

PVMCI

The Quarterly Newsletter of the Pioneer Valley Memory Care Initiative | Spring 2024

QUARTERLY

PVMCI is funded by The Eisenberg Family Trust and is made possible in part by a grant from Highland Valley Elder Services through funding under the Federal Older Americans Act. Participants sometimes ask how you can support PVMCI. If you are interested in donating, please call 413-582-2256.

A Note From Dr. Starr

Welcome to our spring 2024 newsletter! This is our second spring edition and there's a wealth of information within.

We know what an amazing job family caregivers do but also appreciate that taking care of someone with dementia isn't easy. Many of us could benefit from help with daily tasks and housekeeping as well as time to ourselves, to run errands or get to our own medical appointments. We also know that it's one thing for us to recommend getting some assistance but completely another to cover the costs and find reliable people to help. Karen Romanowski has compiled some valuable resources and suggestions to help.

Sleep disturbance in those with cognitive impairment is common—but knowing this doesn't make it any easier. Sharon Asher reviews why sleep changes happen and offers some evidence-based suggestions on what might help. It's important to remember that what doesn't work tonight might work tomorrow—so please don't lose hope.

As the weather gets better and the trees blossom and spring flowers bloom, it's a great time to get outside and

walk. Deb Peavey writes about the many physical and mental health benefits of walking as well as offers some beautiful and accessible walking spaces in our communities.

We've also included a great list of spring activity ideas as well as some information on our Memory Café—memorable Moments—and others in the area.



As some of you may have heard, I will be leaving CDMG Geriatrics and starting my own practice where I will have a small, membership-based primary care practice and still do some geriatric evaluations. I'm excited to be staying on as Medical Director for PVMCI and continuing to work with our amazing team of memory care specialists. It's been such an honor and

privilege to be part of the PVMCI program, and to get to know and work with all of you.

CDMG Geriatrics continues with the knowledgeable and dedicated team of Dr. Dhruv Jani and Kerry Beth Garvey, RN. They are here to support and help you on this journey. We've included some information about who best to contact to get your questions and concerns answered.

Wishing you a lovely spring.

~Rebecca Starr, MD, PVMCI Medical Director

Sleeping Disruptions and Dementia

~Sharon Asher, RN, BSN, MBA, PROGRAM MANAGER



One common issue that we hear about from our care partners is sleep pattern disruptions for the person they are caring for. A typical pattern in dementia is frequent periods of wakefulness at night and excessive sleeping during the day. People may sleep longer overall, but the quality of their sleep is often poor. This pattern worsens as the disease progresses.

It's challenging to manage nighttime disruptions while also providing care and support during the day. Over the long term, juggling both can be unsustainable and lead to exhaustion and burnout. In fact, poor sleep is a top reason why caregivers consider moving their loved one into a memory care facility.

Why do people living with dementia have sleep problems?

1. **Brain Changes:** Dementia can affect the internal clock in the brain that regulates sleep-wake cycles. As the disease progresses, this disruption can lead to irregular sleep patterns, difficulty falling asleep, and waking up during the night.
2. **Reduced Melatonin Production:** Melatonin is a hormone that helps regulate sleep. In dementia, the brain may produce less melatonin, making it harder for individuals to feel sleepy as evening approaches. This can result in difficulty falling asleep.
3. **Behavioral Symptoms:** Behavioral changes associated with dementia, such as agitation, restlessness, or wandering, can interfere with sleep. These symptoms may disrupt nighttime rest and cause fragmented sleep.

4. **Age-Related Factors:** Aging itself can lead to changes in sleep patterns. When combined with dementia-related brain alterations, sleep disturbances become more pronounced.
5. **Sleep Disorders:** Dementia sufferers are also prone to other sleep disorders such as insomnia, sleep apnea, or restless legs syndrome. These conditions exacerbate sleep difficulties.
6. **Environmental Factors:** The caregiving environment plays a role. Noise, light, and discomfort can all contribute to disrupted sleep for both the person with dementia and their caregiver. Fatigue as the day progresses can lead to anxiety in the evening.
7. **Medication Side Effects:** Some medications commonly prescribed for dementia management may impact sleep quality. It's essential to discuss any sleep-related issues with a healthcare provider.

What you may notice as disease progresses:

- Less sleep at night and more daytime sleepiness.
- Trouble distinguishing day from night.
- Waking up in the night confused, fearful or anxious.
- Wandering during the night.

What can you do?

Sleep disturbances can take a toll on both you and the person with dementia. To promote better sleep:

1. **Establish a routine.** Maintain regular times for eating, waking up and going to bed.
2. **Make it a goal to go outside daily.** Spending time outdoors in natural sunlight can have positive effects on the psyche and improve sleep.
3. **Avoid stimulants.** Alcohol, caffeine and nicotine can interfere with sleep. Limit use of these substances, especially at night. Also, avoid screens during periods of wakefulness at night.
4. **Provide proper light.** Bright light therapy in the evening can lessen sleep-wake cycle disturbances in people with dementia. Adequate lighting at night also can reduce agitation that can happen when surroundings are dark. Regular daylight exposure might address day and night reversal problems.
5. **Encourage physical activity.** Walks and other physical activities can help promote better sleep at night. *(continued)*

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6. Limit daytime sleep and discourage afternoon napping.
7. Set a peaceful mood in the evening. Help the person relax by reading out loud or playing soothing music. A comfortable bedroom temperature can help the person with dementia sleep well.
8. Manage medications. Some antidepressant medications, such as bupropion and venlafaxine, can lead to insomnia. Cholinesterase inhibitors, such as donepezil, can improve cognitive and behavioral symptoms in people with Alzheimer's but also can cause insomnia. If the person with dementia is taking these kinds of medications, talk to your prescribing medical provider.
9. Treat underlying conditions. Sometimes conditions such as depression, sleep apnea or restless legs syndrome cause sleep problems.

Are sleep aids safe?

Not all sleep aids are safe for people with dementia. Many prescription sleep medications affect brain health and increase fall risk and daytime sedation. Over-the-counter sleep aids, such as melatonin or nighttime pain relievers, may help but may also not be appropriate and should ALWAYS be discussed with your medical team before using.

What to do when nighttime awakenings happen

1. Stay calm, even though you may be exhausted yourself.
2. Don't argue. Instead, ask what the person needs. Nighttime agitation might be caused by discomfort or pain. See if you can determine the source of the problem, such as constipation, a full bladder, or a room that's too hot or cold.

3. If restless, provide reassurance and reminder that it is nighttime and time for sleep.
4. If they need to wander, allow this to happen while keeping safety in mind.
5. Keep keys, coats and hats out of sight.
6. Install door alarms and locks.
7. Secure exterior doors and use safety covers on doorknobs.

Care Considerations:

As a caregiver, poor sleep can wreak havoc on your mood, energy, and ability to perform everyday activities. It's also linked to physical health conditions, like diabetes, cardiovascular disease, high blood pressure and weight gain.

If you feel that you are unable to manage care on a 24-hour basis, it may be time to bring in outside help. Getting the help you need can improve your well-being and can also keep your loved one at home longer—a goal for many families.

Other families may consider a memory care unit or nursing home if the nighttime patterns are not manageable at home. Facilities are staffed around the clock and are equipped to handle nighttime awakenings.

References and to learn more:

<https://health.wordpress.clevelandclinic.org/dementia-and-sleep/https://www.mayoclinic.org/healthy-lifestyle/caregivers/in-depth/alzheimers/art-20047832>



Upcoming Changes at Cooley Dickinson Medical Group (CDMG) Geriatrics

This spring, Dr. Rebecca Starr will be leaving Cooley Dickinson Geriatrics to start a private practice in Northampton. This has been a long-held dream for Dr. Starr and we wish her the very best in her new endeavors.

We wanted to share some information about these changes and suggestions on who to call for services and information during this transition.

- Dr. Jani and Nurse Kerry Beth will remain at Cooley Dickinson Geriatrics for your care.
- If you are currently a patient of Dr. Starr, you can transfer your care to Dr. Jani. Kerry-Beth will be

reaching out to you to reschedule your appointment.

- Your records will remain at Cooley Dickinson Geriatrics, and you do not need to transfer records from Dr Starr to Dr Jani.
- When you call The Cooley Dickinson Geriatrics office at 413-585-0755, you may be directed to leave a message. The nurse, Kerry, will answer calls directly if she is able; otherwise, she will return calls as soon as possible.
- You may also reach out to the office through the Patient Gateway.
- If you choose to transfer your care outside of CDMG Geriatrics, please call the Medical Records department, 617-726-2361, to transfer your records.
- You will need to contact your new medical provider to discuss scheduling an appointment with them.

When to Call CDMG Geriatrics:	When to Call your Primary Care Provider (PCP):
<ul style="list-style-type: none"> • Medication refills or questions about meds prescribed by CDMG Geriatrics • Medical issues or concerns managed by CDMG Geriatrics • Forms or paperwork that need to be completed by CDMG Geriatrics • Changing your care from Dr Starr to Dr Jani. Please note that your records will remain at Cooley Dickinson Geriatrics 	<ul style="list-style-type: none"> • New medical problems, such as illness or injury • Chronic medical conditions managed by your PCP • Paperwork or forms that need to be handled by your PCP • Medication refills or questions for medications prescribed by your PCP
When to call PVMCI:	When to call Dr. Starr's new practice (Starr Geriatrics):
<ul style="list-style-type: none"> • You are returning a call to Karen, Deb, Christine, or Sharon • You want to follow up on a conversation with Karen, Deb, Christine, or Sharon • You want to confirm, or reschedule an appointment with Karen, Deb, Christine, or Sharon • You would like to discuss concerns or issues pertaining to caregiving 	<ul style="list-style-type: none"> • To make an appointment at Starr Geriatrics. • To ask questions about Dr. Starr's new practice including services offered and insurance coverage <p>Note: To transfer medical records to Dr. Starr's new practice, please call medical records at Phone: 617-726-2361, Fax: 617-726-3661</p>

Meet the Team at CDMG Geriatrics



Provider Profile: Dhruv Jani, DO, Physician
<https://www.cooleydickinson.org/doctors-providers/dhruv-jani-do/>

Title: Doctor of Osteopathic Medicine

Department + Services: Geriatric Medicine

My Expertise: Geriatric Medicine, specifically related to memory problems, medication evaluation, frailty and falls. Certified in Geriatric Medicine by the American Board of Family Medicine

Training + Education: Residency: Jefferson Torresdale Hospital | Philadelphia PA Fellowship: Yale New Haven Hospital | New Haven, CT Undergraduate Education: University of Connecticut | Storrs, CT.

My Philosophy: I am deeply passionate about improving the quality of life for elderly individuals and am committed to sharing knowledge, tools, and resources to assist this community in navigating the delicate process of aging with dignity and respect.

Biography: Dr. Dhruv Jani is committed to providing comprehensive care that addresses the unique healthcare needs of elderly individuals.

He earned his bachelor's degree in chemistry in 2014 from the University of Connecticut and his medical degree in 2019 from the New York Institute of Technology College of Osteopathic Medicine.

Dr. Jani completed his family medicine residency at Jefferson Torresdale Hospital in Philadelphia, PA, where he gained a greater appreciation of the nuances of elder care and developed skills in managing a multitude of complex and chronic health conditions that require specialized care.

In 2023, Dr. Jani completed a fellowship in geriatric medicine at Yale New Haven Hospital. During his fellowship, he specialized in dementia care, caring for patients with functional dependencies, and working with patients within their overall goals of care.

What is a DO? A doctor of osteopathic medicine is a fully qualified, trained and licensed physician. Osteopathic Doctors attend osteopathic medical school, and complete residencies. Both DO and MD physicians must take the same licensing exam before they can practice as physicians and care for patients. Some Osteopathic physicians may perform manual manipulation (“adjustments”) of joints and/or massage of tissues.



Provider Profile: Kerry Beth Garvey, Geriatric Care Coordinator

Biography: Kerry-Beth (Kerry) has worked as a Registered Nurse in Western Massachusetts for most of her career. After first receiving a BA in

English Literature and Women's Studies from Wheaton College in Norton, Massachusetts, she studied Nursing at The University Of Massachusetts with a goal of becoming a healthcare writer. She is a certified Clinical Nurse Leader and draws on her background to bring evidenced-based and personalized care to patients and families. She is especially committed to issues of equity, access and excellence in healthcare, making people and their experiences the main focus.

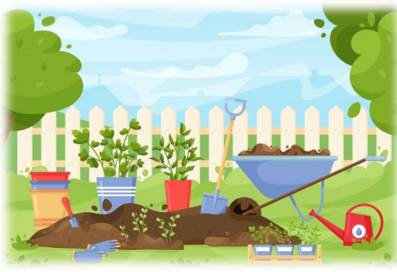
After years of working in primary care, urgent care, reproductive health, triage, and leadership roles, and after guiding friends and family through some “medical adventures” in her own life, she is pleased to work at Cooley Dickinson Geriatrics as a Geriatric Care Coordinator. “I feel fortunate to be focusing on what really matters to me in nursing—forming personal connections and celebrating the fullness of who we are as people living with various forms of physical and cognitive changes. Being able to meet folks wherever they are, and bring some dignity, light, humor, and hope to the difficult parts of life is something I enjoy as a nurse. I am here to help put some pieces together and guide you to the next steps in your unique process.”

In her spare time, she enjoys hiking, audiobooks, gardening, saving monarch butterflies and honeybees, and cooking. She still plans to be a healthcare writer, and thinks her dog is hilarious.

SPRING ACTIVITY IDEAS

Springtime is an exciting time of year to be active, even when homebound. Here are some ideas about how to engage in meaningful activities with the start of warmer weather, longer days, and nature's return to life.

Garden – gardening is great for light exercise, fine motor skills, and engaging the senses; there are adaptive gardening tools that can assist older adults of all abilities. If you are mostly indoors, plant an herb garden or grow vegetables or flowers. Tending to plants on a regular basis can provide structure and routine, as well as a sense of pride and accomplishment.



Take a Walk – venture around the neighborhood, a nearby park, or an accessible trail. Be sure to use a cane, walker, or wheelchair if needed and take breaks.

Sit in the Sun – just sitting outside for a short period can help improve mood and reduce stress. Maybe read a book or just watch and listen to birds and neighborhood sounds to engage all your senses.

Birdwatch – go out into the woods or put a feeder outside your window. Grab a bird-watching book or even use an app on your phone to identify birds.



Reach out to your local Audubon Society if you would like to learn more about birdwatching in the area.

Have a Picnic – get take-out or bring sandwiches to a nearby park, or even your own backyard.

Take a Scenic Drive – just going somewhere new, or somewhere old, can be a great source of fun. Enjoy the company of the person you are with, the silence, the scenery, a good book tape/podcast, or your favorite music.

Arrange Flowers – create bouquets from flowers purchased or grown, or use silk flowers that can be rearranged and re-used multiple times.

Join Community Events – check out town picnics, farmer's markets, festivals, parades, and concerts.

Plan a Family Gathering / Have a Fire Pit or Potluck – socializing is essential to staying active and engaged.

Make sure to conserve your energy beforehand and rest afterwards.

Go Out for a Treat – sit outdoors at a restaurant or get some ice cream or frozen yogurt.



Go Fishing – this is an activity that involves minimal physical exertion, can be easily adapted, and provides plenty of time to enjoy nature and the person you are with.

Do Some Light Spring Cleaning – perform small tasks that organize and clear your space. Reminisce while you look at your belongings.

Go to a Sporting Event – they are often handicap accessible and tend to provide a fun, stimulating atmosphere. People may be reminded of the sports they loved to watch or play in their younger years.



When planning outdoor activities, be sure to match the activity with your loved one's physical and cognitive abilities and put time aside for rest and hydration. But, most of all, have fun and enjoy the sun!

~Christine Grimaldi, OTR/L, Memory Care Specialist

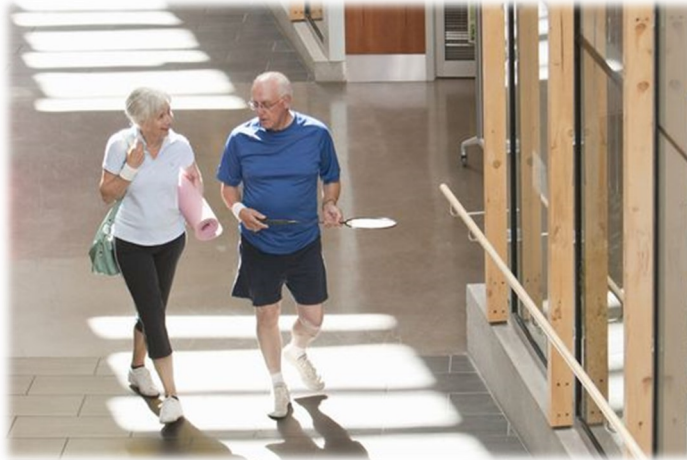
Putting Your Best Foot Forward

~Deb Peavey, LMHC, ATR, CDP, Memory Care Specialist

Walking is one of the BEST things you can do for your overall health. It's low impact, safe (with a doctor's okay), and free! Many diseases, conditions, and ailments can be prevented or even healed by participating in regular physical activity. Fortunately, even moderate-intensity aerobic activity such as walking can provide incredible health benefits such as maintaining a healthy weight, lowering risk of heart disease, stroke and several types of cancer, regulating blood pressure and cholesterol, preventing and managing type 2 diabetes, easing arthritis pain and stiffness, strengthening muscles and bones, and lowering the risk of falling. It can also reduce stress and anxiety, lower risk of depression, improve mood, help you sleep better, improve energy levels, improve cognition and creativity, and even lower the risk of dementia and Alzheimer's.

Walking is also a great way for caregivers to spend time with their loved ones. When planning a walk with a person with dementia, consider the time of day when the person might have the most energy—are they a morning person or would the afternoon be better? Be sure to have good shoes and the proper clothing—layers can be helpful and sunglasses and a hat are important for brighter days. Be sure to bring a cellphone for emergencies and an EpiPen if needed. Does the person use a walker or a cane? If they are not in the habit of regular walks and are experiencing gait instability, using a walker with a seat can allow for rest breaks and be a good way to get started. Consider bringing water and a snack if you plan to be out for a while. Or pack a picnic to enjoy along the way!

Start small: even a short walk on your own street or up and down your own driveway 3 times a week is a good start. It



can take time to build stamina and strength, especially after a long winter with little or no physical activity and lots of time spent sitting.

Break it up: try a few shorter walks a couple of times a day—it doesn't have to happen all at once to be worthwhile.

Walk after meals: this is a good way to build a routine and burn calories. Being outside in the fresh air can really lift the spirits and it can also help reduce sundowning behaviors.

Care considerations: for people with chronic knee or hip pain, consider walking at a mall. While it is great to be outside, walking on uneven ground can sometimes make pain worse. And the mall has a bathroom available!

Here are some ideas to try in the vicinity:

Hampshire Mall in Hadley: From 6:00-10:00 am the mall is open to walkers before stores

open but you can walk any time. The mall is quiet most days until 2:00 pm.

Williston Northampton School in Easthampton: The outdoor track is open for community walkers. Recommended times are Mondays, Tuesdays, Thursdays, and Fridays before 3:00 pm.

Look Park in Florence: Plenty of parking available and paved pathways throughout the park. In the warmer months, stop for a treat at the snack bar. Purchase a season's pass (\$55 for seniors) or pay upon entry. Call (413) 584-5457.

Child's Park in Northampton: There are paved pathways throughout this 40-acre beautifully manicured park filled with gardens. Open weekdays 7:00 am –to 5:00 pm, weekends 9:00 am to 5:00 pm.

Smith College in Northampton: The Paradise Pond and Mill River Trails are 2.5-miles out-and-back. This is a hard packed dirt trail, generally considered an easy route, and takes an average of 50 minutes to complete. Dogs are welcome and may be off-leash in some areas. The Smith College campus also has paved pathways throughout and the public is welcome to walk there. *(continued on next page)*

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Manhan Rail Trail Easthampton: Paved path, flat terrain, handicapped accessible. Parking is available at the Easthampton Public Safety Building at 32 Payson Avenue, at Millside Park off of Ferry Street, at the Northeast Center for Youth and Families (203 East Street), and at a small lot at the Route 5 end of the trail. If you prefer to walk in the group, consider trying the ECOA Walking Club! Join Dawn for a walk on Wednesdays on the bike path. Meet directly behind Tandem and leave at 10 sharp! Many speeds can be accommodated. Call 413-527-6151 Ext. 138 for more info.

Fort River Trail at Silvio Conte Refuge in Hadley: A beautiful accessible 1.2 mile trail constructed with boardwalks and flat surfaces, plus benches for breaks making it universally accessible to wheelchairs, strollers, and the blind. 69 Moody Bridge Road, Hadley.

Hitchcock Center in Amherst: The Kevin Chase Dimock Trail is designed for people with limited walking capabilities. This is the longest accessible trail that the town manages. The viewing deck and bench provide beautiful views of the Holyoke Range & Bramble Hill Farm. 845 West Street, Amherst.

Orchard Arboretum in Amherst: Located on the south side of Applewood at Amherst, One Spencer Drive off West Bay Road Amherst, is a small, lovely arboretum that is open to the public. The paved path is accessible for wheelchairs, walkers, and strollers.



Canalside Rail Trail in Deerfield: Take a nice drive out to this lovely paved trail and walk as far as you're able. Parking is available at the Unity Park and McClelland Farm Road trailheads. The trail is also great for biking, walking or even a picnic.

MEMORABLE moments CAFÉ

Presented by Northampton Senior Center,
Northampton Neighbors, Pioneer Valley Memory Care
Initiative & Highland Valley Elder Services
Funded in part by a grant from the Blue Cross Blue Shield
of Massachusetts Foundation.



ABOUT MEMORY CAFES: Memory Cafes are social get-togethers for people living with memory loss or dementia and their caregivers. The meetings offer a fun activity as well as time for caregivers to share experiences and connect with other caregivers. Caregivers are strongly encouraged to stay for the duration of the meeting.

WHERE: Northampton Senior Center, 67 Conz Street, Northampton MA

WHEN: 4th Tuesday of each month from 1:00-2:30pm. A fun activity, a light snack and a beverage will be offered.

RSVP REQUIRED: Please call the Northampton Senior Center at 413-587-1228 to register. Space is limited so please RSVP early to assure a space!

LUNCH AT THE SENIOR CENTER: Participants can also sign up for lunch at the Senior Center. Separate registration is required. Pre-registration and payment is due 48 hours in advance. You can sign up online at www.myactivecenter.com, call the front desk at 587-1228 or stop by the front desk.

When to Initiate In-home Care

~Karen Romanowski, RN, Memory Care Specialist

The decision to initiate in-home care or other supportive care is a hard one for a multitude of reasons – fear that the person living with dementia won't accept it, financial constraints, concerns about having a new person in the home, disruptions to routines, and more. When the goal is to keep someone living at home as long as possible, the time to start looking for more help is NOW, before an urgent need arises. Starting now provides time to plan and problem solve. Dementia is a progressive disease, so needs will increase over time and often at unpredictable times.

Care partners consistently tell us that finding in-home care is challenging and we have seen this even more so since the pandemic. Depending on the stage of dementia and care needs, resources for support will vary. See some ideas below:

- ◆ Utilize the range of support local Neighborhood Organizations and volunteers can provide (see information below)
- ◆ If you have long-term care insurance, in-home care may be covered. Learn more about your policy NOW by calling the provider.
- ◆ Connect with your Aging Service Access Points (ASAP), Highland Valley Elder Services, early to review finances and eligibility for free and reduced cost assistance.
- ◆ Reach out to family members, friends, religious and social organizations to see if anyone has a trusted referral for someone to provide in-home care. PVMCI can provide training to family members and new care attendants through our respite program to help make the transition a success. Learn more about privately hiring in-home care: Hiring In-Home Help—Family Caregiver Alliance: <https://www.caregiver.org/resource/hiring-home-help>

Contact homecare agencies EARLY to learn more. The Family Caregivers Alliance has great tips. Follow the link to learn more: 10 Tips for Hiring In-Home Help Through an Agency - Family Caregiver Alliance: <https://www.caregiver.org/resource/10-tips-for-hiring-in-home-help-through-an-agency/?via=caregiver-resources,caring-for-another,caring-at-home>

Memory Care Specialists at PVMCI can provide you with referrals and resources to begin the process of identifying in-home care or provide additional training to current or new in-home caregivers. Contact PVMCI if you have questions: 413-320-6430.



REMINDER!! Your Neighborhood Organization can provide volunteer assistance with a wide range of tasks (examples include transportation to medical appointments, tech help – anything a neighbor might help with). If you are already enrolled with your neighborhood organization, you can request volunteer assistance by contacting them directly:

- Amherst Neighbors: Call the volunteer line at 413-248-7481 or email a request to amherstneighborsvolunteers@gmail.com.
- Northampton Neighbors: Email info@northamptonneighbors.org or leave a message at 413-341-0160.
- Easthampton Neighbors: Call 413-225-1338 to make a request.

Memory Care Specialists can assist with enrollment to Neighborhoods if needed.

Meet Me at the Memory Café!

Are you looking for a fun and social way to get out of the house every week, or even every day? Memory Cafes are social get-togethers for people living with memory loss or dementia and their caregivers. They are free and open to anyone, regardless of the town they live in (but space is sometimes limited and priority given to town residents). The meetings offer a fun activity as well as time for caregivers to share experiences and connect with other caregivers. Most offer a light snack and some even have the option to connect the meeting with lunch at the senior center (for a small fee). Check out some of the thriving cafes in the area listed below.

Memorable Moments Café (new name!), Northampton: *Northampton Council on Aging, 67 Conz Street, 4th Wednesday of every month, 1-2:30 pm, registration required, for more information and to register, call (413) 587-1228*

Memorable Moments is a social get-together for people living with memory loss or dementia and their caregivers. The meetings offer a fun activity as well as time for caregivers to share experiences and connect with other caregivers. Programs include art, music, games, plays and more. Participants can also sign up for lunch at the Senior Center. Separate registration and payment is due 48 hours in advance. Sign up online at www.myactivecenter.com, call the front desk at 587-1228 or stop by the front desk.

Weekly Memory Café, Amherst: *Bangs Community Center, 70 Boltwood walk, Amherst, Wednesdays, 11-12 pm, no reservation required, for more information, call Julia MacFadzen, (413) 474-1412.*

Join us for strong coffee and good conversation! Our Weekly Café offers socialization for all and is especially designed for

individuals with mild memory loss and their care partners. We start each Café with an open hour of conversation followed by a rotating group activity in the second hour. Come for the coffee, stay for the conversations. Program made possible through Title III funds from Highland Valley Elder Services.

Hilltown Memory Café, Huntington: *26 Russell Road, Huntington, every Wednesday, 2-3:00 pm, for more information, call Chrystal Wright, (413) 685-5283 .*

Join us for programs that include art, movies, nutrition, music and more.

Memory Connections, Chicopee: *5 West Street, Chicopee, first Wednesday of each month, 3-5:00 pm, registration required, for more information and to register, call (413) 534-3698.*

In partnership with South Hadley and Holyoke, Memory Connections serves caregivers and their loved ones living with dementia. At 3:00 p.m., caregivers will participate in a program with Laura Lavoie, president and founder of Our Dementia Life. During this time, their loved ones who have dementia will spend time in an activity supervised by trained staff. At 4:00 p.m., everyone will join together to enjoy an early dinner.

Connections Café, Hadley: *Hadley Senior Center, 46 Middle Street, Hadley, 1:30-3:30 pm, walk-ins welcome, for more information, call (413) 586-4023.*

This is a monthly gathering for those living with memory loss and their caregivers offering music, art, activities, discussions, and more. It will be a place for fun, laughter, light snacks, conversations and where connections can be made. If you know of anyone who might enjoy this,



The Springfield Symphony brought their "Musical Petting Zoo" to the March Memorable Moments Café in Northampton. Participants leaned about and tried playing various instruments.



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(Memory Cafes, continued from previous page)

please invite them to join us. We will meet in the dining room. The cafe will alternate between entertainment and activities, but always with snacks and beverages! For more information, please contact Nichelle M. Liquori at 413.586.4023 or liquorin@hadleyma.gov.

Southampton Memory Café, Southampton: *Southampton Council on Aging, 210 College Highway, Suite 3, 1st Monday of every month, 10:30-12:00pm, registration required, for more information and to register, call (413) 529-2105*

Join the COA and artist Donna Lynn on Monday, April 29 as she teaches participants how to create fun tissue-paper flowers. Perfect for Spring! No art skills required. All materials will be provided. Registration is required. Light refreshments



will be served. Funded by a generous grant awarded to Massachusetts Councils on Aging by the Massachusetts Executive Office of Elder Affairs.

Participants of the Northampton Memorable Moments Café made “symmetrical smooch art” in February.

Visit <https://www.jfcsboston.org/> for a complete listing of Memory Cafes in Massachusetts, by region.

PVMCI

PIONEER VALLEY MEMORY CARE INITIATIVE

The PVMCI is a coalition of health care and community providers dedicated to empowering and supporting older adults living with dementia and their family caregivers to improve their quality of life. Partnering organizations include Cooley Dickinson Hospital, Cooley Dickinson Medical Group, Cooley Dickinson VNA & Hospice, Valley Medical Group, the Alzheimer’s Association, Highland Valley Elder Services, and local Village Networks, Senior Services, and Councils on Aging. The PVMCI is a member of the Massachusetts General Hospital Memory Care Initiative.

Based out of the Cooley Dickinson Geriatrics program and led by Rebecca Starr, MD, Medical Director, Geriatrician, the PVMCI serves older adults living with memory loss, dementia and Alzheimer’s disease and their family caregivers who reside in Amherst, Easthampton and Northampton (including Florence and Leeds). We would be happy to discuss this program and answer any questions that you and/or your loved one may have! Call **413-582-2357** and leave a message with your contact information. A member of the PVMCI team will return your call.

This program is funded by The Eisenberg Family Trust and made possible in part by a grant from Highland Valley Elder Services through funding under the Federal Older Americans Act. To meet our federal requirements, we have been requested to advise you that “there is no fee for the service; however, a voluntary confidential donation is requested. You will not be refused service for lack of a donation. Your donation helps support the continuation of needed services for elders.”

Interested in donating? Please call the CDMG development office at 413-582-2256 or send donations to Cooley Dickinson Hospital Development Office, PO BOX 329, Northampton MA 01061-329, c/o PVMCI Thank you!

Eat Your Fruits and Veggies!

Smoothies are nutrient-rich blends of fruits and vegetables. They've become a popular way for people to meet their recommended daily intake of vitamins and minerals. Unlike juices, smoothies retain the beneficial fiber content from whole foods. Green smoothies are also a great source of B vitamins. The B vitamins found in leafy greens, like folate, vitamin B6, and niacin, help your body release energy from food and can promote a healthy nervous system.

Basic smoothie ingredients:

- **Leafy Greens:** **Spinach** is great because it breaks down easily in a blender, though **kale** is a runner up!
- **Creamy Ingredient:** Something to make the texture smooth and creamy, like **banana**, **yogurt**, **coconut milk**, or even silken **tofu**. Avocado can even add to the creaminess.
- **Fruit:** Fruit adds natural flavor and sweetness. You can use fresh or frozen, and virtually any fruit works well here (apples, mango, berries, stone fruit, kiwi, pineapple...you get the gist).
- **Optional Enhancers:** Feel free to add seeds (like chia or flax) nutritional supplements (like protein powder) or flavors (like spices or honey).

Carrot Cake Smoothie

8 walnuts

1 large carrot, roughly chopped (or grated if you don't have a high speed blender)

Extra finely grated carrot for mixing in, optional

1 teaspoon of cinnamon

Sprinkle of nutmeg, freshly grated is EXTRA delicious

2 pitted dates

½–1 cup of liquid, use non-dairy milk and then add water if

you want more liquid

1 teaspoon of vanilla

½ of a frozen banana

Strawberry Banana Peanut Butter Smoothie

1 cup frozen strawberries

1 cup frozen sliced banana

¼ cup nonfat plain Greek yogurt

2 tablespoons all-natural creamy peanut butter

1 tablespoon ground flax seeds

1 teaspoon vanilla extract

1 cup unsweetened almond milk

Green Smoothie

½ frozen banana

½ cup frozen pineapple

1 cup kale

¼ avocado

½ cup full-fat coconut milk canned

