

Illuminations

Spring 2008

Upcoming Events

June 11, 2008

Are You Caring For Someone With Memory Loss And Need Support?

You are invited to join ~ without cost ~ our Family Network that offers a variety of educational resources and support. Together, we can manage the challenges of memory loss.

The next meeting of the Family Network will be held on June 11, 2008 from 2:30 p.m. to 4 p.m. at the Hope Alzheimer's Center.

Care services are available to participants who preregister. Please reserve your spot by calling Dottie Poveromo or Ellen Grizzetti at (401) 946-9220.



During the Memories Fade ... Love Inspires exhibit, Carole Horsman, a visitor from Dighton, MA admires a new painting created by Georgia Lysikatos, a participant in Hope's therapeutic art program.

Memories Fade...Love Inspires Art Exhibit Earns Local and National Accolades

This past February, artwork created by Hope Center participants received significant local exposure and national interest through the *Memories Fade... Love Inspires* art exhibit hosted by the Bellini Ruggeri Gallery in Providence.

"The beautiful artwork we exhibited told a compelling story of love and achievement," said gallery owner Angela Ruggeri. "We wanted our show to truly honor the artists, their families, and the wonderful program at Hope." The exhibit featured over 30 watercolor paintings of a variety of subjects, as well as vases and bowls created as part of the Center's therapeutic art program.

A First for Gallery Patrons

According to Ms. Ruggeri, the exhibit attracted many new visitors to the art gallery. For many visitors, it was also their first time viewing artwork created by adults with Alzheimer's and other forms of memory

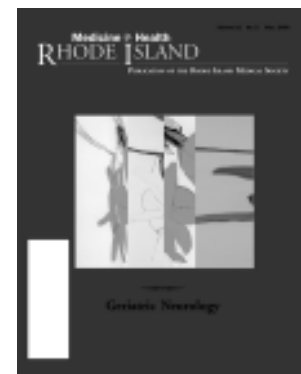
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Inspiring Hearts and Minds Through Artful Expression

The recent *Memories Fade... Love Inspires* art exhibition hosted by the Bellini Ruggeri Gallery in Providence showcased watercolor paintings and pottery pieces created by Hope Center participants under the guidance and direction of Maurice Turcotte, Kenneth Crook and Anne Cerullo, RN, MS, CS.

"The foundation of our art therapy program is the commitment and passion of its facilitators," comments Hope Executive Director Cynthia Conant-Arp. "Maurice, Kenneth and Anne not only enthusiastically share their technical skill and knowledge of the artistic process, they inspire our partici-

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Joan Retsinas, PhD, managing editor of *Medicine & Health Rhode Island*, the journal of the Rhode Island Medical Society, was so impressed by the artwork at the exhibit she requested permission to publish one of the watercolors -- "Red Blooms in Spring" by Theresa Aiello -- on the front cover of the publication.

Brighter Hours • Fuller Days • Richer Lives

Save the Date!

Mark your calendar for our annual **Building Hope Soiree** at the Hope Center on **September 25, 2008**.

This exciting event attracts hundreds of local business and government leaders, as well as health care and social service professionals. Come join us for an elegant evening featuring live and silent auctions, fine hors d'oeuvres, wines, desserts, music, and beautiful artwork. Proceeds from this event will help support a variety of therapeutic services and programs provided at the Hope Alzheimer's Center for individuals with progressive memory loss and their families.

For more event details and to learn about available sponsorship opportunities for the *Building Hope Soiree*, visit our web site at www.HopeAlzheimersCenter.org.

2.

Hope Alzheimer's Center

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Creative and Sensory Therapies Enhance the Lives of People with Alzheimer's

By John Stoukides, MD, Medical Director
Rhode Island Mood & Memory Research Institute

Excerpt from the May issue of *Medicine & Health Rhode Island*

Research conducted in the field of Alzheimer's shows clear evidence that art therapy is a powerful, non-medical way to engage minds in the grip of this disease. For people with memory loss, creative and sensory activities can help:

- Promote well being
- Help maintain skills
- Aid communication by using sensory rather than cognitive pathways
- Enhance relationships
- Utilize past skills
- Express emotion
- Facilitate decision making
- Encourage cooperation with others
- Combat depression

According to a report issued by the Alzheimer's Association in 2007, the number of people age 65 and over with Alzheimer's disease is estimated to be 7.7 million in 2030, a greater than 50 percent increase over the number currently affected. Although treatment is not avail-

able today that can delay or stop the deterioration of brain cells in Alzheimer's disease studies have consistently shown that active medical management of Alzheimer's and other dementias can significantly improve quality of life through all stages of the disease for diagnosed individuals and their caregivers. Active medical management includes the integration of support services like adult day services that offer creative and sensory therapies into the overall treatment plan.

Since opening its doors in 1995, art therapy has been a centerpiece of the adult day program at the Hope Center. Through the years, the Center has reported seeing many withdrawn and quiet participants begin to engage in lively conversations about a special place or time in their life reflected in the painting.

To read the full text for the *Point of View* column, please visit www.HopeAlzheimersCenter.org.



Starring Performance: Two young violinists (front l-r) Michaiah, 8, and her sister, Abigail, 6, recently performed a special concert at the Center in honor of their great-grandmother, Gladys Thormasian (back row, far right), a long-time participant at Hope. Also in attendance for this starring performance were (back row, l-r) Barbara Lefkowitz, the girls' music teacher; Marilyn, daughter of Gladys; and Elena, Michaiah and Abigail's mother. The girls received lots of applause from an enthusiastic group of Hope participants who thoroughly enjoyed the music!

My Story, My Mother, My Hope

By Christine Giorgi

My mother's name is Ellena DiLustro. She is 94 years old and has lived by herself since my father passed away nearly 16 years ago. I also had a sister who died two years ago after battling cancer for several years. Now, I am solely responsible for my mother's care.

Before my sister's death, mom experienced some memory loss which I attributed to her advancing age. However, her memory declined during the past two years.

I watched her mental status deteriorate to the point where mom would wear the same clothes every day because it was too confusing for her to open a closet or bureau drawer to change her clothes. She would also forget to take her daily medications, not eat, and sit alone in a room without turning on the lights, television or radio.

I knew I needed to help my mother and decided to enroll her in the adult day program at Hope Alzheimer's Center. She started their program in January 2007. Since then, mom has become a new woman. She is enthusiastic about her days at the Center and enjoys the activities, crafts, and musical entertainment.

The case managers, Ellen Grizzetti and Dorothy Poveromo, are always available to answer questions about my mother's day, and to provide support and encouragement when needed.

The entire staff at Hope is warm, welcoming and compassionate. There is always someone at the door to personally greet or say good-bye to everyone with a warm smile and affectionate hug. While I am at work, I feel completely confident knowing that my mom is being well cared for in a safe environment. Her health is con-

tinuously monitored and she is involved in a variety of activities.

The RIDE Program provides van transportation to the Center for my mother. One Monday morning late last year, as my mom arrived at the Center the staff noticed that she looked pale, felt sweaty and was not her usual carefree self.



Meet my mother, Ellena Dilustro. She has Alzheimer's Disease, and with significant support from her family and from the Hope Center she continues to live in her own home. Pet therapy, art, knitting, baking, and crafts are a few of her favorite activities at Hope.

They immediately took her to see the staff nurse who checked her blood pressure and heart rate. I received a call from the Center before 9:00 a.m. regarding their concerns and picked up my mother to bring her to a walk-in clinic.

Eventually, we went to the hospital where doctors determined she had atrial fibrillation. With this new health issue, my mom was given medication to stabilize her blood pressure and heart rate. I credit her prompt medical care and treatment to the conscientious and diligent attention that she first received at the Hope Alzheimer's Center.

Sending mom to Hope was, in fact, more of a transition for me than for her. She immediately liked the environment and adjusted

quickly to her new routine. For me, it was like sending a child off to school for the first time again.

Even in mom's younger days, she was never an outgoing woman; but she felt comfortable, accepted and content being at the Center from day one. At Hope her physical and social needs are well met. She receives a well-balanced breakfast and lunch, is given her medication and is stimulated by the numerous activities.

Mom's memory has not improved, and sadly, it is not going to. In addition to caring for my mother, I also have a responsibility to take care of myself, my husband and my daughter. With the adult day services provided by Hope, I can focus some attention on myself and my family while continuing to take "one step at a time."

Without any hesitation, I would encourage anyone who is trying their best to balance work, family and the needs of a loved one with memory loss to consider the adult day program at Hope. They won't be disappointed! Like me, they will come to appreciate the friendship and support that is freely given to everyone who walks through the Center's front door. ❁



The slogan on Hope's marketing materials is not just six empty words on paper, but genuine benefits for people like my mother, Ellena. Although she has Alzheimer's, thanks to Hope my mom enjoys brighter hours, fuller days and a richer life!

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Art Exhibit Earns Accolades

loss. “The paintings are so beautiful,” commented Carole Horsman, a visitor from Dighton, MA. “When verbal expressions can sometimes be fragmented, this exhibit presented a most positive, meaningful form of expression and communication.”

Joan Retsinas, PhD, of Providence, also attended the exhibit and was so impressed by the artwork she requested permission to publish one of the watercolor paintings on the front cover of *Medicine & Health Rhode Island*, a statewide journal published by the Rhode Island Medical Society. Dr. Retsinas, the journal’s managing editor, selected the painting titled *Red Blooms in Spring* to grace the cover of the May issue which will focus on geriatric neurology. The artist, Theresa Aiello, age 91, has been participating at the Hope Center since 2004.

Highlighting Art Therapy

“We are delighted to see our artists receiving this kind of recognition,” says Cynthia Conant-Arp, Hope executive director. “Art therapy has been a centerpiece of our program for more than a decade. We have seen over and over again how working creatively expands our participants’ worlds, brings them joy and helps them rediscover memories and feelings that once seemed lost.”

Also in the May issue of *Medicine & Health Rhode Island*, the guest author of the *Point of View* column is John Stoukides, MD, a member of the Center’s Board of Directors. In this column (excerpt printed on page 2 of this newsletter), Dr. Stoukides outlines the benefits of creative and sensory therapies for people with Alzheimer’s.

As part of a local news story about the *Memories Fade... Love Inspires* art

exhibit, Channel 12 News Reporter Walt Buteau came to the Hope Center and interviewed Executive Director Cynthia Conant-Arp about the therapeutic art program. Reporter Buteau also interviewed Phyllis John, age 97, a participant in the art program, and her daughter, Sheila Ferraro. When asked, “Why she enjoys the art class?” Phyllis answered, with a wide smile, that she “loves color!”

Before visiting the Center, the television news crew went to the Bellini Ruggeri Gallery where they shot video footage of the watercolor paintings and pottery pieces to include in the news story.

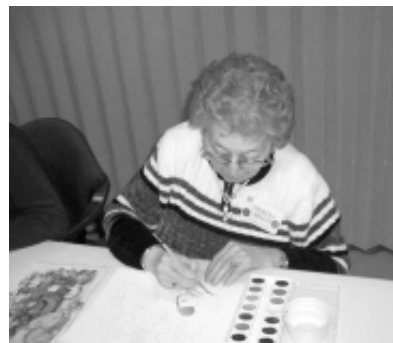
National Recognition

The video news clip of the *Memories Fade... Love Inspires* art exhibit was shown at a national conference hosted by the American Association of Homes & Services in March. Held in Washington, DC, the segment aired during a presentation on mission-based marketing strategies for adult day centers.

Supporting the Arts

We recognize the following businesses for their generous support of the *Memories Fade ... Love Inspires* art exhibit: Accent Frame Company, Garden Hill Florist, Phred’s Drug, and Shaw’s-Osco, Cranston. Special thanks to the Bellini Ruggeri Gallery for all their effort and help in coordinating the logistics and public relations for this event.

If you would like to make a donation exclusively to support the Hope Center’s therapeutic programs, please fill out the contribution form on page 5 and check off the box for “Therapeutic Programs.” We appreciate your continued support. ❁



Theresa Aiello, age 91, has been a participant at the Hope Alzheimer’s Center since 2004 and enjoys the therapeutic art program. Although Theresa has had no formal art training, she has created many beautiful watercolor paintings including the piece titled, *Red Blooms in Spring*, which will be published on the front cover of the May issue of *Medicine & Health Rhode Island*.

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Inspiring Hearts and Minds

pants’ hearts and minds to create beautiful works of art.”

In early 2007, Mr. Turcotte retired and relocated to Indiana. While residing in Rhode Island, Mr. Turcotte spent his time and energy facilitating therapeutic art programs in long-term care facilities throughout the state. Later, Mr. Crook took over leadership of the art therapy program at the Center. In addition, Mr. Crook teaches at the Art Institute of Boston, at Lesley University and the Community College of Rhode Island.

Ms. Cerullo, who facilitates Hope’s pottery class, is the Senior Clinical Research Coordinator for the Rhode Island Mood and Memory Clinic. She is also affectionately known as “*The Italian Principessa*.” Ms. Cerullo generously donates all of the pottery used in program and contributes her time to fire each pottery piece.

Thank You...

...to the kind people who made donations to the Hope Center between December, 2007 and March, 2008.

If you would like to make a donation, please complete the form below.

Donations in Memory

In Memory of Doris DeCiantis

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Antonio & Claire Enos
Mary Miceli DeCiantis
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Donations in Honor

In Honor of Viola DiFusco

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2007 Holiday Appeal

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Please clip and send to Hope Alzheimer's Center
25 Brayton Avenue, Cranston, RI 02920

Help Us Make Days Brighter

Please join us in making days brighter for people with Alzheimer's and related conditions by joining Friends of Hope and/or making a gift to help our work.

YES I'd like to join Friends of Hope Alzheimer's Center
(no donation required)

Enclosed is my gift in the amount of \$ _____

Please make check payable to Hope Alzheimer's Center

Please charge my Visa Master Card

Name _____

Street Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Card # _____ Expiration Date _____

Signature _____

(Optional) I would like to make my gift in:

Memory of / Honor of (Name) _____

Support of Hope's Therapeutic Programs

Please send a card acknowledging my gift to:

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THANK YOU!

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2007 Holiday Appeal

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Special Thanks

The Hope Center extends our sincere thanks and appreciation to Cranston Mayor Michael Napolitano, the City of Cranston Department of Community Development, and members of the Community Development Block Grant Advisory Committee for their continued support and recent grant

award of \$41,000. According to Hope Executive Director Cynthia Conant-Arp, the award will be used during fiscal year 2008 to help fund the recruitment and retention of clinical staff specially trained in the care of people with Alzheimer's and other forms of dementia.

Giving Never Tasted So Good!

Every Wednesday during May and June, when you dine at any Gregg's Restaurant you give to Hope! Simply present the Hope Benefit coupon to your Gregg's server and 10% of your check amount will be donated directly to the Hope Center.

There is no limit to the number of coupons you may use, so tell your family and friends!

For MORE coupons, visit www.HopeAlzheimersCenter.org and click on "Gregg's Benefit for Hope" or call (401) 946-9220.

