

FRIENDS CLUB NEWSLETTER

SPRING 2017

Celebrating more than 26 years of serving the Alzheimer's community!

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Study for Promising Alzheimer's Treatment Now Recruiting Participants

A drug that has already shown very promising results in treating Parkinson's disease and Lewy Body dementia is now being studied for efficacy in treating mild to moderate Alzheimer's disease. Researchers at the Georgetown Memory Disorders Clinic are looking for participants for a study of nilotinib (brand name Tassigna). Nilotinib is already approved by the FDA for treatment of a type of leukemia. Participating in a clinical trial is a very personal choice, but at Friends Club, we like to keep our members updated on the options available. If you are interested in participating, please contact one of the following researchers and be sure to use the study's ClinicalTrials.gov identifier: NCT02947893.

Contact: Ashot R Shekoyan, MD, PhD 202-687-7591 ars232@georgetown.edu

Taxes and Alzheimer's

Source: Alzheimer's Association (www.alz.org)

As a caregiver, you likely pay for some care costs out-of-pocket. Because of this, you may qualify for tax benefits from the Internal Revenue Service (IRS). Tax rules are complex and can change. Be sure to get advice from your tax adviser or accountant before filing your returns.

The person with dementia may be considered your dependent for tax purposes. If so, you may be allowed to itemize his or her medical costs. Beginning in 2013, you may deduct only the amount by which your total medical expenses exceed 10 percent of your adjusted gross income. Only expenses that have not been reimbursed by insurance can be counted toward the medical expense deduction.

See IRS Publication 502: Medical and Dental Expenses, for a complete list of allowable expenses. Here's a brief list:

- Medical fees from doctors, laboratories, assisted living residences, home health care and hospitals
- Cost of prescription drugs
- Cost of transportation to receive medical care
- Home modifications costs such as grab bars and handrails
- Personal care items, such as disposable briefs and food

See IRS Publication 501: Exemptions, Standard Deductions and Filing Information to learn more about claiming the person with dementia as a dependent.

Child and Dependent Care Credit

If you paid someone to care for the person with dementia so you could work or look for work, you may be able to claim the "Child and Dependent Care Credit" on your federal income tax return. If eligible, you would be allowed a credit of up to 35 percent of your qualifying expenses, depending upon your adjusted gross income.

To qualify:

- You must have earned income
- The person with dementia must be unable to physically or mentally care for him or herself
- The person with dementia must be claimed as a dependent on your tax return

See IRS Publication 503: Child and Dependent Care Expenses for more information.

TIP: If you pay someone to come to your home and care for the person with dementia, you may be a household employer and may have to withhold and pay Social Security and Medicare tax and pay federal unemployment tax. See IRS Publication 926: Household Employer's Tax Guide.

Flexible spending account

If the person with dementia is a dependent under the tax rules, you might be able to use your own workplace flexible spending account (FSA). A flexible spending account allows payment for out-of-pocket medical expenses and dependent care expenses with pretax dollars, for a potential savings of about 20 to 30 percent.

State tax credits

Many states have additional tax deductions or tax credits to provide financial relief to caregivers. These tax programs build on the federal tax credit, which reduces the amount of income taxes a family owes. Each state program differs by name and eligibility requirements.

Help Is Available

The Internal Revenue Service (IRS) offers free tax forms and publications explaining various tax deductions and credits.

AARP's Tax-Aide program provides free tax preparation and counseling information to all low and middle-income taxpayers, even if you are not an AARP member.

Note: This information is not intended as tax advice. The determination of how tax laws affect a taxpayer depends on the taxpayer's situation. A taxpayer may be affected by exceptions to the general rules and by other laws not discussed here. Therefore, taxpayers are encouraged to seek advice from a competent tax professional.



AROUND TOWN

*There is no time like the present to get out into the community and do something fun!
Here are some low-cost ideas to get you started!*

Behind the Scenes Tours at National Cathedral

Discover hidden stories on a behind-the-scenes tour as you marvel at the Cathedral's artistry and engineering. Journey through stone stairwells and passageways to see stained glass windows and magnificent views. Cost is \$26 per adult, \$22 for senior. These tours are offered on multiple days in March. Visit www.cathedral.org or call (202) 537-6200.

Musicals That Everyone Should See at Least Once – Live and Learn Bethesda

So if you take a person from Mars to the theatre where do you start? This lecture, hosted by beloved Friends Club presenter Steve Friedman, will focus on the 25 musicals that are a must if you are a musical lover. Classically trained tenor Friedman will present the lecture and perform some of the songs from these musicals. Thursday, March 23, from 1:30 to 3:00 p.m. Cost is \$20. Live and Learn Bethesda in the Bethesda-Chevy Chase Regional Services Center (adjacent to the Bethesda Metro) 4805 Edgemoor Lane Bethesda, MD 20814. Call 301-740-6150.

How to Look at Paintings – Class 127 at OASIS

How do painters manipulate our perceptions and communicate their visions through composition, line, brushwork, texture and color? Why do paintings of the same subject move us, repel us, excite us in vastly different ways? Learn to look critically at paintings and develop informed opinions in this exploration of basic art principles, painting styles, techniques and artists in Western art. Class will be held Monday, March 27 from 1:30 to 3:00 p.m. Instructor is Judy Scott Feldman, PhD, Art Historian. Cost is \$20. Class will be held at Johns Hopkins Montgomery County Campus, 9601 Medical Center Drive, Rockville, MD 20850. Call (301) 469-6800, press 1, enter extension 211.

Volunteer Event at A Wider Circle! – Class 328 at Oasis

A Wider Circle founder Mark Bergel reminded an OASIS audience last summer that none of us has ever enjoyed success without the support of others, and for our neighbors to rise out of poverty, they need our support.

Wider Circle's "Neighbor to Neighbor" program collects furniture and other basic items for people transitioning out of shelters. The program relies on volunteers to help stock and organize linens, housewares, and kids' toys to make sure everything is in "dignity condition," and assist families and individuals in selecting items to take to their new homes. Last fall, OASIS volunteers enjoyed a great day of giving back at A Wider Circle.

If you want to help out this year, please join us for OASIS Volunteer Day at A Wider Circle, located at 9159 Brookville Road, Silver Spring, MD 20910, from 10 a.m. to 12:30 p.m. on Wednesday, April 26. Volunteers will meet at A Wider Circle and receive a tour and orientation at the start of the visit. Join the fun and do a good deed! Registration is required. Limit: 30.

Call OASIS to register: (301) 469-6800, press 1, enter extension 211.

Bach Reflections with Matthew Robertson on Organ

This concert will feature Bradley Hills Church music director Matthew Robertson. It will be held Saturday, March 25 at 7:30 p.m. at Bradley Hills Church, 6601 Bradley Blvd., Bethesda, MD 20817. Tickets are \$25/\$20 for general/students at the door; \$20/\$15 in advance. Call 301-365-2850.

A Caregiver's Bill of Rights
By Jo Horne From caregiver.com

I have the right:

To take care of myself. This is not an act of selfishness. It will give me the capability of taking better care of my loved one.

To seek help from others even though my loved ones may object. I recognize the limits of my own endurance and strength.

To maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything I reasonably can for this person, and I have the right to do some things just for myself.

To get angry, be depressed, and express other difficult feelings occasionally.

To reject any attempts by my loved one (either conscious or unconscious) to manipulate me through guilt, and/or depression.

To receive consideration, affection, forgiveness and acceptance for what I do, from my loved ones, for as long as I offer these qualities in return.

To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my loved one.

To protect my individuality and my right to make a life for myself that will sustain me in the time when my loved one no longer needs my full-time help.

To expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made towards aiding and supporting caregivers.

UPCOMING FREE CAREGIVER CLASSES

Visualizing the Dementia Journey

Tuesday, March 14

Cathy Lonas, a geriatric care manager with Advocate 360, will help family caregivers visualize what lies ahead on the journey through dementia with their family member.

How to Advocate in a Hospital Setting

Tuesday, May 23

Bonnie Friedman, author of "Hospital Warrior: How to Advocate in a Hospital Setting," will share her experience as her husband's advocate during his many hospital stays.



Both of these classes will be held from 10:30 a.m. to noon at the Holy Cross Resource Center, 9805 Dameron Drive, Silver Spring. There is no charge, but please call **301-754-7152** to register.

~IN MEMORIAM~

Abraham “Joe” Levy

December 31, 1934 – February 2, 2017



It is with tremendous sadness that we announce the passing of former long-time Friends Club member Joe Levy. Joe was born in Baltimore and graduated from Roosevelt High School in Washington, D.C. He earned an undergraduate degree from The George Washington University and an advanced degree from the GWU pharmacy school. He also served in the Army Medical Corps.

Joe found his true career passion when he opened Tyson’s Hallmark at Tyson’s Corner in McLean, Va. He grew his business into 12 retail stores in DC, Maryland, Virginia and North Carolina. Joe served for 15 years as the president of the Board of Directors of the Tyson’s Corner Retail Merchant’s Association. In that capacity, he coordinated a number of programs to benefit

the Make-A-Wish-Foundation. He was named the Virginia Retailer of the Year in 1997. Joe volunteered to many worthy programs, including NIH’s Children’s Inn, Holton Arms School, the Lt. Joseph P. Kennedy Institute, B’nai Brith Chapter, and Washington Hebrew Congregation. He was voted “Most Loved Father” in his daughter’s senior class at Holton Arms.

Joe is survived by his loving wife of 54 years, Veda Higger Levy; his brother Martin Levy; his daughters Lisa Breslau (Jonathan) and Andrea Levy; and his granddaughters Sophia and Sara Breslau. It was an honor to have you in Friends Club, Joe. Rest in peace.

Conversations at The Kreeger Courtesy of www.kreegermuseum.org

Conversations is a program for individuals with memory disorders and their caregivers. Conversations provides a forum for dialogue and connection through art and music. Each program includes a musical component provided by our partner, Levine Music, and is designed to stimulate reflection, reduce stress, and increase communication and sociability. Offered the second and third Monday of each month at 11 am and 2 pm, this program is free but registration is required. Please call 202-337-3050 x 318 or email conversations@kreegermuseum.org.

Spring Schedule

March 13 : 11am & 2pm

March 20: 11am & 2pm

Munch is famous for “The Scream” which speaks to the modern human condition. We are unsettled in the world, but we don’t know the source of our anxiety. This Munch, too, speaks to existential anxiety.

April 10: 11am & 2pm

April 17: 11am & 2pm

The abstract and representational nature of this beautiful mask speaks to its spiritual nature and the boundary that it allows one to traverse. We will think about its original meaning and its aesthetic significance for European artists.

May 8: 11am & 2pm

May 15: 11am & 2pm

Zinnias are the flowers of summer. They come in so many bright colors and delight the eye. It is fitting then, that as van Gogh comes to Paris and experiments with the colors of the Impressionists, he paints a bowl of zinnias.

SPECIAL NOTICES

UPCOMING CLUB CLOSURES

Monday, April 17
Easter Monday

Monday, May 29
Memorial Day

Friends Club Caregivers Support Group

Meets 9:30-11:00 a.m.
The 1st Monday and 3rd Wednesday of each month in the church library

MARCH
Monday, March 6
Wednesday, March 15

APRIL
Monday, April 3
Wednesday, April 19

MAY
Monday, May 1
Wednesday, May 17

Driver Evaluation and Training

Although members are not permitted to drive to and from Friends Club meetings, from time to time we have members who still drive at other times. You have a variety of options for testing driver safety, and I just learned of a new service. I wanted to pass the following information along to you.

Brant's Driving School

- **Among other services, Brant's provides evaluation of individuals with Alzheimer's disease and other dementias.**
- **The evaluation can be done at the individual's home.**
- **Brant's has multiple offices, including one at Shady Grove Adventist Hospital in Rockville.**
- **Results of the evaluation are delivered immediately.**
- **The evaluation consists of two parts: pre-drive and behind-the-wheel.**
- **Brant's Driving School is a state certified driving school. It works closely with insurance companies and the DMV/MVA.**
- **The cost of an evaluation is \$550 if you are able to go to a Brant's location. For home testing, an additional \$35 per hour of travel time from the nearest location is added to the cost.**

BIRTHDAYS

MARCH

Pablo B.	7
Doug P.	8
Robert S.	8
Mark W.	30

APRIL

Marty G.	1
Bill D.	8
Peter S.	14

MAY

Brooke K.	2
Larry S.	3
Bob G.	15
Amy D.	15
Molly T.	19
Aric S.	21
Charlie W.	24
Debbie D.	30

Happy Birthday



For more information, call 1-877-395-7011