'I Remember Better When I Paint':

Treating Alzheimer's
Through The Creative Arts



RESOURCE BOOK

I Remember Better When I Paint:

Resource Book

Table of Contents:

• Alzheimer's and How the Creative Arts Can Help Us					
I Remember Better When I Paint					
• Additional Resources:					
- Medical and Educational Centers	5				
- Nursing Homes and Residences	9				
- Museums	11				
- Films, Documentaries, and Multimedia Clips	12				
- Books	13				
- Press Articles	15				
- Additional Information	19				
- Contacts Associated with the Documentary	20				

Alzheimer's and How the Creative Arts Can Help Us

By Berna Huebner, Director of the Hilgos Foundation*

This DVD is intended to help those who are as afraid of Alzheimer's as I was initially, but are now looking for ways to help someone cope with the disease. I hope my journey will help you!

• HERE IS HOW MY JOURNEY BEGAN

As my mother, who had been an artist, struggled with Alzheimer's in her later years, I asked her if perhaps she might want to paint again. And she said "Oh yes! I remember better when I paint."

With that phrase ringing in my mind, I became determined to somehow bring my mother back from her detached state. So, I enlisted the help of her doctor. With his help, plus the efforts of a dedicated group of art students, and with strong encouragement from our family, my mother, who had used the name Hilgos to sign her work, picked up her brush once again at the age of 90 and began to paint. Through painting and sculpting she emerged from her listless state, and reconnected to the world around her. Her Alzheimer's symptoms eased, at least in part; she spoke, she danced, she played catch, she sculpted, and she painted and painted and painted.

CREATIVE ACTIVITY CAN TAKE MANY FORMS. AND HELP IN MANY WAYS

Learning about Hilgos' experiences, and those of many other people with memory impairment who have found a renewed sense of identity through creative activity, can help us to think of Alzheimer's in a new way. When she painted my mother truly seemed to come alive. We want to share these experiences, in the hope that they will help show how our society can address the challenge of Alzheimer's, and other mental illnesses, not only through the search for new medical treatments (which might prevent or at least slow the progression of the disease) but also through the healing, communicative power of the creative arts.

This is a story about approaching Alzheimer's through a wellness orientation.

In my mother's case, it is about an artist regaining the confidence to sign her paintings and exhibit her work. It is about people regaining their sense of identity, instead of progressively losing it. Hilgos' determined spirit, exuberance, and an insistence on living, can be seen in her paintings. With the guidance from art students, Hilgos' creativity has taught others that we must not dismiss, or underestimate, what lies just below the surface.

• THE LESSONS OF THIS PROJECT CAN APPLY TO ANYONE, WHETHER OR NOT THEY HAVE HAD ANY CREATIVE ARTS BACKGROUND.

The well known gerontologist, Dr. Robert Butler, said that he has become convinced that POSITIVE ATTITUDES and CONSISTENT ENGAGEMENT, on the part of caregivers, are more important than the presence or absence of a particular activity in a person's history.

Hilgos' art students approached their shared activity, painting in my mother's case, with a positive and engaged attitude that they maintained over the last years of her life, and she began to reflect this attitude as well. The key is caring and connecting in any area of creative activity.

SPREADING THE WORD TO HELP OTHERS WITH ALZHEIMER'S

When Hilgos passed away, the Hilgos Foundation was founded. It gives awards to students at the Art Institute of Chicago, and enables them to work with people living with memory impairment problems. Since its creation this award has helped launch a movement that has spread much further than Chicago, now reaching other parts of the US, and even across the world.

HOW YOU CAN HELP YOUR LOVED ONES

We wanted to share our personal story with other people who live with Alzheimer's. We want to help as many people as possible change their lives through creative activity, not only through painting, but also through music, family games, sculpture, dance, art discussion, signing, and everyday activities such as cooking and gardening.

• FIND OUT HOW DOCTORS HAVE HELPED US UNDERSTAND

Alzheimer's neurologists and other doctors have helped us to understand why such therapies can be so helpful, pointing to the fact that they awaken areas of the brain that have not been affected by the disease. We hope that our story, and the stories of others in this film, will help educate those who are touched by Alzheimer's.

^{*} This information has been adapted from the forthcoming book, "I Remember Better When I Paint."

I Remember Better When I Paint

The first international documentary about the positive impact of art and other creative therapies on people with Alzheimer's and how these approaches can change the way we look at the disease.

A Film by Eric Ellena and Berna Huebner Narrated by Olivia de Havilland

Presented by French Connection Films & The Hilgos Foundation

- This new documentary, described by author and journalist Richard Reeves as "powerful beyond words," shows for the first time how the creative arts can change the quality of life for people with Alzheimer's. Filming was done in many parts of North America and Europe showing Alzheimer's patients focusing and reconnecting as they paint at their homes and care facilities, visit the Louvre in Paris, the Art Institute in Chicago and the Phillips Collection in Washington DC, and even enjoy the Big Apple Circus in New York.
- Among those featured are Yasmin Aga Khan, president of Alzheimer's Disease International and daughter of Rita Hayworth, who had Alzheimer's. The documentary also interviews renowned neurologists who explain how creative activities engage areas of the brain that are not damaged or less damaged by the disease and thus help reawaken a sense of personality, identity and dignity.
- The film gives new hope to families, caregivers and people in general as they contemplate ways in which their communities can help cope with Alzheimer's. As author and journalist Gail Sheehy has said: "It shows an entirely new pathway for engaging with a loved one you thought was lost."

WHY THIS FILM

No drugs yet exist that can effectively prevent or cure Alzheimer's disease. What recourse, then, for the millions of people who suffer from this terrible degenerative disease, which causes progressive decline of cognitive skills, memory loss and withdrawal?

It is increasingly evident that initiatives that help people with Alzheimer's to get involved in art and other creative activity can obtain surprising results. Scientists have discovered that Alzheimer's disease normally spares, to a very large extent, the parts of the brain related to emotions, creativity and creative expression. Neurologists—including several who are interviewed in the documentary—recognize the benefits of non-pharmacological therapies. Nonetheless, only a very small percentage of nursing homes and care facilities are yet making effective use of these approaches, and the film urges that an extensive effort now be made to share these positive approaches and hopeful possibilities.

PRODUCTION

The film is a joint production of French Connection Films and the Hilgos Foundation with the support of the French Film Board and private donors.

CONTACT

French Connection Films, www.frenchcx.com, Guillaume de Ginestel & Eric Ellena Tel: +33 1 40 16 11 47

The Hilgos Foundation, www.hilgos.org, Berna Huebner, bernahuebner@gmail.com

Tel: +1 847 432 5476

To purchase a DVD go to www.irememberbetterwhenipaint.com

Here is additional resource information that will help you!

ADDITIONAL RESOURCES:

Including those linked to the documentary

MEDICAL AND EDUCATIONAL CENTERS-

Alzheimer's Disease International

64 Great Suffolk Street London SE1 OBL, UK Tel: +44 20 79810880

Fax: +44 20 79282357

www.alz.co.uk info@alz.co.u

An umbrella organization for all Alzheimer's disease organizations worldwide.

Belgium:

Les Jardins de la Memoire See Nursing Home Section

Canada:

Center for Addiction and Mental Health

Affiliated with the University of Toronto, Multiple Locations
Main Phone Switchboard:
(416) 535-8501
www.camh.net

France:

Association France de l'Union des associations

Alzheimer et Maladies Apparentées, Association France Alzheimer et Maladies Apparentées 21 boulevard Montmartre 75002 Paris Tél: +33 1 42 97 52 41

Fax: +33 1 42 9/ 52 41 Fax: +33 1 42 96 04 70 www.francealzheimer.org contact@francealzheimer.org

Hopital Bretonneau

23 rue Joseph-de Maistre
75018 PARIS 18ème
Tel: 01 53 11 1800
http://bretonneau.ap-hop-paris.fr/
contact.bretonneau@brt.aphp.fr
Art programs for patients with Alzheimer's and in cooperation with
ARTZ – France, Paris, with Le Louvre.
http://www.artistsforalzheimers.org/
artzparis.html

IFRAD

Inserm U 610 - Pavillon Claude Bernard - Hôpital de la Pitié-Salpetrière, 47, Bd de l'Hôpital -75013 Paris

Tel: 01 42 16 00 62
Fax:01 42 16 41 95
www.fondationalzheimer.com
fondationifrad@fondationifrad.org
Pour la recherche sur la maladie
d'Alzheimer Fondation sous l'égide de
la fondation pour la recherché médicale

Netherlands:

Centre Quarijn de Doorn- Quarijn Verpleeg- en zorgcentrum Het Zonnehuis, Bergweg 2, 3941RB, Doorn, Netherlands Tel: 0343-414541 or

Tel: 0343-414541 or 0900 782-7456

www.quarijn.nl

Art therapists began an art project and developed a manual for people with dementia. For further information in English, contact Alzheimer's Disease International (above).

Sweden:

The Vardal Institute (Institut Vårdal ['Vohr-dall'] Institute Swedish Alzheimer's)
P.O. Box 187, SE-221 00 Lund
Tel.: +46 46 222 19 32
Fax: +46 46 222 19 34
www.vardalinstitutet.net
info@vardalinstitutet.net

United States: Alzheimer's Association

National Office 225 N. Michigan Ave., Fl. 17 Chicago, IL 60601-7633 Tel: (312) 335-8700 Tdd: (312) 335-5886 24-hour helpline 1.800.272.3900 www.alz.ora

This site is an entry point and roadmap that can guide families throughout the course of the journey with Alzheimer's. There is information about the disease process, links to resources, diagnosis, care centers and services you or your family member may need. The Alzheimer's Association's Green-Field Library (http://greenfield.alz.org/) holds the largest collection dedicated to Alzheimer's. In addition, there is Alzheimer's & Dementia: The Journal of the Alzheimer's Association (www. alzheimersanddementia.org).

Provides information in many languages other than English.

Two Examples:

Alzheimer's Association, New York City Chapter

360 Lexington Ave., 4th Floor New York, NY 10017 Tel: 646.744.2900 Fax: 212.490.6037 www.alz.org/nyc Specifically provides Early-Stage Services

Alzheimer's Association, Chapter Headquarters Colorado

455 Sherman Street, Suite 500
Denver, CO 80203
Tel: (303) 813-1669
Memories in the Making Art Program
began in Colorado in 1994 at five
sites and has grown to over sixty-five
centers throughout the state.

American Art Therapy Association 11160-C1 South Lakes Drive, Suite 813, Reston, VA 20191.

Mail: 225 North Fairfax St.
Alexandria, VA 22314
Tel: 1 (888)-290-0878
www.arttherapy.org
info@arttherapy.org

Arts for the Aging, Inc. (AFTA) 6917 Arlington Road, Suite 352 Bethesda, MD 20814 Tel: (301) 718-4990 Fax: (301) 718-4992 www.aftaarts.org info@aftaarts.org

Boston University

Boston University Medical Center, Alzheimer's Disease Center Alzheimer's Disease Clinical & Research Program 72 East Concord Street, B-7800 Boston, MA 02118 http://www.bu.edu/alzresearch/ care/index.html

Columbia University Medical Center

Taub Institute for Research on Alzheimer's and the Aging Brain 630 West 168th Street, P&S Box 16, New York, NY 10032
Tel: (212) 342-4126
Fax: (212) 342-2849
www.cumc.columbia.edu/dept/taub
Resources and an emphasis on the role
of music.

Dementia Advocacy and Support Network International (DASN)

Mail: DASN International
P.O. Box 1645
Mariposa, CA 95338
www.dasninternational.org
People diagnosed with Alzheimer's
and other forms of dementia have
created an online support system.
There are links to helpful books and
activities.

Family Caregiver Alliance

180 Montgomery St, Ste 1100, San Francisco, CA 94104
Tel: (415) 434-3388 or www.caregiver.org
With a focus on Alzheimer's, this organization has a long tradition of helping caregivers and families assisting individuals with special needs.

George Washington University

The Center on Aging, Health and Humanities 10225 Montgomery Avenue Kensington, MD 20895 Tel: (202) 895-0230 www.gwumc.edu/cahh

Harvard Medical School

Harvard NeuroDiscovery Center, Collaborating to Cure Neurodegenerative Disease Goldenson Building, Room 524, 220 Longwood Avenue Boston, MA 02115 Tel: (617) 432-3370 Fax: (617) 432-3364

www.neurodiscovery.harvard.edu, neurodiscovery@hms.harvard.edu

Hearthstone Alzheimer's Foundation, ARTZ: Artists for Alzheimer's Hearthstone Alzheimer Care 23 Warren Ave, Suite 140 Woburn, MA 01801 Tel: 1 (888) 422-CARE www.thehearth.org
Supplementary information in the Museums and Nursing Homes segments.

Hilgos Foundation

406 Woodland Road
Highland Park, IL 60035
Tel: 847.432.5476
www.hilgos.org
hilgos@hilgos.org
Art students working with people
whom have memory needs.

International Longevity Center -

USA 60 E. 86th Street New York, NY 10028 USA Tel: (212) 288-1468 Fax: (212) 288-3132 www.ilcusa.org info@ilcusa.org

MassGeneral Institute for Neurogenerative Disease (MIND) Massachusetts General Hospital 114 16th Street, 114-2001 Charlestown, MA 02129-4404 Tel: (612) 726-1278 Fax: (617) 724-1480 www.mghmind.org mghmind@partners.org

Mount Singi School of Medicine

Department of Neurology Annenberg Bldg. Room 14-73 One Gustave L. Levy Place Box 1137, New York, NY 10029 Tel: (212) 241-4215 Fax: (212) 241-3406 www.mssm.edu/neurology and/or www.mssm.edu/psychiatry/adrc/

National Association of Professional Geriatric Care Managers

(NAPGCM) 3275 West Ina Road, Suite 130 Tucson, AZ 85741

Tel: (520) 881-8008 Fax: (520) 325-7925 www.caremanager.org

This organization helps families locate care managers in their community.

National Center for Creative Aging

4125 Albemarle Street NW Washington, DC 20016-2105 Tel: (202) 895-9456 Fax: (202) 895-9483 www.creativeaging.org

info@creativeaging.org

National Eldercare Workforce Alliance

www.eldercareworkforc.org Twenty-nine national organizations, address the immediate and future workforce crisis in caring for an aging America.

National Institute on Aging

U.S. National Institutes of Health Leading the Federal Effort on Aging Research

Building 31, Room 5C27 31 Center Drive, MSC 2292 Bethesda, MD 20892

www.nia.nih.gov

The federal government website helps locate Alzheimer's research centers that can provide an evaluation and diagnosis, as well as support groups and educational programs.

New York University

Langone Medical Center: The Therapeutic Recreation, Child Life & Creative Arts Therapies Department 400 E 34th Street RG34, New York, NY 10016
Tel: (212) 263-6190/2005
Fax: (212) 263-8566
www.ruskinstitute.org and www.med.nyu.edu\childlife
The creative arts therapists specialize in the fields of art and music therapy.

Northwestern University

Feinberg School of Medicine: Cognitive Neurology and Alzheimer's Disease Center 320 E. Superior, Searle 11-459, Chicago, IL 6061 I
Tel: (312) 908-9339
www.brain.northwestern.edu
CNADC-Admin@northwestern.edu
The Buddy Program offered at Northwestern provides an opportunity for medical students to build relationships with individuals who have Alzheimer's or related illnesses. http://www.brain.northwestern.edu/education/buddy.html

Rush University Medical Center

Rush Alzheimer's Disease Screening, Diagnosis and Treatment Armour Academic Center 600 S. Paulina Street, Suite 1038 Chicago, IL 60612 Tel: (312) 942-7153 http://www.rush.edu/rumc/page-R12388.html

Also, see Alzheimer's Family Care Center in the Nursing Home and Residence section.

Society for Arts in Healthcare Organization

2437 15th St. NW,
Washington, DC 20009
Tel: (202) 299-9770
Fax: (202) 299-9887
www.thesah.org
They publish newsletters and articles,
which can be accessed through their
online database.

Story Corps, the conversation of a life-time 80 Hanson Place, 2nd Floor Brooklyn, NY 11217 www.storycorps.org
An independent non-profit organi zation that records peoples' stories to support and encourage people with memory loss.

University of California San Francisco Memory and Aging Center 400 Parnassus Avenue, 8th Floor (Neurology)
San Francisco, CA 94143
Tel: (415) 476-6880
Fax: (415) 476-4800
www.memory.ucsf.edu
or to the patient art gallery: http://www.memory.ucsf.edu/Art/gallery.htm

Strong emphasis in Art and Dementia.

University of Chicago

Department of Neurobiology 947 E. 58th Street, MC0926 Chicago, IL 60637 http://pps.bsd.uchicago.edu/faculty/sangram_sisodia.html http://biomed.bsd.uchicago.edu/common/faculty/noronha.html npphelp@bsd.uchicago.edu

University of South FloridaFlorida Center for Creative Aging

Arts and Science, Lakeland Campus, USF LAC 1192, 3433 Winter Lake Road Lakeland, FL 33803 Tel: (863) 667-7031 http://fcca.cas.usf.edu Seeks to improve the quality of life through the arts and humanities.

Nursing Homes and Residences:

Belgium:

Les Jardins de la Mémoire asbl Maison de Repos et de Soins 792 route de Lennik 1070 Bruxelles, Belgium Tél: 02 522 02 02 http://81.240.249.244/index html, info@jarmemo.be Nursing home designed specifically for patient with Alzheimer's. Offers a variety of art and craft workshops to its residents.

France:

Hôpital Bretonneau

See Medical and Education Centers Section

Isreal: Melabev

Community Clubs for Elder Care www.melabev.org Numerous clubs and day care centers throughout Israel for people suffering from Alzheimer's disease.

United States:

Alzheimer's Family Care Center

6141 N. Cicero Chicago, IL 60646

Tel: (773) 202-4130

One of the pioneers in creative arts for Alzheimer patients. Associated with Rush University Medical Center (See Medical & Educational Centers)

CJE SeniorLife

Bernard Horwich Building 3003 W. Touhy Ave Chicago, IL 60645 Tel: (773) 508-1000 Fax: (773) 508-1028 www.cje.net info@cje.net

Culture Bus, Alzheimer's Quilting Team

CJE Adult Day Center 1015 W. Howard Street Evanston, II 60202 Tel: (847) 556-8405

Receptionist: (847) 492-1400
One of the pioneers in creative arts for Alzheimer patients

Harry's Haven, Memory Care

Motion Picture & Television Fund (MPTF)- The Wasserman Campus 23388 Mulholland Drive, Woodland Hills, CA 91364 Tel: (818) 876-1050 Tel: (323) 634-3888 (Social Services)

Tel: (818) 876-1552 (Retirement living)

http://www.mptvfund.org/cm/senior-care/retirement-living/harryshaven.html

Founded by Kirk Douglas and named after his father who had Alzheimer's. Harry's Haven is a wing in the MPTF Hospital and recognized as a model unit by the National Alzheimer's Association

Hearthstone Alzheimer Care

23 Warren Ave, Suite 140
Woburn, MA 01801
Tel: (888) 422-CARE
www.thehearth.org
Created Travelling Art Exhibit,
"Swansongs" a musical and story performance that communicates the various stages of Alzheimer's, and ARTZ
is Artists for Alzheimer's, Alzheimer's
specific programs at museums (see
Museum section). Hearthstone residences' located in Brockton, Hopkinton, Marlborough, and Woburn
Massachusetts. and in New York City.

The Hebrew Home at Riverdale

5901 Palisade Avenue, Riverdale, NY 10471

Palisades, and White Plains New York.

Tel: 1 (800) 567-3646 www.hebrewhome.org

The Memory Care Center is inspired by creating broader lifestyle possibilities for those with memory disorders, through alternative therapies ranging from meditation to aroma therapy, and physical to cognitive exercises.

Older Adult Services & Interfaith Sharing - OASIS

3817 South Lewis Ave Tulsa, OK 74104 Tel: 918-749-6969 Fax: 918-749-6961 www.oasisads.org

OASIS developed The Healing Garden to create an accessible, calm and stimulating environment for the senses where visitors can garden, walk, bird watch or simply enjoy and interact with the scenery. There are plans to develop an art therapy area, small putting area and court games facility.

Oatfield Estates - Elite Care 4444 SE Oatfield Hill Rd Milwaukie, OR 97267 Tel: (503) 653-5656 www.elitecare.com/oatfield_estates Mentioned in the National Geograph-

Sid Jacobson Jewish Community Center

ic article on Memory

300 Forest Drive East Hills, NY 11548 Tel: 516-484-1545 Fax: 516-484-7354

www.sijcc.org
Organizes events and workshops for
people with early onset Alzheimer's
disease. Not exclusively for the Jewish
community.

MUSEUMS:

ARTZ Artists for Alzheimer's

Museums Partnership Program, International Alzheimer's specific programs

www.artistsforalzheimers.org
The ARTZ Museum Partnership Program implements interactive, educational museum programs for people living with Alzheimer's disease and related dementia. International locations and museums currently offering Alzheimer's-specific tours in cooperation with ARTZ: the National Gallery of Australia, in Canberra, Melbourne, Australia; Le Louvre, Paris, France; Stuttgart, Germany; and New York, United States.

In addition, the United States ARTZ Museum Network includes:

The DeCordova Museum & Sculpture Park
www.decordova.org
The Fuller-Craft Museum
www.fullercraft.org

The Harvard Museum of Natural History

www.hmnh.harvard.edu
The National Heritage Museum

www.monh.org

The Peabody Essex Museum www.pem.org

The Art Institute of Chicago

111 South Michigan Ave Chicago, IL 60603 Tel: (312) 443-3600 www.artic.edu/aic

Cameron Art Museum 3201 South 17th St

Wilmington, NC 28412
Tel: (910) 395-5999
Fax: (910) 395-5030
www.cameronartmuseum.com
Alzheimer's program brings patients
and their caregivers to docent-led
tours on Mondays when the museum is
closed to the general public.

Museum of Modern Art (MOMA)

Program: Meet me at MOMA
11 West 53 St
New York, NY 10019
Tel: (212) 708-9400
www.moma.org
info@moma.org
In 2003, ARTZ was conceptualized at
the Museum of Modern Art and originally called "Meet Me at MoMA...
and Make Memories."

The Neuberger Museum of Art

Purchase College, State University of New York 735 Anderson Hill Road Purchase, NY 10577 Tel: (914) 251-6100 Fax: (914) 251-6101 www.neuberger.org Presently has an art program for persons with Alzheimer's Disease, which is based on the program that the Museum of Modern art in NYC has been running for several years. Please see Event section for additional informa-

tion.

The Phillips Collections 1600 21st Street, NW Washington, DC 20009

Tel: (202) 387-2151 www.phillipscollection.org

The Reach

Office Location: 710 George Washington Way, Suite BB,
P.O. Box 1160
Richland, WA 99352
Tel: (509) 943-4100
www.visitthereach.org
Will open in 2011 and plans to have special programs for people suffering from Alzheimer's disease

San Diego Museum of Art (SDMA) Memories at the Museum Program 1450 El Prado Balboa Park, San Diego, CA Tel: (619) 232-7931 Fax: (619) 232-9367 Programs to work with people with memory loss, inspired by the program

at MOMA.

FILMS, DOCUMENTARIES, AND MULTIMEDIA CLIPS:

"Alzheimer's risk doubles if both parents have disease." Donnelly, Ally with guest Rudy Tanzi, MIND researcher. New England Cable News (NECN). NECN Inc. NECN.com Health March 11, 2008. http://www.necn.com/Boston/Health/Alzheimers-risk-doubles-if-both-parents-have-disease/1205200534. html.

It's critical that society confronts not only the issues facing patients, but those facing caregivers as well.

Autism is a World. Dir. Gerladine Wurburg. Prod. Geraldine Wurzburg & Sid Bedingfield. Co-Prod. CNN Productions. 2004. State of the Art Incorporated. http://www.stateart.com/.

Academy Award-nominated

A Wayfarer's Journey: Listening to Mahler. Prod. Ruth Yorkin Drazen. 05 April 2007. Ruth Yorkin Drazen Productions. Public Broadcasting Service (PBS).

http://pressroom.pbs.org/ programs/a_wayfarers_journey. The film is an exploration of the relationship between music and healing.

"Caregiving & Alzheimer's."

Kantrowitz, Barbara and Donna Schempp. Newsweek On Air. Newsweek Inc. 09 June 2007. http:// video.newsweek.com/#?c=40211&I =1785302026&t=987243712.

"Caregiving & Alzheimer's."
Kantrowitz, Barbara and Donna
Schempp. Newsweek. Newsweek
Inc. 10 August 2007. http://video.
newsweek.com/#?c=40211&I=178

Complaints of a Dutiful Daughter. Dir. Deborah Hoffman. 1994.
Women Make Movies: films by and about women. http://www.wmm.com/filmcatalog/pages/c127.shtml. Has received several awards, Academy Award-nominated, and popularly screened.

Do Not Go Gently: The Power of Imagination In Aging. Prod/Dir. Melissa Godoy. Ex Prod. Elleen Littig. January 2007. NEWIST/CESA 7. www.donotgogently.com.

HBO Alzheimer's Project. Prod. John Hoffman. Ex Prod. Sheila Nevins and Maria Shriver. 28 July 2009. HBO Documentary Films and the National Institute on Aging at the National Institutes of Health in association with the Alzheimer's Association®. www.hbo.com/alzheimers.

This multi-platform series reveals groundbreaking Alzheimer discoveries and the effects this debilitating and fatal disease has on those with Alzheimer's and their families.

•"The Memory Loss Tapes." <u>HBO Alzheimer's Project.</u> Dir/Prod. Shari Cookson and Nick Doob.

•"Grandpa, Do You Know Who I Am? With Maria Shriver." <u>HBO Al-zheimer's Project.</u> Dir/Prod. Eamon Harrington and John Watkin.

•"Momentum in Science, Part 1 & Part 2." HBO Alzheimer's Project.

<u>Prod.</u> John Hoffman and Susan Froemke.

•"Caregivers." <u>HBO Alzheimer's</u>
<u>Project.</u> Prod. Anne Sandkuhler Dir/
Prod Bill Couturié.

- 28 July 2009. HBO Documentary Films and the National Institute on Aging at the National Institutes of Health. www.hbo.com/alzheimers. L'oeil de Verre. Dir. Frédéric Compain. 4 June 2009. ARTE. http://www.arteboutique.com/detailProduct.action?product.id=385090.

A movie about the painter William Utermohlen (1933-2007) and his last self portraits which chronicle his descent into dementia and his fight to preserve his mind and self-awareness.

Memory: for Max, Claire, Ida and company. Prod. Allan King. 2005
Allan King Films Limited. www.allankingfilms.com

Quick Brown Fox: An Alzheimer's Story. Dir. Ann Hedreen and Rustin Thompson. 2004. Women Make Movies: films by and about women. http://www.wmm.com/filmcatalog/pages/c642.shtml

Several awards, festivals & screenings

http://www.wmm.com/filmcatalog/ pages/c642.shtml Several awards, festivals & screenings

"Remembering Mom." Prod. Jen Molina. Narr. Barri Falk. Newsweek. Newsweek Inc. 8 June 2007. http://video.newsweek.

Video about Alzheimer's and a daughter who began taking her mother to Broadway musicals.

"Support for young Alzheimer's patients." Narr/Dir. Dr. Jay Adlersberg. Seven's On Call with Dr. Jay Adlersberg. ABC Inc. ABC Channel 7, New York. October 24, 2008. http://abclocal.go.com/wabc/story?section=news/health&id=6468806.

Focuses on the Alzheimer's patients at the Sid Jacobson Jewish Community Center and specifically the younger patients in their 30s, 40s, and 50s who are able to find care and support. The Forgetting: A Portrait of Alzheimer's. Prod. Betsy Arledge. 29 September 2008. Public Broadcasting Service (PBS). www.pbs.org/theforgetting.

The Open Road: America Looks at Aging. Prod/Dir/Writ. Nina Gilden Seavey. First Run Features. 2005. www.theopenroadfilm.com and/or http://firstrunfeatures.com/openroad.html.

There is a Bridge. Prod. Michael Verde. Dir. Ted Kay. Narr. Laureate Robert Pinsky. 2007. Memory Bridge: the Foundation for Alzhiemer's and Cultural Memory. TMK Productions Incorporated. www.thereisabridge.com.

CLIPS ACCOMPANIED BY AN ARTICLE: Brain scan may reveal risk for Alzheimer's disease. "Your Daily Dose of News and Analysis on Current Medical Topics from CNN health." CNN. 10 February 2009. http://www.cnn.com/2009/HEALTH/02/10/alzheimers.brain. atrophy/index.html.

Music as a 'mega-vitamin' for the Brain: Sing for Joy. "Vital signs." CNN. 2 June 2009. http://www.cnn.com/2009/HEALTH/06/02/music.therapy/index.html.

BOOKS:

A Dignified Life: The best friends approach to Alzheimer's care: A guide for family caregivers. Bell, Virginia and David Troxel. Deerfield Beach: Health Communications Press, 2003.

Dementia Reconsidered. Kitwood, Tom. McGraw Hill, Open University Press. 1997. Diagnosis and Management of Alzheimer's Disease and other Dementias. Green, Robert C. New York: Professional Communications, Inc., 2001 and 2005.

Getting to Know the Life Stories of Older Adults: Activities for Building Relationships. Laurenhue, Kathy. Baltimore: Health Professions Press, 2007.

This reference provides a structure of questions, organized by topic areas that can help draw out memories of meaningful activities.

I'm Still Here: A Breakthrough Approach to Understanding Someone Living with Alzheimer's. Zeisel, John. Venore: Avery, 2009. www.lmStill-Here.org.

Learning to Speak Alzheimer's. Koenig Coste, Joanne. Boston: Houghton Mifflin, 2003. www.learningtospeakalzheimers.com.

Musicophilia: Tales of Music and the Brian. Sacks, Oliver. Random House Inc., Knopf Publishing Group and Vintage Books, 2008.

Neurologist Oliver Sacks, reveals how music affects the brain and can aid those with Alzheimer's.

The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science. Doidge, Norman. Penguin Group, 2007. www. normandoidge.com.

The Circle: A walk with Dementia. Smith, Sally. Charleston: Medical University of South Carolina Foundation, 2006. http://www.sallysmith.com/The%20Circle.htm.

The Creative Age: Awakening Human Potential in the Second Half of Life. Cohen, Gene D. New York: Harper Collins, 2001.

Dr. Cohen also invented an award winning board game, Making Memories Together, for persons with major memory disorders, such as Alzheimer's disease. For further information see: http://www.genco-games.com/making-memories.html.

The Forgetting: Alzheimer's: Portrait of An Epidemic. Shenk, David. New York: Doubleday, 2001; Anchor, 2003. http://davidshenk.com/books_forgetting.html.

The Mature Mind: The Positive Power of the Aging Brain. Cohen, Gene D. New York: Basic Books, 2006.

The Person with Alzheimer's disease: Pathways to understanding the Experience. Ed. Harris, Phyllis Braudy. Baltimore: Johns Hopkins University Press, 2002.

Chapters explore how the human spirit can be preserved through nurturing and joyful relationships that arise in the course shared self-expression.

Press Articles:

"Aging Creatively." Baker,
Beth. Washington Post 11
March 2008. http://www.
washingtonpost.com/wp-dyn/
content/article/2008/03/10/
AR2008031002004.html.
List of people or groups that can help
those who think they can benefit from
a little more creativity.

"Alzheimer's Disease." The New York Times: Times Health Guide. 2008. New York Times Online. http://health.nytimes.com/health/guides/disease/alzheimers-disease/overview.html.

"Alzheimer's: Intimacy found after all is lost." Anderson, Lisa and Tribune National Correspondent.

Chicago Tribune 18 Nov 2007.

http://archives.chicagotribune.
com/2007/nov/18/health/chialzheimersnov18.

"Alzheimer's Sufferers Could Improve Memory by Listening to Favourite Music: Patients with Alzheimer's Disease could slow the relentless course of the disease by listening to their favourite songs, a new study suggests." Alleyne, Richard. Telegraph Media Group 23 February 2009. http://www.telegraph.co.uk/health/elderhealth/4787488/Alzheimerssufferers-could-improve-memory-by-listening-to-favourite-music.html.

"Alzheimer's Today: Once Considered an elderly affliction, it is now claiming younger victims." Fischman, Josh. <u>US News and World Report</u> 3 Dec 2006. http://health.usnews.com/usnews/health/articles/061203/11alzheimers.htm.

"Art Awakens Alzheimer's Patients' Minds: Outings to Art Galleries Seem to Evaporate Some Effects of Alzhiemer's." Blakemore, Bill. ABCNews.com. New York 2 July 2006. http://abcnews.go.com/WNT/Health/story?id=2146253&page=1.

"Art Boosts Alzheimer's Patients'
Spirits." Weller, Robert. San Francisco Chronicle 03 August 2006.
http://www.sfgate.com/cgi-bin/article/article?f=/n/a/2006/08/02/national/a235715D88.DTL.
Discusses Colorado's Memories in the Making Art Program.

"Arts allow Alzheimer's patients to live in the moment." Marcus, Mary Brophy. <u>USA Today</u> 15 September 2009. http://www.usatoday.com/ news/health/2009-09-15-alzheimers-blackwell N.htm.

"Art therapy for Alzheimer's."

BBC News: World Edition: Health.

21 May 1999. BBC Online.

http://news.bbc.co.uk/2/hi/
health/349579.stm.

Art therapy can combat the depression often felt by people with Alzheimer's disease, researchers have claimed.

Art therapy can combat the depression often felt by people with Alzheimer's disease, researchers have claimed.

"Bay Area med centers develop tests for dementia." Allday, Erin. The San Francisco Chronicle 19
July 2008. http://www.sfgate.
com/cgi-bin/article.cgi?f=/
c/a/2008/07/19/BAG711N24B.
DTL.

"BRAIN: For a Sharp Brain, Stimulation." Rabin, Roni Caryn. The New York Times 13 May 2008. http://www.nytimes.com/2008/05/13/health/13brain.html.

...Recent evidence demonstrates that the brain can grow new nerve cells. "Brain Power: Brain Researchers
Open Door to Editing Memory."
Carey, Benedict. The New York
Times 6 April 5 2009. http://www.
nytimes.com/2009/04/06/health/
research/06brain.html.
An experimental drug has the potential to ward off dementias and other memory problems.

"Brain scan may reveal risk for Alzheimer's disease." Dellorto, Danielle. CNN 10 February 2009. http://www.cnn.com/2009/HEALTH/02/10/alzheimers.brain.atrophy/index.html.

"Confronting Alzheimer's." Kantrowitz, Barbara & Karen Springen. Newsweek (Cover) 18 June 2007: 54. http://www.newsweek.com/id/34002.

"Coming Full Circle." Leland, John. The New York Times 30 October 2008. http://www.nytimes.com/2008/11/02/education/edlife/montessori.html.

"Creativity in an artist with Alzheimer's Disease: A Case Study."
Fornazzarri, Dr. Luis. The University of Toronto, Centre for Addiction and Mental Health 26 May 2005. http://www.camh.net/News_events/News_releases_and_media_advisories_and_backgrounders/alzheimer_creativity_study0505.html.
...this case demonstrates that the brain uses separate neural pathways for creative expression.

"Drawing out an Alzheimer's cure: Art therapy may be helping patients improve memory." Castro, Tony. Daily News Los Angeles 12 June 2009. http://www.dailynews.com/news/ci_12582179. ...a physician has had a 70 percent success rate at improving his patient's memories.

"Family caught off guard by father's dementia." Allday, Erin. San Francisco Chronicle 19 July 2008. http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2008/07/18/BAEV11RMDU.DTL.

"Grandmothers, neurocircuits and love." LaFrance, Dr. W. Curt. projo. com 31 January 2008. http://www.projo.com/opinion/contributors/content/CT_lafrance31_01-31-08_4V8KDTB_v20.38cc377.html W. Curt LaFrance, Rhod "HBO Puts Alzheimer's Under the Microscope." Jensen, Elizabeth. The New York Times 3 May 2009. http://www.nytimes.com/2009/05/03/arts/television/03jens.html.

"HBO Puts Alzheimer's Under the Microscope." Jensen, Elizabeth. The New York Times 3 May 2009. http://www.nytimes.com/2009/05/03/arts/television/03jens.html.

"Healing with art-based therapy."
Kirinde, Chandani. <u>The Sunday</u>
<u>Times Online</u> 10 February 2008:
Vol. 42 - No 37. http://www.
sundaytimes.lk/080210/Plus/
plus000017.html.
Israeli therapists using creative ther-

ару.

"Health Outcomes Driving New Hospital Design." Campbell, Carol Ann. The New York Times 18 May 2009. http://www.nytimes.com/2009/05/19/health/19hosp.html.

McGraw-Hill Construction has found that the way a hospital building is designed makes a significant impact on the quality of care.

"High Blood Pressure linked to Alzheimer's." Reuters. Ed. Fox, Maggie. aolhealth.com 28 November 2007. http://www.aolhealth.com/condition-center/alzheimers/news/article/_a/high-blood-pressure-linked-to-alzheimers/20071128124409990001.

"Keeping Those With Alzheimer's Engaged." Jones, Karen. The New York Times 12 March 2009. http://www.nytimes.com/2009/03/19/arts/artsspecial/19MENTAL.html?_r=1.

Program for Alzheimer's patients at the MoMA, New York. Additional information see Museum section.

"Making the link between Arts and Minds." Bulletin: The University of Sussex Newsletter 22 Jan 1999. http://www.sussex.ac.uk/press_office/bulletin/22jan99/article2.html. Study proves art therapy as a crucial resource to alleviate the symptoms of Alzheimer's.

"Memory - Remember This."
Foer, Joshua. National Geographic
November 2007. http://ngm.
nationalgeographic.com/2007/11/
memory/foer-text.

"Music as a 'mega-vitamin' for the Brain." Hooper, Simon. <u>CNN</u>. com 2 June 2009. http://www.cnn. com/2009/HEALTH/06/02/music. therapy/index.html.

Research from Colorado State University to Finland is showing that music can have a profound impact in the rehab of people with neurological disorders.

"Music as medicine: Docs use tunes as treatment: Researchers explore how melodies can help regulate heart, boost hormones." Briggs, Bill. msnbc.com 1 June 2009. http://www.msnbc.msn.com/id/30990170/ns/health-health_care/.

"New test can detect early Alzheimer's: study." Steenhuysen, Julie. Reuters 16 March 2009. http://www.reuters.com/article/health-News/idUSTRE52F5AN20090316.

"Opening Eyes to a Slowly Dimming World." Levere, Jane. New York Times 17 April 2007. http://www.nytimes.com/2007/04/17/business/media/17adco.html. First paid campaign from The Alzheimer's Association intended to educate the American public about the disease.

"Painting A Better Picture For Alzheimer's." wftv Channel 9. wftv. com 9 April 2008. http://www. wftv.com/health/15833543/detail. html?taf=orlc.

Art and music can ease anxiety, confusion and frustration and retrieve deeply-held memories and creative impulses. "Patient Voices: In Blindness, a Bold New Artistic Vision." Barrow, Karen. The New York Times 17 February 2009. http://www.nytimes.com/2009/02/17/health/17voic.html?emc=eta1.

"Rare brain disease gave scientist 'a torrent of creativity."
Doctorow, Cory. Boingboning: A Directory of Wonderful Things 8
April 2008. http://www.boingboing.net/2008/04/08/rare-brain-disease-g.html.

A scientist that had frontotemporal dementia turns to art.

"Remembering Beauty." Laidlaw, Stuart. Toronto Star 4 July 2009. http://www.thestar.com/comment/ columnists/article/659131. Hospice in Toronto, Canada provides art to people with Alzheimer's.

"Self-Portraits Chronicle a Descent Into Alzheimer's." Grady, Denise. New York Times 24 Oct 2006. http://www.nytimes.com/2006/10/24/health/24alzh.html.

Paintings reveal artist's descent into dementia.

"Studies Suggest There's An Art to Getting Older: Creative Activity May Have Health Benefits."
Baker, Beth. Washington Post
11 March 2008. http://www.
washingtonpost.com/wp-dyn/
content/article/2008/03/10/
AR2008031001617.html.
The study was led by Gene Cohen the director of George Washington Uni-

versity's Center on Aging, Health &

Humanities.

"The Art of Therapy." Carroll, Linda. <u>Neurology Now</u> Nov/Dec 2006, 2(6): 24-27. www.neurologynow.com.

Discusses programs developed by MoMA, Boston Museum of Fine Arts and Bruce Museum of Arts and Science that hold private tours for Alzheimer's.

"The Best Home Remedies May
Be Sitting in Your Spice Cabinet."
Ode, Kim Ridley. <u>AlterNet</u> 14 March
2008. http://www.alternet.org/
healthwellness/79774/.
Help for Alzheimer's and other ailments.

"The Disease That Steals Your Self?" Stanley, Alessandra. Rev. of The Alzheimer's Project, by HBO. The New York Times 8 May 2009. http://www.nytimes.com/2009/05/08/arts/television/08alzh.html.

"Trigger for Alzheimer's identified." Halstead, Richard. Marin Independent Journal 6 March 2008. http://www.marinij.com/ci_8484505?source=rss.

A study by the Buck Institute for Age Research in Novato.

"UK drug shows early promise against Alzheimer's." Hirschler, Ben. Reuters UK 14 April 2009. http://uk.reuters.com/article/idUK-LE8862020090414.

"Unleashing Creativity." Kraft, Ulrich. Scientific American Mind April 2005. http://www.scientificamerican.com/article.cfm?id=unleashingcreativity.

"Zen and the Art of Coping With Alzheimer's." Grady, Denise. The New York Times 14 August 2007. http://www.nytimes. com/2007/08/14/health/14seco. html

ADDITIONAL INFORMATION:

Annual Symposium: Protein Folding & Neurodegeneration. http://www.neurodiscovery.harvard.edu/symposium.html.

Big Apple Circus. www.bigapplecircus.org.

NEU Experiences in Art: Alzheimer Program. Neuberger Museum of Art, Purchase Collage, State University of New York 735 Anderson Hill Road Purchase, NY 10577 Tel: (914) 251-6100 Res Tel: (914)-251-6110 Fax: (914) 251-6101 http://www.neuberger.org/.

The Hartford. Alzheimer's, Dementia and Driving. 4 September 2009 http://www.thehartford.com/alzheimers/.

Provides guidance to help the reader assess when driving becomes a risk for the person with Alzheimer's and others; and offers useful approaches to weighing options and making tough

United States. Dept. of Health and Human Services. Eldercare Locator: Connecting You to Community Services. 4 September 2009 http://www.eldercare.gov/Eldercare.NET/Public/Home.aspx.

Tel: 1-800-677-1116

It is a first step to finding resources for older adults in any U.S. community through the website or phone. Visit the Resources section of Eldercare.gov to learn about additional federal and national information sources.

CONTACTS ASSOCIATED WITH THE DOCUMENTARY DEFINED BY AREA

Boston:

- Carmela Abraham PhD. Professor of Biochemistry and Medicine, Boston University. http://www.bu.edu/alzresearch/team/faculty/abraham.html.
- Sean Caulfield. Director Hearthstone Alzheimer's Care Foundation and Co-founder and Creative Director ARTZ: Artists for Alzheimer's. www.thehearth.org & www.Artists-ForAlzheimers.org
- Robert C. Green, MD, MPH. Professor of Neurology, Genetics and Epidemiology, Co-Director Alzheimer's Disease Clinical & Research Program, Boston University. http://www.bu.edu/alzresearch/team/faculty/green.html
- Robert Stern, PhD. Associate Professor of Neurology, Co-Director, Alzheimer's Disease Clinical & Research Program, Acting Director, Clinical Core, BU Alzheimer's Disease Center, Boston University. http://www.bu.edu/alzresearch/ team/faculty/stern.html

- Benjamin Wolozin, MD, PhD. Professor of Pharmacology and Neurology, Boston University. http://www.bu.edu/alzresearch/team/faculty/wolozin.html
- John Zeisel, PhD. President and founder, Hearthstone Alzheimer's Foundation and Co-founder ARTZ: Artists for Alzheimer's. www. thehearth.org & www.ArtistsForAlzheimers.org

Chicago:

- Anne Basting, PhD. Director of the Center on Age & Community and an Associate Professor in the Department of Theatre, University of Wisconsin-Milwaukee. http://www.ageandcommunity. org/about/staff.html#abasting.
- Judy Holstein, Adult Day Service Director, CJE Senior Life. www.cje. net.
- **-Tony Jones**, Chancellor of the School of the Art Institute of Chicago. Helped create the Hilgos award. www.artic.edu
- Avertano Noronha, MD, PhD. Associate Professor Department of Neurology, Committee on Immunology, University of Chicago. http:// biomed.bsd.uchicago.edu/common/ faculty/noronha.html.
- Sangram S. Sisodia, Ph.D. Director of the Center for Molecular Neurobiology Department of Neurobiology, Thomas Reynolds Sr. Family Professor of Neurosciences, University of Chicago. http://pps.bsd.uchicago.edu/faculty/sangram_sisodia.html.

- Jane Stansell, RN MSN. Director, Alzheimer's Family Care Center, Rush University Medical Center. http://www.rush.edu/rumc/page-1175113083346.html.
- Dorothy Seman, RN, MS. Coordinator Home and Community Based Care Programs, Jesse Brown VA Medical Center. www.med.va.gov.

Europe:

- Cindy Barotte, Directrice, ARTZ France. http://www.artistsforalzheimers.org/artzparis.html
- Suzanne van Daalen, Activity Supervisor, Stichting QuaRijn, lokatie Het Zonnehuis, Netherlands. info@ quarijn.nl, www.quarijn.nl
- Olivier Drunat, MD. Nerouologist at Hopital Bretennau and works with ARTZ Paris. http://www.artistsforal-zheimers.org/artzparis.html.
- Marc Wortmann. Executive Director Alzheimer's Disease International. www.alz.co.uk.
- Christine van Lavieren, Team Leader Activity Supervisor, Stichting QuaRijn, lokatie Het Zonnehuis, Netherlands. info@quarijn.nl, www. quarijn.nl

Miami:

- Sandra M. Walsh, RN, PhD. Professor, Barry University School Nursing. http://www.barry.edu/nursing/default.asp.

New York:

- Robert N. Butler, MD. President & Chief Executive Officer of the International Longevity Center, a founding Fellow of the American Geriatrics Society and vice-chairman of the Alliance for Aging Research. www.ilcusa.org/pages/about-us/president-ceo/robert-n-butler-md.php.
- Robin Dessel, LMSW. Director, Memory Care Services, The Hebrew Home at Riverdale. www.hebrewhome.org.
- Samuel Gandy, MD, PhD. Professor of Neurology and Psychiatry, Mount Sinai School of Medicine. http://www.mountsinai.org/Find%20A%20Faculty/profile.
- -Yasmin Aga Khan, Founder and President of Alzheimer's Disease International; started the Rita Hayworth Gala to honor her mother; galas take place in New York, Chicago and Dallas. www.alz.org/ galas/Rita/overview.asp
- Barry Reisberg, MD. Professor of Psychiatry, Director Fisher Alzheimer's Disease Program, Clinical Director Aging & Dementia Research Center, and Director, Clinical Core, NYU Alzheimer's Disease Center, NYU Langone Medical Center. http://www.med.nyu.edu/research/ reisbb01.html.
- Berislav V. Zlokovic, MD, PhD. Director of the Center for Neurodegenerative & Vascular Brain Disorders, Dean's Professor, Professor of Neurosurgery and Neurology, University of Rochester. http://www.urmc.rochester.edu/cnvbd/.

San Francisco:

- Adam Boxer, MD PhD. Vera and John Graziadio Scholar in Alzheimer's Disease Research and an Assistant Professor of Neurology, University of California San Francisco. http://memory.ucsf.edu/ Staff/phys,pharms.htm.
- Bruce Miller, MD. Professor of Neurology and clinical director of the Memory and Aging Center University of California San Francisco. www.memory.ucsf.edu

Washington DC:

- The works of **Gene Cohen**, http://www.gwu.edu/explore/gwtoday/gwpeople/inmemoriamgenecohen.
- **Gay Hanna**, PhD MFA. Executive Director National Center for Creative Aging. www.creativeaging.org.
- **-Dorothy Kosinzski**, Director of the Phillips Collection. www.philipscollection.org
- Lolo Sarnoff. Founder and Chairman of Arts for the Aging. www. aftaarts.org / www.lolosarnoff.com.
- -Trish and George Vradenburg, founded the Alzheimer's Association--National Gala: alz.org/summit/gala_about.asp; raising funds for Alzheimer's care and research. George Vradenburg is chairman of the Board of the Phillips Collection.



With depeest gratitude to all those who made this film possible.





February 2010

406 Woodland Road, Highland Park, IL 60035 Tel: 847.432.5476 www.hilgos.org hilgos@hilgos.org

Hilgos Foundation