The True Love Ball is just around the corner!

ADRC has one major fundraiser annually which is critically important in providing a reliable source of income for our agency’s many programs. About five years ago our “signature” fundraiser changed from the informal “Parrothead Party” to the fun and funky “Black Tie from the Waist High.”

This year our board members, with the help of some of their talented and dedicated friends, have decided to substantially raise the bar for the event, updating the name and planning many enhancements solely aimed at increasing the enjoyment of our guests. A new theme for the fundraiser reflects the dedication of the caregivers whose needs we serve each day.

The name chosen for this event – the True Love Ball - more accurately represents the selflessness and dedication of those caring for someone with Alzheimer’s disease and related disorders—the truest form of love there is! It is for our caregivers and their loved ones that we dedicate the ball.

The Winter Park Civic Center will serve as our venue for the 2012 True Love Ball. We’ve added live entertainment by the incomparable and incredibly talented Eddie Sessa, who sings Sinatra songs so well that Old Blue Eyes would be impressed. Later in the evening a DJ will take the stage spinning more favorite tunes for your listening and dancing enjoyment.

The evening’s attire will be formal and a photographer will be on hand to take photos of our beautifully outfitted guests. An artist will also be drawing caricatures for those wishing to take home a souvenir.

Of course, we’ll still offer unusual items and “experiences” for attendees to bid on in both our silent and live auctions along with a gourmet sit-down meal.

If you’ve never attended our signature fundraiser, this is the year to join us! Please consider purchasing tickets for yourself or as gifts for those who support our important mission of caring for the caregivers of those with Alzheimer’s disease and other forms of dementia. Sponsorships are available at different levels or you may donate a special item to be auctioned off if you are unable to attend.

It will be a truly heartwarming and enjoyable evening with more surprises in store than what has been mentioned here. Never let it be said that the board and staff of ADRC don’t know how to throw a party!
Dear Friends,

I hope you are all enjoying your summer. It sure has been a hot one, but not nearly as toasty as other parts of the country are experiencing. I just returned from visiting friends and family in the Midwest and the drought is certainly of grave concern there.

Summertime will be almost over by the time this edition of ADRC’s newsletter arrives, with kids bemoaning their all-too-brief vacations from school. The staff of the Alzheimer’s & Dementia Resource Center has been keeping busy with the introduction of several new initiatives this year along with the continuation of our “older” tried and true programs.

A series of classes has been developed called the ABCs of Caregiving, which teach the practical skills people need when they are thrust into the role of caring for a loved one with a chronic, long-term disease.

The ABCs of Caregiving, Part One, which started on July 20th and continued for two additional weeks is a basic curriculum for caregivers of any adult. Part One’s basic curriculum is a result of a partnership with the American Red Cross, which developed the initial curriculum, and ADRC whose staff specializes in counseling and educating caregivers.

The ABCs of Caregiving, Part Two was developed by our staff and specifically addresses the special skills needed to care for a loved one with some form of dementia. Both curriculums include the provision of in-home respite care while the caregiver is attending classes and will be offered on a regular basis. Please call the office for more information on the next class.

We now sponsor monthly workshops on different topics at One Senior Place, our satellite office located on Douglas Avenue in Altamonte Springs. Additional details on these workshops can be found in this newsletter.

And don’t forget to purchase tickets for our True Love Ball on Saturday, September 15th. It promises to be a very special evening which you won’t want to miss!

Enjoy the rest of your summer and stay cool.

Warmest regards,

Nancy Squillacioti
CAREGIVERS SPEAK!!

Caregivers Speak!! is a new internet radio show designed with you, the caregiver, in mind. This unique online support show is presented by and for caregivers and sponsored by eCareDiary.com, a website dedicated to caregivers and their families. Topics cover the critical challenges you face day in and day out, whether you’re new to caregiving or have been in the role for a long time.

The purpose of the monthly online radio show is to provide specific tips and tools on a challenge caregivers face. Our caregiver panel suggests options and then engages in a lively discussion with one another and with our listeners; the result for you is a range of opinions and options for your most pressing issues. Representing a broad demographic of age and gender, the caregiver panel cares for and have cared for a variety of illnesses.

Hosted and moderated by Margery Pabst, the co-author of “Enrich Your Caregiving Journey”, the show airs on the second Tuesday of each month at 2PM Eastern. To listen, you simply click on a link and either just listen or participate. You will only identify yourself by first name; confidentiality is key for all our caregiver participants—both panelists and listeners.

Caregivers Speak!!, launched in May, has increased listenership every month. We want the show to be as useful and interactive as possible! Past topics have included: “Managing Guilt”, “Focusing on a Positive Attitude”, “Maintaining the Dignity of Your Loved One, Even in Difficult Circumstances” and “Maintaining Your Dignity While Caregiving.”

WE LOOK FORWARD TO YOUR PARTICIPATION AND SUGGESTIONS FOR FUTURE SHOWS. Information for Caregivers Speak!! is at eCareDiary.com or Margery’s website at www.pivotalcrossings.com.

How Can Your Online Purchases Help Alzheimer’s & Dementia Resource Center?

Start iGiving in 3 easy steps:
1. Join iGive.com for FREE
2. Shop online at any of the 800+ stores in the iGive network. You’ll see all your favorites, including Amazon.com, Best Buy, Staples, eBay, and Pottery Barn!
3. ADRC receives a check for up to 26% of each purchase!

It’s free, it’s easy, and every purchase you make generates a donation to Alzheimer’s & Dementia Resource Center.

http://www.iGive.com/ADRCcares

Information is subject to change. Visit www.iGive.com for current details, for a list of participating stores and donation rates ©iGive.com Holdings, LLC

Donate through your United Way Campaign at work by using our number 8090 or writing our name in Alzheimer’s & Dementia Resource Center.

You can also donate on-line through our website www.ADRCcares.org, click on the donate now button and it will bring you to our Pay Pal account.

Thank you for your support!
It’s Time to Review Your Health Care Coverage

Patty Shaffer • SHINE Program • Department of Elder Affairs

With the Medicare Annual Enrollment Period quickly approaching (October 15 through December 7), now is a good time to review your current health care and prescription drug coverage. The following information will help you decide whether it would be a good idea to make changes to your coverage or benefits, a decision that could potentially help lower your costs.

For a number of reasons, it’s important to review your Medicare benefits every year. Over the course of a year, you may experience subtle changes in your health and the care you receive. This could directly affect how much health insurance you need, your list of prescription drugs, or the accessibility of a particular doctor or pharmacy.

To prepare for the Medicare Annual Enrollment Period, you will first want to gather all the information you will need to compare and make decisions about your health and prescription drug coverage. For instance:

- A list of the medications you take;
- A list of providers you want to use, like your doctor or pharmacy;
- Any notice from your plan (e.g. Annual Notice of Change), Social Security, or Medicare about changes to your costs and coverage for next year; and
- Information about other plans in your area for next year.

You may also want to compare your plan against others available in your area to be sure your current coverage still provides you with essential benefits. As you review and compare plans, please consider whether you are satisfied with the cost, coverage and customer service you receive.

To compare all your options and to search for plans in your area, visit the Medicare website at www.medicare.gov. If you need assistance, contact Florida’s SHINE (Serving Health Insurance Needs of Elders) program by calling the Elder Helpline at 1-800-96-ELDER (1-800-963-5337) and asking for a SHINE volunteer counselor. SHINE provides free and unbiased insurance counseling for elders, their family members and caregivers.

Now you are closer to deciding which plan is right for you in 2013. If you want to switch plans, contact the plan you want to join. Medicare’s trained customer service representatives can help you enroll over the phone at 1-800-MEDICARE (1-800-633-4227). SHINE also provides enrollment assistance via one-on-one counseling at designated counseling sites, as well as in person at enrollment events in your community.
UPCOMING EVENTS

FREE WORKSHOP
“How to Communicate When Logic Doesn’t Work”
An overview of Alzheimer’s and related dementias with an emphasis on addressing behavioral issues
Date: Saturday, October 13, 2012
Location: Osceola Council on Aging
700 Generation Point
Kissimmee, FL 34744
Time: Registration: 9:30 AM
Workshop: 10:00 AM to 12:30 PM
Please RSVP by October 9, 2012 to Cindi at 407.843.1910 Ext. 301
Sponsored by:

Alzheimer’s & Dementia Resource Center’s Annual Caregiver Conference
“How Making Difficult Decisions in Caregiving”
Friday, November 2, 2012
9:00 am – 1:00 pm
Florida Hospital Church
2800 N. Orange Ave.
Orlando, FL 32804
Registration fee $25
Visit with vendors and enjoy light refreshments.
For more information call Cindi Spurgeon: 407-843-1910, ext. 301

Free Community Workshops

Friday: August 24th
Can Anyone Take Care of Mom Like I Do?
Private Duty In-Home Care
How can that work for me?
Presented by Karen Precord
Senior Partners Care Services

Friday: September 28th
Difficult Behaviors and Coping Strategies
Presented by Jerry Hamilton
Family Services Coordinator
Alzheimer’s & Dementia Resource Center

Friday: October 26th
Keeping Your Brain Active
Presented by: Nancy Squillacioti
Executive Director
Alzheimer’s & Dementia Resource Center

13th Annual Festival of Wreaths
Thursday, December 6
5:00 pm – 7:00 pm
Sponsored by:
Arden Courts
Memory Care Community
1057 Willa Springs Drive
Winter Springs, FL 32708
Please join us at Arden Courts to celebrate the Festival of Wreaths silent auction fundraiser. All proceeds benefit the Alzheimer’s & Dementia Resource Center. If you would like to attend and/or create a wreath, please contact Susan Tibbals at 407-696-8400. All wreaths need to be dropped off no later than November 21st.
IN HONOR / MEMORY OF:

In Honor Of:
Ruth Thomson
Lillian Griffin
Alfred Donnelly

In Memory Of:
Richard Bronson
Betty Brown
Regina Caruso
Ronald Forehand
Norma Gidick
Gene Gould
Nancy Harrell
Betty Heberlig
Barbara Higgins
Terry Kidwell
Marian Levin
Fred Lipsius
Tonja Lively
Alan Manning
Mary McCadden
Leland McMann
Lowell Nelson
Margaret Nemeth
Ruth Osgood
Robert Poole
Alfred Post
James Quinn
Justo Quinones
Wesley Rouse
Nancy Ann Sammons
Girardot
Cordelia “Corky” Sanders
Carlos Santos-Vias
Dorothy Sheehan
Clyde “Bear” Sheffield
Patricia Simpson
Bertha Smith
Rose Smith
Burton Tracy
Kenneth Weingarten
Albert Woollens

WITH GRATITUDE:

Special thanks go to the following foundations, corporations and individuals for their major contributions:

ABC Companies
After 55 Housing & Resource Guide
American Eldercare
Age Advantage
Arden Courts Memory Care Community
Atria at Lake Forest
Baby Boomer and Senior Support
Baldwin Fairchild Cason Photography
Centre for Family Medicine at Florida Hospital Coenson Law
Colonial Medical Supply
Comfort Keepers
Compass Research
Creating Divine Order
Eastbrooke Gardens
Elder Advocates
Estate of Doris and Franklin James Manuel
Fraternal Order of Eagles Aerie and Auxiliary #3496
FirstStat Home Care
First Presbyterian Church of Maitland
Stephen Ministries
Florida Hospital Hospice Care
Florida Hospital Parkinson Outreach Center
Fox Crossing Tavern - Mr. John Leonard
Horizon Bay at Lake Orienta
Jewett Orthopedic
Joseph G. Markoly Foundation
Law Offices of Kathleen Flammia
Life Care of Altamonte Springs
Longwood Healing Center
Longwood Health Care Center
Maitland Rotary Arts Festival
Nirvana Health Services
Orlando Health
Orlando Health and Rehab
Orlando Lutheran Towers
Orlando Senior Health Network
Partners in Healthcare Publix Super Markets Charities
Ranger Printing
ResCare
Samaritan Care Hospice
Savanaough Court and Cove
Seadragon Base, US VSI Seminole County
Emergency Management
Senior Home Care
Senior Resource Alliance
Serenades by Sonata
Sutton Homes
Tanyal L. Burns & Associates
Temple Shir Shalom Social Action Committee
Terrapin Beer
The Pabst Charitable Foundation for the Arts
The Treemont Towers Home Care & Rehabilitation Services Visiting Angels
Vitas Innovative Hospice
Winter Park Distilling Company
Winter Park Health Foundation
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Dr. Willard Boardman
Mr. William Ford
Mr. Ward Gidick
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Ms. Sharon Hunt
Mr. and Mrs. Stuart Mottern
Mr. and Mrs. Lewis Percy
Mr. Raymond Rauch
Ms. Beth Herman
Silverman
Dr. and Mrs. Thomas Thomas
Mr. and Mrs. James Thomson

Serenades by Sonata provides compassionate person-directed care in a relaxing, home-like environment, based on a secure and state-of-the-art purpose-built design. At Serenades, we recognize the unique challenges and individuality of each resident and are committed to meeting each resident’s needs through our signature services and amenities.

• Purpose-built design
• Person-directed care and activities
• Partnerships with families
• 24-hour licensed nursing on site
• Medication management and wellness programs

LOCATIONS:

LONGWOOD:
(407) 961-6450
425 South Ronald Reagan Blvd.
Longwood, FL 32750
Assisted Living License #12062

WINTER GARDEN:
OPENING LATE 2012 - LEASING CENTER NOW OPEN AND ACCEPTING DEPOSITS
(407) 583-6344
720 Roper Road
Winter Garden, FL 34787
Assisted Living License Pending

sarenadesbysonata.com

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For a FREE in-home consultation call: (407) 273-1010
www.InHomeDementiaCare.com

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www.rangeronline.com • 407-869-0024
The Columbia Restaurant was founded in 1905 and is the oldest restaurant in Florida. Locations include the flagship restaurant in Tampa’s Historic Ybor City, St. Armands Circle in Sarasota, the Historic District in St. Augustine, The Pier in St. Petersburg, Sand Key on Clearwater Beach, Central Florida’s town of Celebration, and the Columbia Café on the Riverwalk in Tampa. All Columbia locations are owned and operated by 4th and 5th generation members of the founding family, Casimiro Hernandez Sr.

During the month of September, Columbia Restaurant hosts the Community Harvest Fundraiser. The restaurant donates 5% of all guests’ lunch and dinner checks to local charitable organizations in the form of gift certificates. For the six year in a row, the Alzheimer’s & Dementia Resource Center has been selected to participate. Our agency has received over $5,200 in gift certificates which are used as gifts of appreciation for our volunteers, caregivers and as auction items for our fundraisers. All you have to do is enjoy an amazing meal at the Columbia Restaurant in Celebration and select The Alzheimer’s & Dementia Resource Center on the ballot provided by your server. If you have any questions call 407-843-1910.

Do you or someone you know have one of the following...

Depression
Memory Loss
Multiple Sclerosis
Parkinson’s Disease

Looking for New Options?
Have you ever considered participating in a clinical trial? Clinical trials provide access to new treatments and medications that are not otherwise available. Participation is free and confidential, health insurance is not needed and there is no cost to participate. In fact, if you qualify for the study, you will be compensated for your time and travel. Call us to see if we can provide the new option you’ve been looking for. Our experienced and courteous staff, which has over 200 years combined clinical research experience, will give you exceptional care. Help yourself as you also help the future of medicine.

Offices: Orlando, Oviedo, Leesburg, Orange City
Call today to see if you qualify!

1-888-643-6142
www.compassresearch.com
Support Groups

The Alzheimer’s & Dementia Resource Center provides monthly professionally facilitated support groups for caregivers and family members as noted below.

1st Tuesday @ 10 A.M.
Easter Seals Daybreak at the Miller Center
2010 Mizell Avenue
Winter Park, FL 32792
(Respite Care Available 407-629-4565)

1st Tuesday @ 6:30 P.M.
Atria at Lake Forest
5433 West State Road 46
Sanford, FL 32771

2nd Tuesday @ 10:00 A.M.
Home Caregiver’s Support Group
Reeves United Methodist Church
1100 N. Ferncreek Avenue
Orlando, FL 32803

2nd Tuesday @ 6:00 P.M.
Arden Courts Support Group
1057 Willa Springs Drive
Winter Springs, FL 32708

2nd Thursday @ 9:00 A.M. and 3rd Thursday @ 9:00 A.M.
Men’s Breakfast Club
(An informal and unstructured gathering of male caregivers)
Mt. Vernon Inn
110 S. Orlando Avenue
Winter Park, FL 32789

2nd Thursday @ 10:30 A.M.
Bereavement Support Group
(For Caregivers who have lost a loved one. Please Pre-register with Elizabeth Baserman at 407-843-1910, Ext 310.)
Reeves United Methodist Church
1100 N. Ferncreek Avenue
Orlando, FL 32803

2nd Friday @ 12:00 Noon
Osceola County Council on Aging (bring brown bag lunch, if you want)
700 Generation Pointe
Kissimmee, FL 34744

3rd Thursday @ 6:30 P.M.
Emeritus at Ocoee
80 N. Clark Road
Ocoee, FL 34761

3rd Thursday @ 12:00 Noon
Coping as Couples™ Support Group
Caregiver & patient open and willing to share their challenges dealing with dementia. New attendees must pre-register with Martha Purdy at 407-843-1910
Arden Courts
1057 Willa Springs Drive
Winter Springs, FL 32708
(RSVP for lunch at 407-843-1910 Ext. 301)

4th Monday @ 6:30 P.M.
Horizon Bay at Lake Orienta
217 Boston Avenue
Altamonte Springs, FL 32701

4th Tuesday @ 2:00 P.M.
Serenades by Sonata Memory Care
425 S. Ronald Reagan Blvd.
Longwood, FL 32750

4th Tuesday @ 1:30 P.M.
Golden Pond Communities
400 Lakeview Road (3rd building on left)
Winter Garden, FL 34787