The Power of Music
By Edith Gendron, COO – Alzheimer’s & Dementia Resource Center

The Alzheimer’s & Dementia Resource Center is pleased to bring the Music & Memory Program to the community through a grant made possible by the Winter Park Health Foundation.

The Music & Memory Program is a powerful method of reaching someone who has been diagnosed with dementia and is experiencing difficulty with communication, experiencing anxiety, who may be fearful, who may be in pain; endless possibilities.

Through the use of individually meaningful music, participants have experienced an increased ability to communicate, even after the music has stopped! Personalized music selections can help reduce anxiety, and therefore avert or decrease behaviors that cause concern, or distress. There is a real possibility for reduction in some medications through the use of music. Most importantly, the person experiencing dementia will have a measurably increased quality of life! Music can work where nothing else has helped.

The key to the success of the Music & Memory program is that the music selected for use must be songs and musical pieces that are important and meaningful to the person for whom the iPod Shuffle will be used.

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A message from the EXECUTIVE DIRECTOR

Welcome to the August issue of Caring, our agency’s bi-annual newsletter. This issue is chock full of information about the wide array of programs and events being offered by our staff for the balance of this year.

I think it is safe to say that this has been the busiest year ever for the staff of the Alzheimer’s & Dementia Resource Center! It seems that on an almost daily basis new programs are being developed that provide more “person-centered” ways to improve the quality of life for families and their loved ones with a dementia diagnosis. A great example of a program which yields almost “miraculous” results is the Music and Memory program, which was funded in part by the Winter Park Health Foundation. Don’t miss Edith’s article about this special program on our front page!

In addition to the monthly support groups we routinely sponsor for caregivers, Jerry Hamilton, our primary trainer, has provided ten workshops on a variety of topics to the general public, and five more workshops remain for the balance of the year. (See “Upcoming Events” in this newsletter for details on Jerry’s remaining workshops).

Jerry is also routinely invited to train our community’s first responders and law enforcement personnel on how to interact with someone diagnosed with Alzheimer’s disease or related dementias through Orange County’s “CIT” (Crisis Intervention Team) training. Jerry’s already trained three groups of CIT classes this year alone!

Families from “The Villages” approached ADRC and asked if we could bring our programs to that community, which we were happy to do. The Villages area has been the recipient of several workshops and presentations this year and a Candle lighting Ceremony to honor those who have died from Alzheimer’s or related dementias is planned in The Villages for Wednesday, November 4th at 7:00 pm. Call our office if you’d like more details about this event.

Caregivers in the Winter Springs / Oviedo area might want to check out our new support group at the Oviedo YMCA on Red Bug Lake Road. That group will start meeting on Wednesday, September 2nd at 1:30 pm and will run monthly on the first Wednesday of every month. I will also be offering a brain health workshop at the Oviedo Y at 1:30 on Tuesday, August 18th. ADRC is proud to have the YMCA as a community partner.

Our newest venture, The Savvy Caregiver program was developed to help family and professional caregivers learn all of the information and strategies they will need when caring for someone with Alzheimer’s disease or related dementias. The Savvy Caregiver program will replace our ABCs and XYZs of Caregiving program. (See page 8 of this newsletter for more details.)

ADRC also has a new website which I encourage you to check out. Although the site is still being finalized, you will find the content and layout to be very helpful when searching for resources, agency events, etc.

Last but definitely not least is our newest fundraising event which we are calling Pasta and Poinsettias. Pasta and Poinsettias will be held from 4:30 pm to 7:00 pm on Friday, November 20th and is planned as a family friendly, dementia friendly dinner with all of the trimmings - pasta with homemade sauce, sausages and meatballs plus salad and dessert. We have some great cooks on staff, so you won’t want to miss this dinner!

To kick off your holiday season, our new Pasta and Poinsettias event will also offer a wide range of holiday gifts you can bid on via silent auction. You’ll find small holiday trees, wreaths, stocking stuffers, quilts and lap robes, plants, gift baskets and many more surprises. We hope you will join us for this special event and bring your family and friends with you to support our agency! If you’d like to donate items to the auction, just give us a call.

If we can assist you with any of your caregiving issues or questions, I hope you will reach out to us. Enjoy the rest of your summer!

Warmest regards,

Nancy Squillacioti
Continued from Page 1

It is important for the care partners to spend some time determining with the person who will use the Shuffle (where possible) what music would be most enjoyed. Music is very emotive, and where much can bring joy, some songs can be associated with sadness, and grief. It is important to understand the difference, and be specific when selecting the music to be loaded on the iPod.

ADRC provides the iPod Shuffle, the charging unit, and headphones (in place of ear buds) and will guide the participant and care partner in selecting the specific musical works, and in loading the selections on the iPod Shuffle.

If you are interested in participating in this very simple and effective program, please call ADRC at 407-843-1910 and make an appointment to come in and begin the process of participating in the Music & Memory Program. It’s quick, simple, and free!

She may have forgotten that she’s your mother, but we never will.

We know how physically and emotionally exhausting it is to care for the person who used to care for you. When our interdisciplinary team comes to the home or nursing home, everyone feels better. The VITAS team brings the same compassion to the bedside that you would bring—on your best days. We address psychological and emotional pain as well as physical pain and symptoms.

With VITAS there to share the burden, you can be there to share a memory.

Find strength in our care.

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Information: 800.723.3233
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VITAS.com
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, 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 eight years in a row, the Alzheimer’s & Dementia Resource Center has been selected to participate. Our agency has received over $6,300 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 at 649 Front Street 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.
The Alzheimer’s & Dementia Resource Center
Celebrate our 1st Annual Pasta and Poinsettias Dinner

Friday, November 20, 2015
4:30 p.m. – 7:00 p.m.
Reeves United Methodist Church
1100 N. Ferncreek Ave.
Orlando, FL 32803

The fundraising event will consist of a delicious old fashioned Italian dinner including pasta, homemade sauce, sausage and meatballs, garlic bread, salad and dessert. The cost per person is $10 for adults and $6 for children. Kids under 3 are FREE!

Caring for a loved one with Alzheimer’s disease or related dementias is a full-time job which places tremendous financial, economic and emotional stress on caregivers and family members.

Help caregivers celebrate the holiday season with their loved ones while you support the mission of the Alzheimer’s & Dementia Resource Center, a local 31 year old nonprofit.

For additional information or to order tickets, please contact Cindi Spurgeon at 407-843-1910. You can also purchase tickets on our website: www.ADRCcares.org

Tickets ordered via our website will be mailed to you.
Upcoming Events

Please RVSP or call for more information 407-843-1910

Free Community Workshop
Caregiving Matters

Location: Reeves United Methodist Church
1100 N. Ferncreek Avenue
Orlando, FL 32803

Friday: September 4, 2015
“How to Communicate When Logic Doesn’t Work”
Presented by: Jerry Hamilton, MS Ed
Registration: 9:30 am
Program Time: 10:00 am – 12:00 pm

Sponsored by:

Free Community Workshop
Caregiving Matters

Location: Renaissance Senior Center
3800 S. Econlockatchee Trail
Orlando, FL 32829

Friday: September 18, 2015
“How to Survive Your Role as Caregiver”
Presented by: Jerry Hamilton, MS Ed
Registration: 9:00 am
Program Time: 9:30 am – 11:30 am

Sponsored by:

Free Community Workshop
Caregiving Matters

Location: Health Central Hospital
Suite 281 Conference Room
Next to South Entrance
Elevators 2nd Floor
10000 West Colonial Drive
Ocoee, FL 34761

Friday, October 9, 2015
“How to Communicate When Logic Doesn’t Work”
Presented by: Jerry Hamilton, MS Ed
Registration: 9:30 am
Program Time: 10:00 am – 12:00 pm

Sponsored by:

Free Community Workshop
Caregiving Matters

Location: Health Central Hospital
Suite 281 Conference Room
Next to South Entrance
Elevators 2nd Floor
10000 West Colonial Drive
Ocoee, FL 34761

Friday, October 16, 2015
“How to Survive Your Role as Caregiver”
Presented by: Jerry Hamilton, MS Ed
Registration: 9:30 am
Program Time: 10:00 am – 12:00 pm

Sponsored by:
Upcoming Events

Free Community Workshop
Caregiving Matters

Friday, November 6, 2015
“How to Survive Your Role as Caregiver”
Presented by: Jerry Hamilton, MS Ed
Registration: 9:30 am
Program time: 10:00 am – 12:00 pm
Please RSVP or for more information call 407-843-1910

Alzheimer’s & Dementia Resource Center’s
22nd Annual Caregiver Educational Conference

Teepa Snow – Making a Difference One Mind at a Time
Friday, November 13, 2015
8 a.m. – 4:00 p.m.
Community United Methodist Church
4921 South US Highway 17-92
Casselberry, FL 32707
Keynote Speaker
Teepa Snow

As one of America’s leading educators on dementia, Teepa Snow’s philosophy is reflective of her education, work experience, available medical research, and first hand caregiving interactions. Working as a Registered Occupational Therapist for over 30 years, her wealth of experience has led her to develop Positive Approach™ to Care techniques and training models that now are used by families and professionals working or living with dementia or other brain changes throughout the world.

Come join us as Teepa shares her valuable experiences!

Conference schedule:
8:00 a.m. – 9:00 a.m. Registration/Refreshments/Visit with sponsors
9:00 a.m. – 12:00 p.m. Morning presentation: Challenging Behaviors
12:00 p.m. – 12:45 p.m. Lunch and visit with sponsors
1:00 p.m. – 4:00 p.m. Afternoon presentation: Tips on Handling Caregiving Role

Registration Fee: $25.00 per person
(Limited scholarships available for family caregivers)

For more information and/or to register call Cindi Spurgeon: 407-843-1910, ext. 101

Location:
Reeves United Methodist Church
1100 N. Ferncreek Avenue
Orlando, FL 32803

Sponsored by:
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Important Reminders for Brain Bank Participants

Family members are crucial to ensuring that all information related to their loved one (ie: “Registered Participant”) is communicated not only to ADRC, but to the other agencies involved in the care of the person enrolled in the Brain Bank Research Program. We can’t do this without you!

The location of the Registered Participant is critical information. If the Registered Participant has moved, that information must be provided to the Brain Bank Program Manager immediately. Never hesitate to call in and provide an updated location for a Registered Participant, even if the location is only temporary, such as a hospital stay.

Many Registered Participants receive hospice services. When a hospice is involved it is CRITICAL for that agency to be notified that the person they are caring for is a Registered Participant with the State of Florida Brain Bank. The Brain Bank Protocol differs significantly from the usual hospice process, and if the hospice team is not aware of the Brain Bank requirements, problems can quickly arise.

Funeral homes and cremation service providers are key participants in a successful coordination of the Brain Bank Protocol. If there is a change in the funeral or cremation service provider, please notify ADRC immediately. These service providers have special responsibilities for Registered Participants that differ greatly from their usual services.

Coordination of the Brain Bank Protocol requires that all parties involved are aware of the process and their role in ensuring that the Registered Participant’s wishes are respected and carried out. If the Brain Bank Protocols are not followed closely, the very real possibility exists that the Registered Participant will end up being unable to participate in this vital research.

If you have any questions about the Brain Bank please don’t hesitate to call or email Edith Gendron at ADRC.

ADRC Launches New Caregiver Education Series in 2016

Savvy Caregiver is our newest program for caregivers of people with Alzheimer’s or other dementias and was developed at the University of Minnesota. The evidence based interactive curriculum will help caregivers:

- understand dementia and its progressive effects.
- develop strategies to maximize “contented involvement”.
- gain confidence and reduce adverse impacts of caregiving.

To find out more, call 407-843-1910 or e-mail info@ARDCcares.org.
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You may qualify for a clinical research study being conducted by Compass Research. Compensation may be available for your time and travel.

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If your family is facing the ongoing challenges of dementia, Senior Helpers ensures that you do not have to face it alone.

Senior Helpers’ professional, trained caregivers take a positive approach to Alzheimer’s and dementia care: our unique Senior Gems® program. We focus on what our clients can do, respect what they are unable to do, and provide the right support for success.

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- Understand which stage of dementia the person is experiencing
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Joan Rolin
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Christina Tarantelli
Adele Trieste
Anne White
Robert Williams

WITH GRATITUDE:

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

Dr. and Mrs. Luis Allen
Mr. Peter Barr
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Towers Home Care & Rehabilitation Services
Tru-Valu Drugs, Inc.
Universal Orlando Foundation
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Watercrest Senior Living Group
Westminster Winter Park
Winter Park Care & Rehabilitation
Support Groups

The Alzheimer’s & Dementia Resource Center provides staff-facilitated support groups for caregivers and family members as noted below. No reservation is necessary.

**APOPKA**
3rd Wednesday @ 10:00 A.M.
First Baptist Church of Apopka
441 S. Highland Avenue
Apopka, FL 32703

**CASSELBERRY**
2nd Thursday @ 6:15 P.M.
Seminole County Public Library - Central Branch
215 N. Oxford Road
Casselberry, FL 32707

**OCOEE**
2nd Tuesday @ 6:00 P.M.
West Orange: Health Central Hospital
10000 W. Colonial Drive
Ocoee, FL 32761
(Meeting is in Suite 281 Conference Room Next to South Elevators on 2nd floor)

**OVIEDO** (begins 9/2/15)
1st Wednesday @ 1:30 P.M.
Oviedo YMCA
7900 Red Bug Lake Road
Oviedo, FL 32765

**ORLANDO**
2nd Tuesday @ 10:00 A.M.
Reeves United Methodist Church
1100 N. Ferncreek Avenue
Orlando, FL 32803
*(Please use Fellowship Hall entrance in the back of the church.)*

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

**WINTER PARK**
1st Tuesday @ 10:00 A.M.
Easter Seals Daybreak at the Miller Center
2010 Mizell Avenue
Winter Park, FL 32792
*(Respite care is available during the meeting. Call to reserve: 407-629-4565)*

**WINTER PARK - MEN’S**
1st & 3rd Thursday @ 10:00 A.M.
Men’s Breakfast Club at Denny’s
2684 Lee Road
Winter Park, FL 32789
*(An informal and unstructured gathering of male caregivers.)*

**SUMTER COUNTY: (Near the Village)**

**WILDWOOD**
Every Monday @ 9:30 A.M.
Brownwood Care Center (formerly Arbor Village)
490 S. Old Wire Road
Wildwood, FL 34785
*(Respite care is available during the meeting. Call to reserve: 352-748-3322)*

**WILDWOOD - MEN’S**
1st & 3rd Thursday @ 10:00 A.M.
Men’s Breakfast Club at Denny’s
2684 Lee Road
Winter Park, FL 32789
*(An informal and unstructured gathering of male caregivers.)*

Sponsored by ADRC, the State of Florida Department of Elder Affairs, the Senior Resource Alliance and the Orlando Health Memory Disorder Clinic.