

Walk to End Alzheimer's With ESSPN

ESSPN is once again a sponsor of the Alzheimer's Association Memory Walk in Salisbury on October 11, beginning at 9 am. As part of our nonprofit mandate, ESSPN contributed \$500 toward the walk and we are listed on the Alzheimer's Association of Greater Maryland's website as one of several sponsors. Several board members (wearing ESSPN t-shirts) made the trek last year and are hoping to recruit a team members from the ESSPN membership for this year's walk.

Where:

City Center. Salisbury Downtown Plaza. Park at 213 Main Street, Salisbury, Md., 21801.

When:

October 11, 9 a.m. registration, 10 am walk begins

Details:

Rain or shine, a 2.5 mile walk along the Wicomico River, family entertainment and light refreshments

If you are interested in walking with ESSPN, please e-mail sandra.early@verizon.net ASAP.

September Speaker:
Patti Grose



Patti Grose left teaching in 1989 to be a full-time caregiver for her elderly father. Subsequently, she became a caregiver for her sister who was dying of lung cancer, and for her mother-in-law during a near-decade decline due to Alzheimer's.

To the Beach

ESSPN to meet at new Brandywine Community in Fenwick Island

ESSPN's next meeting is set for Friday, September 19, 8:30 a.m. at the new Brandywine Assisted Living and Alzheimer's Care community in Fenwick Island, Delaware. Breakfast and networking will be followed by a guest presentation by Patti Grose, author of the much-heralded book on care-giving for persons with dementia, *Alzheimer's – It Will Never Be All Right*.

Grose, whose book draws on her extensive personal experience as a family caregiver to several relatives (including her mother-in-law, Charlotte, who suffers from Alzheimer's), will share insights about family and relationships as they are affected by the care-giving requirements of an Alzheimer's patient. She offers support and helpful strategies for meeting the physical, emotional, medical and financial challenges that arise as the disease progresses.

Alzheimer's – It Will Never Be All Right has received many accolades for the useful information it provides not only about Alzheimer's situations, but also regarding the broader challenges facing families who are helping senior relatives through various transitions in housing, finances

and health as they age.

According to ESSPN President Allan Ward, the Delaware beach meeting is a first for ESSPN, but September seemed the ideal time for members to make a trip. "I'm thinking some of us will try to take



the rest of the day off to explore the area and catch a last bit of sunshine," he comments. "We are delighted that Brandywine is hosting our meeting and we are looking forward to connecting with senior providers from the beach resort and inland towns."

The breakfast meeting is free to ESSPN members. For non-members, a donation of \$10 is requested. To attend the meeting, please RSVP by September 14 to Sandra Early, sandra.early@verizon.net.

See Page 3 for more information and directions.

Balance Center staff explain programs, technology at ESSPN's May meeting

ESSPN's May 16 meeting at Londonderry Retirement Center in Easton was a well-attended event that featured an introduction of Shore Health System's new Balance Center. Over a delicious breakfast buffet provided by Londonderry, Teresa Blem, Shore Health's director of Rehabilitation Services and Kelly Marchetti, MSPT, Balance Center coordinator, provided an excellent, layman-friendly explanation of the varied physical components of balance, how different health issues can cause balance impairment, and the services of the Balance Center.

Located at Dorchester General Hospital in Cambridge, the Balance Center offers a comprehensive medical rehabilitation program under the medical direction of otolaryngologist Morris Effron, MD. At the center, specially trained physical therapy staff work with



physicians and their patients to evaluate and treat medical conditions that cause balance disturbances, dizziness and falls. A full-time nurse assists patients with managing medications and other aspects of their medical conditions.

According to Marchetti, the technological centerpiece of the Balance Center is the SMART EquiTest®, a sophisticated system that uses computerized dynamic posturography (CDP), a clinical tool for evaluating the sensory and motor components of balance. The Equitest indicates if the imbalance is caused by malfunctions in the eyes, ears, feet or legs, or some combination of factors. Physical therapists use the EquiTest data to create treatment plans that can take place at the Balance Center or at outpatient rehab centers in Easton, Centreville or Denton.

More information about the Balance Center may be obtained by calling 410-822-1000, ext. 2212.

**HELP
WANTED**

ESSPN seeks new board members

Would you like to get involved in growing ESSPN and planning events and activities that will benefit our members and the senior community on the Eastern Shore? The Board is seeking new members and would love to hear from you... we meet once a month, in Easton, but teleconferencing is available! Send an e-mail to us, as below ... the sooner the better!

President - Allan Ward

Jacob Dean Mortgage
award@jdmgt.com

Vice President - Claude Lewis

Home Instead
hisc561@goeaston.net

Treasurer - Ann Goodman

Miles & Stockbridge
agoodman@milesstockbridge.com

Secretary - Sally Van Schaik

Easter Seals
svanschaik@gt.esdel.org

Roxana Dadyala

Lakeside Assisted Living
roxana@lakesideassistedliving.com

Kate Gallagher

Candlelight Cove Assisted Living & Alzheimer's Care
katecl@goeaston.net

Mary Handley

Delmarva Community Services
maryh@dcsdct.org

Sally McClellan

Avon Dixon
smcclellan@avondixon.com

Paula Schatz

Brandywine Assisted Living
SchatzP@brandycare.com

ESSPN Membership Rates Reduced!

The Board of ESSPN voted to reduce membership rates at the August 2008 meeting. The new rates* are as follows.

\$150 – for-profit entities with 40-plus employees**

\$125 – for-profit entities with 16-39 employees**

\$75 – for profit entities with 1-15 employees**

\$75 – government agencies and nonprofit organizations

\$50 – individuals (no company affiliation)

* If you joined or renewed any time between January 1, 2008 and August 5, 2008, your membership is good until January 1, 2010. Other current members will be asked to renew at the new rates in January, 2009.

** Two part-timers count as one full-timer

TO THE BEACH!

The Eastern Shore Senior Providers Network (ESSPN)

Friday, September 19, 2008
8:30 AM



BRANDYWINE ASSISTED LIVING *at Fenwick Island*

21111 Arrington Drive | Selbyville DE 19975 | (302) 436-0808

Join us for Breakfast, Networking and
Guest Presentation by



Patti Grose, Author of
"Alzheimer's – It Will Never Be All Right"

Free to current ESSPN Members
All others \$10 donation at the door

Limited Seating - RSVP before September 12th to Sandra Early
sandra.early@verizon.net, 410-643-6288 (o) and 410-739-4716 (c).

Don't forget to bring your business cards and other promotional materials
to take advantage of this networking opportunity!

Directions to BAL at Fenwick Island

From Route 1

Follow Route 1 South to Fenwick Island
Turn right onto Lighthouse Rd/DE 54 West – 4.0 miles
Turn right onto Zion Church Rd/DE 20 – .1 miles
Turn left onto Arrington Drive – building entrance is on left

From Route 113

Turn onto DE 20 East- 2.5 miles (Dagsboro)
Turn left onto Vines Creek Road DE 20/DE 26 – .3 miles
Turn right onto Armory Rd/DE 20 – 8.9 miles
Turn right onto Arrington Drive – building entrance is on left

From Route 50

Follow 50E/Ocean Gateway
Turn left onto MD 610/Whaleyville Rd – 6.3 miles
Turn right onto Worcester Hwy/US 113 South – .9 miles
Turn left onto MD 367/Bishopville Rd (Crossing into Delaware) – 2.5 miles
MD367/Bishopville Rd becomes CR387/Hudson Rd – 1.0 miles
Turn right onto Lighthouse Rd/DE 54 East – 3.7 miles
Turn right onto Zion Church Rd/DE 20 – .1 miles
Turn left onto Arrington Drive – building entrance is on left