893-4803

Veterans Agents

- Belmont: John Maguranis, 617-993-2725 or 617-908-7479
- Brookline: William McGroarty, 617-730-2112
- Needham: Stanley Spear, 781-455-7532
- Newton: Veterans' Services Director, Alfred Guzzi Jr., 617-796-1090
- Waltham: Walter Hoyt, 781-314-3415
- Watertown: Bob Erickson, 617-972-6416 x155
- Wellesley: Stanley Spear, 781-431-1019 x2209
- Weston: Stanley Spear, 781-431-1019 x2209

Driver Evaluation Programs

- Boston: Beth Israel Deaconess Medical Center, DriveWise Program, 617-667-4074
- Boston: Spaulding Rehabilitation Center, Driver Evaluation Program, 617-573-2928
- Newton: Newton-Wellesley Hospital, Drive Safe Program, 617-243-6172
- Wellesley: Spaulding Rehabilitation Center, Driver Evaluation Program, 781-431-9144 x 1280
- AARP, 888-687-2277

Elder Law Attorneys

- National Academy of Elder Law Attorneys (NAELA-MA Chapter), www.NAELA.org, 877-367-6235
- Boston College Legal Assistance Bureau, Elder Law Clinic, 781-893-4793
- Law Office of William J. Brisk, Esq., 617-244-4373
- Golden Law Center, E. Alexandra Golden, Esq., 781-433-8665
- Hope Elder Law, John R. Hope, Esq., 617-926-8549
- Law Office of Timothy Loff, Esq., 617-332-7021
- Law Office of Andrea Natsios, Esq., MSW, LICSW, 781-899-3097
- Gary Zalkin, Esq., LICSW, 781-239-1113
- Julie McQuade Ladimer, Esq. at the Law Office of Michael G. Gatlin, 202-641-5060

Financial Matters

- Christy M. Bean Leamy, CFP, Financial Advocate for the Elderly, 617-964-6700
- Money Management Program, Springwell, 617-926-4100
- National Association of Personal Financial Advisors (NAPFA), 800-366-2732
- Nancy B's Paper Management, Nancy Bernheimer, 617-312-2507
- Patricia Morris, Esq., CFP, 617-332-0053
- Prime Life Assistance, Sally Dubrow, 617-527-4477
- Jason H. Gold, MA, LNHA, Agent New York Life Insurance Company, 617-759-7706 / Cell Phone 781-392-1771 / Direct Dial & Voicemail

Advocacy /Mediation Programs for Nursing Home and Assisted Living Residents

- Springwell's Long Term Care Ombudsman Program, contact Dan Goldberg at Jewish Family and Children's Services, 781-647-5327
- Massachusetts Assisted Living Ombudsman Program, contact the MA Executive Office of Elder Affairs, 1-800-AGE-INFO (800-243-4636)

Support Groups

Continued

- **Waltham:** Maureen Baglio, 781-314-3301
- **Watertown:** Nicole McGurin (Early Stage, Early Onset Patients & Carepartners), 617-393-2005
- **Watertown:** Jeanette Rosa Brady (Early Onset Caregiver Group for Spouses), 617-393-2048
- **Weston:** Candice Steingisser or Emily Hutcheson, 781-891-8046
- **West Roxbury:** Sarah Meeks, 617-325-1230

- **Spanish Speaking Caregiver Support Group:** Fabiola Alvarez, 617-393-2010

Support Groups

Groups are available for caregivers as well as for persons who have been diagnosed with Alzheimer's. Call for more details or visit www.alz.org/MANH for groups meeting in other communities.

- **Belmont:** Nava Niv-Vogel, 617-993-2970
- **Brookline:** Elaine Yanowitz, 617-730-2751
- **Brookline:** Susan Kanian-Andriole, 617-730-2754
- **Cambridge:** Liz Olson, 617-491-1815
- **Jamaica Plain:** Susan Kelley, 781-662-2273
- **Jamaica Plain:** Victoria Ruff (Lewy Body Dementia Caregivers), 800-539-9767
- **Natick:** Kelly Payne (Early Stage Patients & Carepartners), 508-655-5000 x3999
- **Newton:** Lisa Kapust, 617-667-5150
- **Newton:** Claire Henry, 617-969-4660
- **Newton:** Jeff Brauer (Frontotemporal Lobe Dementia Caregivers), jeff-brauer@cableone.net
- **Roslindale:** Leslie Ahern, 617-477-6676
- **Somerville:** Lindsay Brennan (Adult Children of Parents with Early Onset Dementia), 617-393-2013

Continued on next page

Aging Services Access Point & Area Agency on Aging

Subsidized **home care** services for elders, adults with disabilities, and caregivers as well as **Home Delivered Meals** for adults age 60 and over.

- Springwell, Information & Referral Department, 617-926-4100

Housing Options: Information

- Jeanne Stolbach, Senior Housing/ Health Care Consultant, 781-234-2715
- Massachusetts Assisted Living Facilities Association, Consumer Information, 781-622-5999
- Massachusetts Extended Care Federation (rehab & skilled nursing facilities), 800-227-3367
- Senior Evolution, Judy Huber, 781-641-4369

Move Assistance & Household Organization

- A Thoughtful Move, Joan Roover, 617-285-4094
- C & Z Transitions, 781-662-7762
- Room To Improve, Lori Salzman, 617-413-2087

Assisted Living Facilities with Memory Impairment Units

- Boston (Jamaica Plain): Rogerson House
617-983-2300
- Boston (Jamaica Plain): Springhouse 617-522-0043
- Brighton: Chestnut Park 617-566-1700
- Brighton: Providence House 617-731-0505
- Brookline: Goddard House 617-731-8500
- Natick: Whitney Place 508-655-5000
- Newton: Evans Park 617-965-9400
- Newton: The Falls at Cordingly Dam,
617-928-0007
- Waltham: Waltham Crossings, 781-466-9912
- Waltham: Dorothy Frances Home (Alzheimer's
and Related Disorders only) 781-891-0840
- Weston: Sunrise Assisted Living, 781-893-2936
- Weston: EPOCH Senior Healthcare, 781-891-6100

Nursing Homes with Alzheimer's Special Care Units
(Memory Impairment / Dementia Unit)

- Belmont: Belmont Manor Nursing Center,
617-489-1200
- Boston (Jamaica Plain): Goddard House,
617-522-3080
- Chestnut Hill: EPOCH Senior Healthcare of
Chestnut Hill, 617-879-2901
- Needham: Briarwood Healthcare & Rehab Center,
781-449-4040
- Needham: Avery Manor, 781-449-4670
- Newton: Newton Health Care Center,
617-969-4660
- Newton: Golden Living Center, 617-969-2300
- Waltham: Meadow Green Nursing & Rehab Cen-
ter, 781-899-8600
- Wellesley: Newton Wellesley Alzheimer's Center,
781-237-6400

Private Home Care & Home Health Care Agencies
Continued

- SeniorBridge Family,
NPI, NOMM, LTCI, 617-332-6800
- Senior Homecare Solutions, Pam Sidell,
NPI, NOMM, LTCI, 617-431-1165
- Sostek Home Care,
NPI, NOMM, LTCI, 617-244-8560
- Suburban Home Health Care,
PI, MM, 617-264-7100
- VNA Private Care,
NPI, NOMM, 781-431-1484

Councils on Aging / Senior Centers

Contact names listed are the Executive Directors. You can also ask for the Outreach Worker or Social Worker. COAs offer a wide variety of services and programs.

- Belmont COA, Nava Niv-Vogel, 617-484-5501
- Brookline COA, Ruthann Dobek, 617-730-2777
- Needham COA, Jamie Gutner, 781-455-7555
- Newton Department of Senior Services, Jayne
Colino, 617-796-1660
- Waltham COA, Marybeth Duffy, 781-899-7228
- Watertown COA, Caryl Leslie Fox, 617-972-6490
- Wellesley COA, Gayle Thieme, 781-235-3961
- Weston COA, Eileen Bogle, 781-893-0154

Community Care Ombudsman Program

- Massachusetts Community Care Ombudsman Pro-
gram, contact the MA Executive Office of Elder
Affairs, 1-800-AGE-INFO (800-243-4636)

Private Home Care & Home Health Care Agencies

Key to Type of Insurance Accepted:

PI = Private Insurance accepted

NPI = No Private Insurance accepted

LTCI = Long Term Care Insurance accepted

NOMM = No Medicare or MassHealth (Medicaid) accepted

MM = Medicare and MassHealth (Medicaid) accepted

- CARE Resolutions, Inc., Vicky Hunt, NPI, MassHealth, 508-359-4675
- CareGroup Homecare, PI, MM, 617-673-1700
- Care Solutions, PI, MM, 617-964-5470
- ComForCare Senior Services, NPI, NOMM, 781-433-0080
- Comfort Keepers, NPI, NOMM, 617-965-5200
- Geriatric Resource Centre, Inc. Gerri Aron, NPI, LTCI, NOMM, 617-332-7610
- Griswold Special Care Metrowest, Roberta Seligman, NPI, NOMM, LTCI, 781-449-0402
- Home Instead Senior Care, NPI, NOMM, LTCI, 781-314-0153
- HouseWorks, NPI, NOMM, 617-928-1010
- Jewish Family & Children's Services, Homecare Intake, PI, MM, 617-227-6641
- Parmenter VNA & Wayside Hospice, PI, MM, 508-358-3000
- Partners Private Care, LTCI, 800-698-2628
- Right at Home, NPI, NOMM, 617-597-1500

Continued on next page

Adult Day Health Centers

- Arlington: Cooperative Elder Services, 781-641-1070
- Boston (Brighton): Great Day for Seniors / HSL @ Wallingford Road, 617-912-8452 (Russian speaking facility)
- Brighton: Greater Boston Chinese Golden Age Center, 617-789-4289
- Boston (Jamaica Plain): Rogerson House, 617-983-2300
- Boston (Roslindale): Great Day for Seniors at Hebrew Senior Life, 617-363-8515
- Boston (Roslindale): Rogerson Roslindale Dementia Day Program, 617-363-2329
- Boston (West Roxbury): Deutsches Altenheim German Centre for Extended Care, 617-325-9447
- Brookline: Rogerson Brookline Adult Day Health Program, 617-383-6012
- Cambridge: Windsor House, 617-547-7836
- Concord: Cooperative Elder Services, 978-318-0055
- Framingham: Windsor House Adult Day Health, 508-879-1771
- Lexington: Cooperative Elder Services, 781-861-9863
- Natick: Whitney Place, 508-655-3344 x3905
- Watertown: Second Home Adult Day Health Care 617-924-5900 (Armenian), 617-924-1212 (Russian)

Hospice Services

- Beacon Hospice, LLC, 617-242-4872
- Brookhaven Hospice, LLC, 508-820-4800
- Caritas Good Samaritan Hospice, 617-566-6242
- Evercare Hospice & Palliative Care, 781-472-8479
- Hospice of the Good Shepherd, 617-969-6130
- Partners VNA Hospice, 781-290-4000
- The Good Samaritan Hospice of the Archdiocese of Boston, 617-566-6242
- Tippet House, 781-433-5800
- VNA Care Network, 781-455-6661
- Wayside Hospice/Paramenter Visiting Nurse Services, 508-358-3000 ext. 249

Counseling/Coaching Services

- Brain Enhancement Services, Inc., Lynn Lazarus Serper, EdD, 800-240-3778
- Caring Resources, Claire Henry, Med, CDP, 781-540-9357
- Crossroads Counseling, Linda L. Cohen, LICSW, 781-431-2277
- Janet Pozen, PhD, Alzheimer's Decision Support, Coaching, Support Groups, 617-964-6695
- National Association of Social Workers Private Practice Referral Network in MA, 617-653-3081
- StilMee Alzheimer's Caregiver Coaching, 617-233-1145

Geriatric Care Managers

- Aging Link, Rene Brezniak Glazier, 617-965-4127
- FD Kerchner & Associates, Fran Kerchner, LICSW, C-ASWCM, 781-235-2173
- Gail Leichtman, LSW, 781-861-2106
- Generations, All About Elders, Sue Lewin, LICSW, CMC, 617-791-6093; Esther Rothkopf, MS, 617-791-6094
- Geriatric Resource Centre, Inc., Ann Peck, LSW, 617-332-7610
- Jean Dahlben, R.N., 857-222-6338
- Kaitz & Siegel, Sally Kaitz, 978-376-5316 and Matt Siegel, 617-365-7012
- LivHOME, Bernadette Bosco, 781-416-2000
- Suzanne Modigliani, LICSW, CMC, 617-566-0926
- SeniorBridge, 617-332-6800
- Springwell, ask for I&R, 617-926-4100
- To Life! Elder Care, Carol Westheimer, 781-835-5157, Renee Parris Brown, MS, RN, 781-835-5158
- Your Elder Experts Geriatric Care Management, a program of JF&CS, 781-693-5052
- Sharon F. Whittemore, MSSW, LICSW, C-ASWCM, 508-872-7798