

# Dementia Friendly Massachusetts



## How does a community become Dementia Friendly?

Every community making progress towards being dementia-friendly should be recognized and celebrated. Since the Massachusetts Dementia Friendly Initiative began in 2016, 54 communities have taken the pledge to become dementia friendly.

If your community would like to get involved, click here to read the steps to learn how!

[www.dfmassachusetts.org/steps/](http://www.dfmassachusetts.org/steps/)

**CONGRATULATIONS TO ALL OUR DEMENTIA FRIENDLY COMMUNITIES!!**

**55 PLEDGES SIGNED**

**168 COMMUNITIES WORKING ON BEING DEMENTIA FRIENDLY**

## Dementia Friendly Massachusetts is a grassroots movement to make communities safe, inclusive and respectful for persons with Alzheimer's disease, or a related dementia.

The Dementia Friendly Massachusetts organization formally acknowledges communities that sign the [DFM pledge](#) by awarding a Certificate of Recognition. By accepting this certificate, citizens and local government pledge that they will be accountable for promoting inclusivity and humanity by acknowledging the human dignity of individuals living with dementia, by providing supportive programming, welcoming environments, and opportunities to learn about dementia. It is important people with dementia feel safe and supported in their communities.

### Join these towns/cities that have signed the DFM Pledge:

*Barre, Billerica, Brookline, Cohasset, Essex, Fall River, Franklin, Gloucester, Holland, Lunenburg, Manchester by the Sea, Marshfield, Northborough, Northfield, Rockport, Sharon, Somerville, Springfield, Sturbridge, Taunton, Worcester*



Our Dementia Friendly COA members join - Marylou Sudders, Secretary of Health and Human Services of MA and Dr. Elizabeth Chen, Secretary of the MA Executive Office of Elder Affairs (seated in front row center)

## Stay Tuned for our Upcoming Webinars

- Building A Memory Café in a Rural Community
- Understanding Early -Onset Dementia in the Workplace
- Inclusion of People Living with Disabilities in Dementia Friendly MA Initiatives

Our site [dfmassachusetts.org](http://dfmassachusetts.org) keeps growing!

Check out Sudbury's Kickoff Video from November!

[www.dfmassachusetts.org/tools/videos](http://www.dfmassachusetts.org/tools/videos)

Register for the *UCLA Memory Training Master Trainer session* at [mcoaonline.org](http://mcoaonline.org).

March 11, 2020 9 am -4 pm

Pittsfield Senior Center

## Lunenburg Memory Café "Lending Library"

Director of Lunenburg's COA, Susan Doherty, announced the kickoff the Memory Café "Lending Library". Thanks to grant monies from Community Foundation of Central Mass and Greater Lowell Community Foundation, they purchased a number of easy to read stories formatted for adults. Memory Café attendees can borrow the books from the café and return them at the next cafe. They are very excited about hope folks take advantage of this great program! Any questions, please reach out to Susan Doherty at [sdoherty@lunenburgonline.com](mailto:sdoherty@lunenburgonline.com)

## Alzheimer's Association Helpline

*Do you have questions about Alzheimer's disease or dementia? Do you have questions about some of the care options and services available in your community? If you do, please call the Alzheimer's Association's 24 hour/7 day a week Helpline. The Helpline is the gateway to all of the services available through the Alzheimer's Association. We can help you determine how we can best assist you and navigate the resources available in your community.*

*The Alzheimer's Association 24/7 Helpline provides reliable information and support to all those who need assistance including people with memory loss, caregivers, health care professionals and the public. Our Helpline operates 24 hours a day, 7 days a week, in 140 languages. Call us toll-free anytime day or night at [1.800.272.3900](tel:18002723900)*

## Wandering among people with Dementia

Six in 10 people with dementia will wander. A person with Alzheimer's may not remember his or her name or address, and can become disoriented, even in familiar places. Wandering among people with dementia can be dangerous, but there are strategies and services to help prevent it. [www.alz.org/help-support/caregiving/safety/wandering\\_\(1\)](http://www.alz.org/help-support/caregiving/safety/wandering_(1))

## Beginning at the End: Portraits of Dementia

Joe Wallace's photographic portrait project, **Beginning at the End: Portraits of Dementia**, humanizes people affected by Alzheimer's and dementia by challenging the viewer to consider the entire subject and their lifetime of experience even if the subject can no longer access or share their memories. These portraits reflect a cross-section of races and ethnicities affected.

You can check out more photos and read the full stories at [www.portraitsofdementia.com](http://www.portraitsofdementia.com)

# Application Period Now Open for NAM Healthy Longevity Catalyst Awards !

The National Academy of  
Medicine (NAM) will accept  
applications for the [NAM  
Healthy Longevity Catalyst  
Awards](#) from **January 13  
through February 24, 2020**,  
through the website of the  
American Federation for  
Aging Research

**We welcome our  
latest town –  
Barre, MA  
Thank you for  
signing the pledge  
and joining  
Dementia Friendly  
Massachusetts on  
January 21, 2020!**

## Memory cafés:

There are now 119 Memory Cafés in Massachusetts, in four languages. These are free social gatherings for people living with dementia, along with family, friends and caregivers. You can find a list of all Massachusetts cafés and watch a one-minute video showing cafés in action at [www.jfcsboston.org/MemoryCafeDirectory](http://www.jfcsboston.org/MemoryCafeDirectory)



## Dementia Friends:

Dementia Friends is a global public awareness movement designed to change the way people act, think and talk about dementia. Over 5,000 people in Massachusetts have become Dementia Friends. To learn how you can become a Dementia Friend, or train to be a Dementia Friends Champion, please visit [www.dementiafriendsma.org](http://www.dementiafriendsma.org)



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