

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.

May 2009

**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 2009 dues paying members of the West Suburban Area

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- Jeanne Stolbach (p. 6)
- Jewish Family & Children's Services (p. 9 & 10)
- Kaitz & Siegel Geriatric Care (p. 9)
- Law Offices of Timothy R. Loff (p. 5)
- LivHome (p.9)
- Newton Department of Senior Services (p. 11)
- Pat Morris, Esq. CFP (p. 5)
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- Room To Improve (p.6)
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- Sostek Home Care (p. 11)
- Springwell, Inc. (p. 6)
- StillMee, Alzheimer's Caregiver Coaching (p. 9)
- Suzanne Modigliani, Geriatric Care (p. 9)
- Suzie Glantz
- Weston Council on Aging (p. 11)
- Whitney Place at Natick (p. 7)

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- Caregiver Homes (p.6)
- Cooperative Elder Services (p. 8)
- Comfort Keepers (p. 10)
- Evercare Hospice & Palliative Care (p. 8)
- Frances Kerchner & Associates (p. 9)
- Generations, All About Elders (p. 9)
- Geriatric Resource Centre, Inc. (p. 9)
- Goddard House Assisted Living (p. 7)
- Golden Law Center (p. 5)
- Griswold Special Care/ Metrowest (p. 10)
- Hope Elder Law (p. 5)
- Hospice of the Good Shepherd, (p. 8)
- HouseWorks (p. 10)
- Jean Dahlben (p. 9)

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: 617-868-8599

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

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, Officer Carl Johnson, Community Services Office, 781-455-7570 x213
- Newton, Officer Kim Manouk, Elder Affairs Officer, 617-796-2116
- Waltham, Officer Jon Bailey, TRIAD Officer, 781-314-3153
- Watertown, Sergeant David Sampson, Community & Staff Development, 617-972-6529
- Wellesley, Officer Brian Spencer, Elder Affairs Officer, 781-235-1212 x129
- Weston, Officer Kelly Moloney, Community Services Officer, 781-893-4803

Veterans Agents

- Belmont: John Maguranis, 617-993-2725
- Brookline: William McGroarty, 617-730-2112
- Needham: John Logan, 781-455-7532
- Newton: Veterans' Services Contact Officer, Patricia Sweeney 617-796-1090
- Waltham: Walter Hoyt, 781-314-3415
- Watertown: Bob Erickson, 617-972-6416 x155
- Wellesley: Richard Dillon, 781-431-1019 x2209
- Weston: Donald Bumpus, 781-893-0154

Support Groups

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

- Belmont: Nava Niv-Vogel 617-484-5501
- Brookline: December Heffernan, 617-730-2777
- Brookline: Susan Kanian-Andriole (evenings) 617-730-2754 ext. 2753
- Cambridge: Liz Olson 617-491-1815
- Jamaica Plain: New Support Group for Gay and Lesbian Caregivers 617-354-1938
- Natick: Kelly Parker 508-655-5000 x3999
- Newton: Claire Henry, 617-831-2770
- Newton: Jan Chiampa, 781-626-1995
- Needham: Jamie Gutner, 781-258-6333
- Waltham: Maureen Baglio 781-314-3301
- Watertown: Early Stage, Early Onset Group Nancy Mc Gurin 617-393-2005
- Weston: Shirley Earle or Emily Hutcheson 781-891-8046

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
- AARP 888-687-2277

Elder Law Attorneys

- National Academy of Elder Law Attorneys (NAELA-MA Chapter), 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

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
- Patricia Morris, Esq., CFP, 617-332-0053
- Prime Life Assistance, Sally Dubrow 617-527-4477

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)

Aging Services Access Point & Area Agency on Aging

Subsidized services and private pay **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, 617-965-0322
- Massachusetts Aging Services Association, Consumer Information, 617-244-2999
- Massachusetts Assisted Living Facilities Association, Consumer Information, 781-622-5999
- Massachusetts Extended Care Federation (rehab & skilled nursing facilities), 800-227-3367
- Caregiver Homes 866-797-2333

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

Private Home Care & Home Health Care Agencies, continued

- Senior Homecare Solutions, Pam Sidell, NPI, NOMM, LTCI 617-431-1165
- Sostek Home Care, Cindy DiMartino, PI, NOMM, LTCI 617-244-8560
- Suburban Home Health Care, Intake, NPI, MM 617-264-7100
- VNA Private Care, John Paul Marosy PI, 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 Program, 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 or Intake, PI, NOMM 508-359-4675
- CareGroup Homecare, Intake, PI, MM 617-673-1700
- Care Solutions, Intake, PI, MM 617-964-5470
- ComForCare Senior Services, Intake, NPI, NOMM, 781-433-0080
- Comfort Keepers NPI, NOMM, 617-965-5200
- Geriatric Resource Centre, Inc. Gerri Aron, PI, LTCI, NOMM 617-332-7610
- Griswold Special Care Metrowest, Roberta Seligman, PI, NOMM, LTCI 781-449-0402
- Home Instead Senior Care, Intake, NPI, NOMM, LTCI 781-314-0153
- HouseWorks, Intake, NPI, NOMM 617-928-1010
- Jewish Family & Children's Services, Homecare Intake, PI, MM 617-227-6641
- Parmenter VNA & Wayside Hospice, Intake, PI, MM 508-358-3000
- Right at Home, Intake, PI, NOMM 617-597-1500
- SeniorBridge Family, Intake, NPI, NOMM, LTCI 617-332-6800

Continued on next page

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
The Falls at Cordingly Dam 617-928-0007
- Waltham: Waltham Crossings 781-466-9912
- Waltham: Dorothy Frances House (Alzheimer's' and Related Disorders only) 781-891-0840

Nursing Homes with Alzheimer's Special Care Units

(Memory Impairment / Dementia Unit)

- Belmont: Belmont Manor Nursing Center, Susan Karger 617-489-1200
- Boston (Jamaica Plain): Goddard House, Carmen Wornum 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, Claire Henry 617-831-2770
- Newton: Golden Living Center 617-969-2300
- Waltham: MeadowGreen Nursing & Rehabilitation, Chris Polcari, LCSW, 781-899-8600
- Wellesley: Newton Wellesley Alzheimer's Center, 781-237-6400
- Weston: EPOCH Senior Healthcare 781-891-6100

Adult Day Health Centers

(Italics indicates Alzheimer's-specific program is available)

- Arlington: *Cooperative Elder Services*
781-641-1070
- Boston (Jamaica Plain): *Rogerson House*
617-983-2300
- Boston (Roslindale): Adult Day Health Program
at Hebrew Senior Life 617-363-8515
- Boston (Brighton): Adult Day Health Program /
HSL @ Wallingford Road 617-912-8452
- Boston (Roslindale): *Rogerson Communities
Adult Day Health* 617-363-2329
- Boston: Second Home Adult Day Health Care
617-924-5900
- Boston (West Roxbury): Senior Place at the
German Home 617-325-9447
- Brookline: *Rogerson Communities at the
Brookline Senior Center* 617-383-6012
- Cambridge/Belmont Line: *Sancta Maria's
Windsor House* 617-491-1815
- Framingham: Windsor House 508-879-1771
- Lexington: *Cooperative Elder Services*
781-861-9863
- Natick: Whitney Place 508-655-3344 x3905
- Needham: OTRADA, multicultural ADH Center
781-433-9855

Hospice Services

- Evercare Hospice & Palliative Care
781-472-8479
- Hospice of the Good Shepherd
617-969-6130

Geriatric Care Managers

- Aging Link, Rene Brezniak Glazier 617-965-4127
- Elder AdvoCare Link, Elizabeth Hirshom, RN
617-216-2204
- FD Kerchner & Associates, Fran Kerchner, LICSW
781-235-2173
- Gail Leichtman, LSW 781-861-2106
- Generations, All About Elders, Sue Lewin,
LICSW, CMC617-791-6093; 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, 617-527-1663
- 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, a program of JF&CS,
781-693-5052

Counseling

- 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