

Splaine Consulting August 2024

Newsletter

What we're doing, what we're reading, and where we've been: it's all here. Follow our [Facebook](#) & [LinkedIn](#) pages for updates, and forward this newsletter to friends and colleagues interested in all things Alzheimer's. Thanks for keeping us in your inbox!



Thoughtful Hospitalization

Alzheimer's families know that hospitalization is one of the greatest challenges for dementia patients. Hospitalization can be difficult to navigate and can come with serious risks. But with the right tools, a hospital stay does not have to be a crisis!



Join our free online workshop Thoughtful Hospitalization to learn how to avoid unnecessary hospital visits, safely navigate unexpected and planned hospital visits, and prepare for transitions in care. Participants receive a hospital "go bag", handouts, and access to the recording. **The workshops are available at multiple times this summer. [RSVP HERE.](#)**

Aging Well in America: A National Plan on Aging

AARP is calling for a national plan on aging to ensure that as Americans age, they are able to build financial resilience, maintain good health, and remain in their homes and communities. This [policy paper](#) provides a comprehensive blueprint for the development of a robust national plan on aging to foster the well-being, quality of life, and dignity of older Americans now and for future generations. [Learn more here.](#)


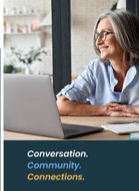

Living Alone and Connected!

Living Alone and Connected! is an online community by and for persons living with dementia. The group offers information to support those who live with Alzheimer's disease (or another dementia) who happen to live in a single person household. Living Alone and Connected hosts regular virtual educational events for community members. [Check out our upcoming events here.](#)

If you live alone with Alzheimer's or other dementia, join the group today! Please share the group with your community! [Living Alone and Connected!](#)

A Project by Spohn Consulting
livingaloneandconnected.com

BE PART OF OUR COMMUNITY
Join Living Alone and Connected Here:
<https://www.facebook.com/groups/384597924608>



LIVING ALONE & CONNECTED!
A Facebook community for persons with dementia who live alone.

ABOUT US
Our online community offers valuable resources, support and discussions and offers dementia education to other forms of memory loss. We focus on cognitive health through topics like memory, diet, therapy, nutrition & exercise, research, technology, home modifications, and much more!

Living Alone and Connected Offers:
• Community and connections
• Knowledge sharing and resources
• Engaging conversations
• Educational and social virtual events

Conversation. Community. Connections.

Meet the Team

Kathryn Payne
Social Media Director
Kathryn is a seasoned digital marketer with 10+ years of experience. Kathryn works in the field of dementia & caregiver support and works with various agencies to help ensure resources coming to seniors are accurate.

Michelle Seltzer
Direct Moderator
Michelle is an experienced Alzheimer's disease caregiver. She has worked with various organizations and has been instrumental in helping the family complete necessary paperwork, understand legal options, and coordinate care.

Living Alone & Connected!
Living Alone and Connected is supported in part by a cooperative agreement #184382001001 from the Administration on Aging, U.S. Department of Health and Human Services, Administration on Intellectual and Developmental Disabilities, Administration on Aging, Administration on Community Living, Administration on Children, Youth and Families, Administration on Economic Opportunity, Administration on Intergovernmental Relations, Administration on Law Enforcement and Justice, Administration on Mental Health, Administration on Native Affairs, Administration on Social Security Administration, Administration on State and Territorial Health, Administration on State and Territorial Justice, Administration on State and Territorial Law Enforcement, Administration on State and Territorial Public Safety, Administration on State and Territorial Social Services, Administration on State and Territorial Transportation, Administration on State and Territorial Veterans Affairs, Administration on State and Territorial Voting, Administration on State and Territorial Youth and Human Services, Administration on State and Territorial Welfare, Administration on State and Territorial Workforce, Administration on State and Territorial Workforce Development, Administration on State and Territorial Workforce Training, Administration on State and Territorial Workforce Development, Administration on State and Territorial Workforce Training, Administration on State and Territorial Workforce Development, Administration on State and Territorial Workforce Training.

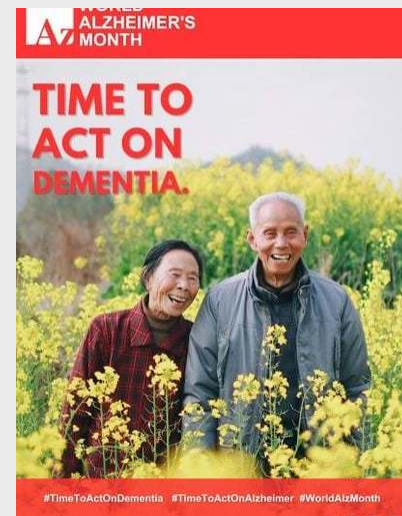
Who we serve
Our private Facebook group is designed exclusively and thoughtfully for people who live alone with a dementia / Alzheimer's diagnosis. This is to ensure the privacy of our members, and to foster a safe, welcoming, and meaningful space to connect.

CONTACT US
Any queries or for more information, or if you would like to get involved with the Living Alone and Connected Community, contact info@livingaloneandconnected.com

Spread the word
Are you living alone with a diagnosis of memory loss?
Know someone living alone with Alzheimer's or dementia?
Want to find resources, make connections, and share support?
Be part of our vibrant community! Join or spread the word!

World Alzheimer's Month

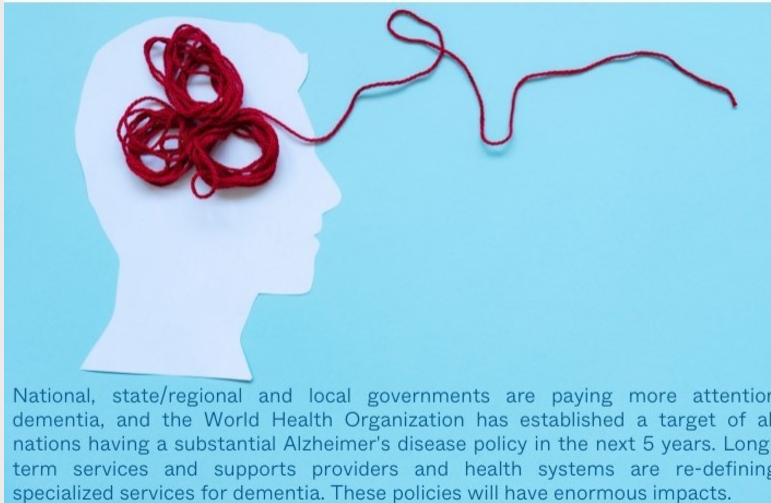
Alzheimer's Disease International (ADI) World Alzheimer's Month campaign is September 2024. The theme is 'Time to act on dementia' & 'Time to act on Alzheimer's' to focus on raising awareness and addressing the stigma. World Alzheimer's Month is a call to action for policymakers, health and care professionals, experts, those with lived experience and the general public to take collective action to reduce stigma around the condition. Get involved and spread the word! [Find campaign materials here.](#)



Blood Tests Accuracy In Spotting Alzheimer's

A blood test accurately diagnosed Alzheimer's 90% of the time, study finds. The results were presented last Sunday at the Alzheimer's Association International Conference. The new research was conducted in Sweden, and experts cautioned that, for use in the United States, the results should be confirmed in a diverse American population. Experts emphasized that blood tests should be only one step in a screening process and that blood tests should be performed only after administering tests that assess memory and thinking abilities and CT scans that seek alternative causes like strokes or brain tumors. And blood test results should be confirmed by one of the gold-standard methods: PET scans or spinal taps to measure a protein, amyloid, that accumulates and forms plaques in the brains of patients with Alzheimer's. [Learn more here.](#)

GERON GR 697 - Special Topics in Aging Policy Policy Foundations in Dementia Care Services

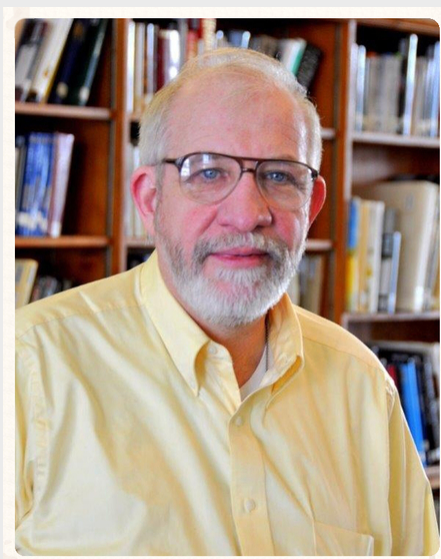


Mike Splaine's Aging Policy Course This Fall

Splaine Consulting's Mike Splaine will be teaching this fall at UMASS Boston. The course will be Thursdays from 7:00 - 8:30pm from 09/03/2024 - 12/13/2024.

- Course Title: GERON GR 697 - Special Topics in Aging Policy
- Description: This course prepares aging services professionals to design and execute effective dementia policy. Training includes Alzheimer's disease/dementia care issues and resources to mobilize activities that make sense at different levels. Using tools gained in the course, students will identify a relevant, real-life dementia policy problem, formulate achievable solutions and present them to decision-makers.
- Instructor: Mike Splaine is a consultant to the US Alzheimer's Association/CDC Healthy Brain Initiative, Alzheimer's Disease International, the International Psychogeriatric Association and the International Indigenous Aging Association (IA²).

For more information, contact gerontology@umb.edu or [visit here](#).



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