

caring

SPRING 2013



The Alzheimer's & Dementia Resource Center - Providing Support & Hope for Caregivers

Periodically, we like to update our readers with an overview of the Alzheimer's & Dementia Resource Center's mission and programs, especially for the benefit of those who are new to our agency. Some of you who are caring for a loved one diagnosed with a form of dementia may easily identify with this story, which we recently heard from a caregiver:

A Caregiver Story: Wandering

My mother was doing fine, or so I thought. She had some problems with short term memory loss, but nothing else to speak of. Mom liked to take walks in the neighborhood but she stayed close to home and always returned in less than an hour. One day, when she didn't return for 2 hours, I went looking for her. I found her on the next block sitting on the front steps with an elderly gentleman whom I did not know. But the thing that bothers me the most was that she was hugging this man and calling him by my father's name which was not his name. My father has been dead for 10 years. That is when I knew I needed the services of the Alzheimer's & Dementia Resource Center. Shirley.....

The Alzheimer's & Dementia Resource Center (ADRC) was established in 1984 and has provided vital information, support and comfort to caregivers throughout Central Florida for 29 years. Like Shirley, the majority of caregivers don't know where to turn for help. We understand that caring for a loved one with Alzheimer's disease or a related form of dementia can be challenging, frustrating and exhausting as well as humorous and rewarding...all at the same time!

ADRC is here to help you manage all facets of your loved one's care. Our mission is to provide caregivers and their families with all the tools, resources and guidance they'll need when caring for a loved one diagnosed with Alzheimer's or some other form of dementia. We provide caregivers with a nurturing, family-centric environment of professionals and peers who are "walking through the same journey" with a loved one – and can help you walk through yours.

Continued on Page 2

WHAT'S HAPPENING

The True Love Ball
Saturday, September 21, 2013
6:30 pm – 10:30 pm
The Westin Hotel
Lake Mary/Heathrow

20th Annual Caregiver
Educational Conference
Saturday, November 2, 2013
8:00 am - 12:00 noon
Maitland Civic Center
Keynote Speaker
Peter V. Rabins, M.D., MPH
co-author of *The 36-Hour Day*

ADRC Staff Changes
Julie Shatzer, MSW
New Brain Bank
Research Program
Manager

I N S I D E

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Sometimes a particular situation prompts a family member to reach out to ADRC for help. Other times it may just be a feeling that “something isn’t right” with your loved one. When you first call or stop by our office, one of our trained professionals will help assess your present situation. Based upon your needs and concerns, ADRC can provide comprehensive resources to key professionals and services, either through our agency or within the Central Florida community.

- * **Care counseling** is provided in person or by phone to help address any and all questions family members may have about their loved one’s care as the disease progresses. We encourage caregivers and their family members to call us as often as needed, so any concerns they have will be promptly addressed.
- * ADRC offers **information and resources** for any program or service needed by a caregiver or their loved one. Many programs are offered by our agency, but we have a wealth of information available about programs offered throughout Central Florida and beyond.
- * For those interested in learning about or improving their skills as caregivers, ADRC offers practical help through our **ABCs of Caregiving Curriculum**. This four session series covers topics like good nutrition for folks who may not have an appetite, positioning and transferring a patient, assisting with personal care, caring for someone with Alzheimer’s disease and related dementias and caring for the caregiver.
- * Each month, ADRC sponsors **workshops** covering a variety of topics which are held throughout Central Florida and at our satellite office at One Senior Place in Altamonte Springs.
- * We host a **Caregiver Retreat** each year which provides a weekend of rest, relaxation and fellowship for about 70 caregivers. Retreat locations vary and arrangements can be made by ADRC to have a loved one cared for professionally while the caregiver attends our retreat.
- * Our signature fundraiser, the **True Love Ball**, is held each September. The ball features unique live and silent auction items as well as a gourmet dinner, drinks and entertainment. All of ADRC’s supporters are encouraged to attend to help support our agency.
- * ADRC’s annual **Caregiver Conference** in November coincides with National Alzheimer’s Awareness Month. It is Central Florida’s first and longest running caregiver conference, with panel discussions, workshops and noted speakers in research and caregiving, utilizing both local and national experts. This year’s keynote speaker is Peter V. Rabins, M.D., M.P.H., co-author of *The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer Disease, Related Dementing Illnesses, and Memory Loss in Later Life*. The conference includes Dr. Rabin’s 90 minute presentation with questions and answers to follow.
- * ADRC facilitates caregiver **support groups** which are listed on the back of this newsletter. Support groups help caregivers by generating discussions on important topics, allowing those caregivers who may be further along in their caregiving journey to offer suggestions to those in the group who are “newer” to caregiving. Support groups also encourage fellowship among the participants and help alleviate the isolation that many caregivers experience.
- * As one of only two agencies in the state enrolling patients in the **State of Florida Brain Bank Research Program**, ADRC helps coordinate tissue donations in 21 counties. The Brain Bank was developed almost 30 years ago for purposes of scientific research in order to help improve the diagnostic process, provide families with a final report on their loved one’s condition and promote research worldwide by making tissue specimens available to researchers internationally.

Whether you’re just beginning to notice symptoms of cognitive issues in a loved one, adjusting to day-to-day challenges or ending your caregiving experience, ADRC can help lighten your burden and improve the quality of life for both caregivers and their loved ones. Please contact our office for more information at 407-843-1910 or browse our website www.ADRCCares.org.

A message from the EXECUTIVE DIRECTOR

Dear Friends,

As the holiday season drew to a close and the calendar's page was turned to January, I watched the activity level at ADRC increase significantly. The planning process for each year's events and programs starts months before January 1st as the staff chooses venues and speakers for our educational and other efforts. Monthly workshops, the annual **Caregiver Conference**, ongoing support groups and our **ABCs of Caregiving** classes are all staples of ADRC's menu of services and are important tools for caregivers to take advantage of.

This newsletter's front page article serves as a reminder to current caregivers and their families about the programs we offer and a primer of those programs for those who may be new to ADRC. One of the challenges nonprofits face (aside from the ever-present funding concerns) is a lack of understanding among those in a community regarding the programs offered by local agencies.

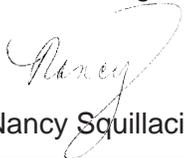
ADRC's mission is straightforward – to provide practical tools, community resources and other supportive programs to those caring for someone with Alzheimer's disease or other cognitive issues. In addition to building skills, we provide support through a caring, nurturing environment that focuses on the health and well-being of the patients as well as their caregivers and family members.

While we're discussing ADRC's educational programs, our November 2nd **Caregiver Conference** is an event you won't want to miss! Peter V. Rabins, M.D., M.P.H., is co-author of the classic "caregiving bible" *The 36-Hour Day* and will be our featured speaker. You won't want to miss this special opportunity, so be sure to save the date!

Anyone who has called our agency about their loved one understands the importance of our programs and can readily observe the improvements these programs make in their life and that of their family members. Research actually confirms the benefits of these supportive services by delaying or eliminating placement of a loved one in a long term care facility.

I would like to express my gratitude to those of you reading this newsletter for supporting ADRC and its programs over the past 29-going-on-30 years! As a home-grown community agency, we are proud of the special work we have done over the years and look forward to sharing our new efforts with each of you in the future.

Warmest regards,



Nancy Squillacioti

PLEASE CONSIDER DONATING AT ANY LEVEL BELOW:

- \$400 – Covers the cost of 10 hours of one-on-one counseling to help families understand Alzheimer's disease and learn how to better manage the difficult role of being a caregiver.
- \$250 – Provides a professionally-facilitated support group for one month so caregivers of loved ones with Alzheimer's disease can share experiences and learn coping skills.
- \$200 – Arranges respite care for an entire day and night for a caregiver's loved one at a local facility. Giving caregivers a break from the round the clock routine of caregiving for even one day can help them rest, rebuild their energies and reduce stress.
- \$135 – Sets up a scholarship to cover the application fee for three individuals to enroll into the Brain Bank program giving three caregivers and their families "The Gift of Knowledge" while contributing to vital research.
- \$ 85 – Gives one caregiver a weekend getaway at our annual retreat for rest and relaxation.
- \$ 35 – Registers one caregiver at our annual educational conference in November.

ADRC Staff Changes

For the past 13 years, Martha Purdy, LCSW, ACSW, has been the manager of the Central Florida Brain Bank Research Program. Passionately, she has worked with families and researchers to coordinate the precious donations of more than 420 brains. These valuable brain donations from the families in our Brain Bank program have been used to advance research both locally and throughout the world. In addition, over 420 families have received the gift of a definitive diagnosis and hope for a future without dementia.

Martha has twice been appointed by Governors Bush and Crist to the prestigious Alzheimer's Disease Initiative Committee, where she has served as Chair of the Brain Bank subcommittee for the past seven years. Martha has been a tireless advocate for increased research and funding efforts, as well as improved patient care and policy development, all of which have a direct impact on those diagnosed with dementia and their families.

It is with much regret that we announce Martha's decision to retire from ADRC. Martha will stay on until the end of March to train her replacement, Julie Shatzer, but has promised to return to ADRC in a new capacity at a later date. Martha will also continue her Coping as Couples support group.

We are very pleased to welcome Julie Shatzer as the new Brain Bank Research Program Manager. Julie comes to us with over 15 years of experience in geriatrics and a rich background that includes dementia education and end of life counseling. As Martha has done in the past, Julie will provide education and outreach to the community, counseling to our Brain Bank clients, and coordination with the Brain Bank's researchers. The vision that she brings to the program is very exciting!

We send Martha off with our very best wishes and a huge thank you for her tremendous contribution to this agency and its programs.

And a hearty welcome to Julie!



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Upcoming Events & Life Settlement Article



Benefiting those who care for their loved ones.

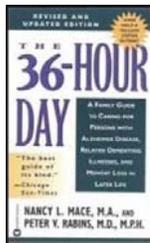
SAVE THE DATE!

Saturday, September 21st

6:30 am - 10:30 pm

The Westin Hotel Lake Mary/Orlando North

The True Love Ball is our “signature” fundraising event and helps our agency to continue providing critical services to caregivers in our community. Bid on fabulous silent and live auction items while enjoying appetizers, a gourmet dinner, drinks and live entertainment. Tickets are \$125 plus one drink ticket and corporate sponsorships are available. For more information contact Lorraine M. Gismondi, Development Manager 407-843-1910, ext. 303 or Lorraine@ADRCcares.org.



SAVE THE DATE!

20th Annual Caregiver

Educational Conference

Saturday, November 2, 2013

Maitland Civic Center

Keynote Speaker

Peter V. Rabins, M.D., M.P.H.



8:00 am – Registration/Light Breakfast/ Visit with sponsors

9:30 am – 12 noon – Presentation/Q&A

Peter V. Rabins, M.D., M.P.H. is the co-author of *The 36-Hour Day: A Family Guide to Caring for Persons With Alzheimer Disease, Related Dementing Illnesses, and Memory Loss in Later Life*. The conference includes Dr. Rabins’ 90 minute presentation with questions and answers to follow. For more information contact 407-843-1910.

Ashar Group – Life Settlement Specialists

Does the person you care for have life insurance they no longer want or need? Are they 75 years old or older? If so, you should learn more about the life settlement marketplace. A life settlement is the sale and assignment of a life insurance policy to an institutional buyer that pays a lump sum often times greater than the cash surrender value. The new policy owner pays all future premiums, and when the client passes away, they receive the death benefit. As the caregiver, it's important for you to understand that your client's life insurance policy can be sold like any other asset, such as artwork, jewelry or a home.

On average, approximately \$5 million of death benefit lapses annually, as premiums become unaffordable and/or clients determine it's no longer necessary.

Questions to Consider When Evaluating Your Family Members Life Insurance policies:

- How much life insurance is in place for each member of the family?
- What was the purpose for each policy? Does the need still exist?
- Have you had your insurance appraised or valued recently?
- Are you aware of alternatives to surrendering your policy?
- Instead of liquidating a portion of your equity account, would you be interested in exploring selling some of your insurance portfolio to generate liquidity?

Buyers Purchasing Parameters:

- Insureds – 75 & older
- Life Expectancies – 12 years and less
- Policy Types – Universal Life; Term convertible to Universal Life; Survivorship's – where one insured has passed away
- A Rated insurance carriers

If you would like to learn more about getting your family member’s policy appraised, please contact Jason Mendelsohn, Managing Partner of Ashar Group at 321-441-1115.

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Lee Talkington
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In Memory Of:

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Elizabeth Bender

WITH GRATITUDE:

Special thanks go to the following foundations, corporations and individuals who have donated to ADRC since our last newsletter:

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- ✓ Stable use of AD medications
- ✓ Stable medical condition at least three months prior to initial screening
- ✓ Has a permanent caregiver
- ✓ Lives in the community of the trial site
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CLINICAL TRIAL CONTACTS

- ✓ Janet Vogel
- ✓ (303) 999-3703
- ✓ vogel@accera.com
- ✓ Sabrina Greer
- ✓ (303) 999-3743
- ✓ sgreer@accera.com



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caring Spring 2013

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
Use the Fellowship Hall entrance in the back of the church.
 1100 N. Ferncreek Avenue
 Orlando, FL 32803

1st 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 @ 6:00 P.M.
Arden Courts Support Group
 1057 Willa Springs Drive
 Winter Springs, FL 32708

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
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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
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4th Tuesday @ 1:30 P.M.
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