

The BUZZ

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CONCORD PARK

A Community Established by the Nonprofit



UPCOMING EVENTS

THURSDAY, NOVEMBER 3

Matt McCabe performs at 2:00 P.M.



THURSDAY, NOVEMBER 11

Silent movie with Richard Hughes at 2:00 P.M.

TUESDAY, NOVEMBER 15

Country songs with Dave Andrews at 2:00 P.M.



ANNUAL PIE BUFFET

Saturday, November 19th from 2:00-4:00 P.M.

ELLIOT STEGER JAZZ QUARTET

presented by the Liberty Alzheimer's Partnership

Sunday, November 20th at 3:00 P.M.

at the Indian Hill Music Center in Littleton

Tickets \$20

For more info, contact Nancy Crowley at
Concord Park or ncrowley@slr-usa.com

Public is welcome at both events!

ALZHEIMER'S AWARENESS

November is Alzheimer's Awareness Month. At Concord Park, we offer innovative approaches to caring for people with Alzheimer's disease and related memory disorders. One of these innovations is the **Lifetime Achievement Award**. The program began at Concord Park and is now practiced in all of Senior Living Residences Compass Memory Support Neighborhoods. Our award program offers an antidote to the isolation and anonymity experienced by individuals with memory loss. Its purpose is to personalize and individualize how we relate to our residents, as well as support their families. The award confers dignity, personal recognition, and identity to the individual with memory loss.



In addition to dignified care, social activities, and individualized services, we treat the symptoms of Alzheimer's disease. **The Memory Preservation Nutrition® Program**, our **exercise program** and an affiliation with the **Boston University School of Medicine's Alzheimer's Disease**

Center are the cutting edge of research driven treatments.

One innovation that has been undertaken by Senior Living Residences is the **Reconnections Program**. This program has been written by the team of Compass Memory Support directors over a two-year period including **Mary Baum** at Concord Park and many piloted runs by Activity Director **Cheryl Young**. The program has grown and flourished in the Compass Memory Support Neighborhoods. This curriculum-based adult learning program is backed by research that cognitive stimulation may slow the progression of Alzheimer's. The material-rich courses are focused on



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Questions about making a tax-deductible gift?

Contact **Nancy Crowley**, executive director of Concord Park at 978-369-4728.

ALZHEIMER'S AWARENESS, from page one



residents' past and present interests and developed to elicit an engaged response, as well as provide a multitude of ways to re-connect with their past experiences, re-engage with past learned materials, and benefit from the joy of learning. The Reconnections Program takes place in an interactive, socially stimulating setting, focused on achieving new learning and keeping minds active.

In combination, these innovative programs, comprising Compass Memory Support, work to treat the symptoms of Alzheimer's disease and potentially slow its progression. If you would like more information about any of the programs offered at Concord Park please contact Executive Director **Nancy Crowley**, or visit the Senior Living Residences website: www.SeniorLivingResidences.com.

DID YOU KNOW...?

- Alzheimer's disease is *not* normal aging.
- Every 71 seconds, someone in the U.S. develops Alzheimer's.
- In the U.S., as estimated 5.4 million people are living with Alzheimer's.
- By the year 2050, as many as 16 million people will have Alzheimer's.
- Learn about the ten warning signs by visiting www.alz.org



*Pictured are several residents of Concord Park's Compass Memory Support Neighborhood. On page one, **Claire Kurens** (top) and **Josie Dilberto** (bottom); page two: **Peg Grayson** (left column), **Mary Doblewski** (above, left) and **Lorrienne Krauss** (above, right)*

HEALTH TIP



The Alzheimer's Association estimates that 10 million baby boomers will develop Alzheimer's disease in the United States. Today, as many as 5.2 million Americans are living with Alzheimer's disease, which includes between 200,000 and 500,000 people under age 65 with young-onset Alzheimer's disease or other dementias.

Experts predict there will be almost a half million new cases of Alzheimer's disease each year, and by 2050, there will be almost a million new cases each year. Every 71 seconds, someone in America develops Alzheimer's disease; by mid-century someone will develop Alzheimer's every 33 seconds.

To learn the ten warning signs of Alzheimer's disease, visit www.alz.org. To learn more about Concord Park's Memory Support Neighborhood, call Mary Baum at (978) 369-4728