



Calendar of Events

Oct. 28, 2017: Walk to End Alzheimer's

Registration: 9 a.m.

Canton Waterfront Park

3001 Boston St., Baltimore, MD 21224

Info: 410-561-9099, ext. 205 or kjames@alz.org

Nov. 4, 2017: Pythias A. and Virginia I. Jones African American Community Forum on Memory Loss

8 a.m. to 3 p.m.

Coppin State University, Talon Center

2500 W. North Ave., Baltimore, MD 21216

Registration/Info: 1-800-272-3900 or

jdaniels@alz.org

Nov. 11, 2017: Journey to Hope Conference on Memory Loss

8:30 a.m. to 2 p.m.

Johns Hopkins Bayview Campus

Asthma & Allergy Center Auditorium

5501 Hopkins Bayview Cir., Baltimore, MD 21224

Registration/Info: 1-800-769-1707

Apr. 13, 2018: Alzheimer's Association Annual Dementia Conference

8 a.m. to 4 p.m.

Sheraton Baltimore North Hotel

903 Dulaney Valley Rd., Towson, MD 21204

Info: 1-800-272-3900 or jdaniels@alz.org

June 2018: Holistic Health Seminar on Memory Loss

8:30 a.m. to 12:30 p.m.

Randallstown Community Center

3505 Resource Dr., Randallstown, MD 21133

Info: 410-550-2281

June 2018: Annual Alzheimer's Awareness Purple Weekend

Inform your congregation about resources and information on Alzheimer's disease by going purple during the month of June!

Registration/Info: 1-800-272-3900 or

jdaniels@alz.org

June 12, 2018: ADRC Annual Conference on Aging and Dementia

9:30 a.m. to 2:30 p.m.

Owen Auditorium (CRB)

1550 Orleans St., Baltimore MD 21287

Info: 410-614-0363



Club Memory attendees play a game of balloon toss!

Educational and Support Resources Available Through the Memory Center

In addition to delivering expert patient care, the Johns Hopkins Memory and Alzheimer's Treatment Center (MATC) is dedicated to providing educational and support resources for individuals with cognitive impairment, as well as their families and caregivers.

One such program is Club Memory, which is celebrating its second year. Club Memory is a social club for individuals with early-stage dementia and their spouses, partners, and caregivers. The goal of Club Memory is to provide a supportive social community and stigma-free environment for gathering, socializing, and engaging in individual and group activities (including field trips, crafts, puzzles, and games). Club meetings also allow attendees to build social networks within the dementia community. Club Memory meets on the **first Tuesday of every month from 2-4 p.m. in the Medicine Education Conference Room of the Harrison Library in the Francis Scott Key Pavilion on the Johns Hopkins Bayview Campus** (4940 Eastern Avenue). There is no charge to attend Club Memory, though attendees will have to pay for parking (attendees should park in the East Parking Garage and enter at the blue awning).

Another resource available through the MATC is the recently opened Family Resource Center (FRC). The FRC houses print and online educational materials about brain diseases, ongoing research studies, and local resources for families. It is also home to the Caregiver's Library, with information for caregivers and examples of activities that caregivers and individuals with cognitive impairment can do at home—puzzles, crafts, games, and more. **The Family Resource Center is located within the MATC on the Johns Hopkins Bayview campus** (5300 Alpha Commons Drive).

To learn more about Club Memory or the Family Resource Center, contact Andrea Nelson, RN, Director of Memory Programs, at anelso18@jhmi.edu.

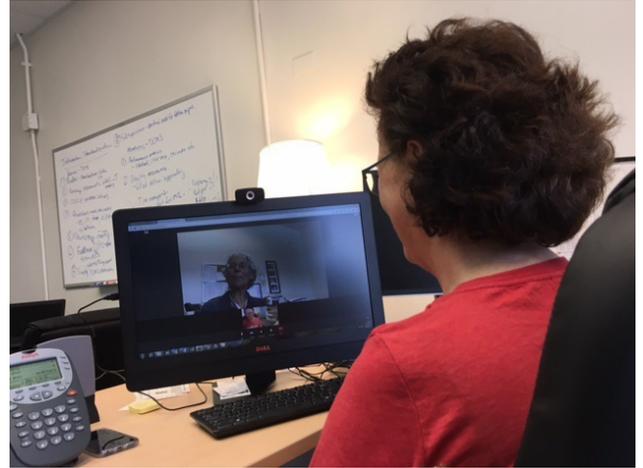


Hopkins Researchers Assess Community-Based Dementia Care Coordination Model

One of the largest challenges in caring for individuals with dementia is organizing care, resources, and services that allow them to remain comfortably at home for as long as possible. To address this challenge, a group of Johns Hopkins researchers, led by Dr. Quincy Samus, is exploring the impact of a program called Maximizing Independence at Home—or MIND at Home—to determine if care coordination maximizes quality of life and reduces health care costs.

In this community-based program, individuals with dementia and their caregivers work with Memory Care Coordinators to identify unmet, dementia-related needs. Needs are assessed in a variety of medical and nonmedical domains, including medication and symptom management, home safety, assistance with daily and meaningful activities, dementia education, service referrals, and more. Care Coordinators then collaborate with a team of healthcare providers (sometimes using remote video communication) to create individualized plans that systematically address unmet needs by providing connections with resources, skill building, and education; in addition, needs are monitored over time and care plans are updated as needed. This model of care is compared with a group who also receives a comprehensive assessment of needs and information about addressing these needs, but individualized care plans and coordination of services are not provided.

A previous pilot study showed that after 18 months, the group that received care coordination services lived at home for a longer period of time, reported a higher quality of life, and had a larger reduction in unmet dementia-related needs relative to a group that received usual care. The current MIND at Home project is further testing the effectiveness of this model and determining whether it is cost effective. For more information about MIND at Home, visit the study website: mindathome.org



*Dr. Deirdre Johnston and Memory Care Coordinator Lynn Huntley discuss care strategies with a family member using telecommunication.
(Photo credit: Donna DeLeno Neuworth)*

Save the Date!

Walk to End Alzheimer's
Saturday, October 28, 2017
Canton Waterfront Park

sponsored by the Alzheimer's Association

Help raise awareness and funds for Alzheimer's disease research, care, and support. There is no fee to register, but fundraising is encouraged.

For more information about the walk and a list of other locations in the greater Baltimore area where the walk will be taking place, visit alz.org.

National Efforts *(continued from page 1)*

To learn more about some of the current national registries seeking volunteers, see the sites listed below:

- (1) Alzheimer's Association Trial Match
(trialmatch.alz.org)
- (2) Alzheimer's Prevention Registry
(endalznnow.org)
- (3) Brain Health Registry
(brainhealthregistry.org)



Research Studies at Johns Hopkins Seeking Participants

You can help us learn more about the diagnosis and treatment of individuals with memory problems by volunteering for a research study. Each study has different eligibility requirements for participants. Procedures, length of study and compensation vary.

Memory and Aging Study of the ADRC: 410-550-9021

Medication Trials in Individuals with Dementia: 410-550-9022

Dietary Study in Patients with Memory Problems: 410-955-1647

Magnetic Resonance Imaging (MRI) Studies in Cognitively Normal Individuals or Individuals with Mild Memory Problems: 410-955-5057

Positron Emission Tomography (PET) Studies in Individuals with Mild Memory Problems: gsmith95@jhmi.edu

For more information about research studies conducted by the Johns Hopkins Alzheimer's Disease Research Center, visit alzresearch.org.



The Johns Hopkins Alzheimer's Disease Research Center

Director

Marilyn Albert, Ph.D.

Associate Directors

Constantine Lyketsos, M.D., MHS
Philip Wong, Ph.D.

Community Outreach:
410-550-2281

Education Resources:
410-614-0463

Research Opportunities:
410-550-9054

Web: alzresearch.org

The Johns Hopkins Memory & Alzheimer's Treatment Center

Director

Constantine Lyketsos, M.D., MHS

Associate Directors

Samuel Durso, M.D.
Marilyn Albert, Ph.D.

Clinical Associate Directors

Paul Rosenberg, M.D.
Esther Oh, M.D., Ph.D.
Clinic Info: 410-550-6337
Web: hopkinsmedicine.org/psychiatry/specialty_areas/memory_center/

Patient and Family Support Services

A variety of support services are available that offer patients and caregivers opportunities to speak with others who have similar concerns and questions about coping with Alzheimer's disease or related disorders. These services also provide practical information and help members learn more about living with memory loss. The programs below are free and open to the public.

Hopkins ElderPlus Caregivers Support Group

Second Thursday of every month, 12:30-1:30 p.m.

Johns Hopkins Bayview, 4940 Eastern Ave., Baltimore, MD

Mason F. Lord Building, East Tower, Room E106

Info: 410-550-7044

Frontotemporal Dementia Group

Second Wednesday of every month, 10:30 a.m.-12:30 p.m.

Alzheimer's Association, 1850 York Rd., Suite D, Timonium, MD

Info: 1-800-272-3900

Club Memory - social club for individuals with dementia and their caregivers

First Tuesday of every month, 2-4 p.m.

Johns Hopkins Bayview, 4940 Eastern Ave., Baltimore, MD

Harrison Library and Education Center

Info: 410-550-7211 or anelso18@jhmi.edu

Web-based Family Support Group

Supported by the Jane K. Shapiro Dementia Care Program

Info: hopkinsmedicine.org/psychiatry/specialty_areas/memory_center/rabins_alzheimers/index.html

For more information about support groups in your area, visit alz.org/Maryland and click on "Support Groups".