The need for our services seems to increase on a daily basis and ADRC remains committed to expanding access to our programs as our community ages. Effective February 1, 2012, we are excited to announce the opening of our satellite office in Seminole County, which meets our goal of reaching more Central Florida residents. The new One Senior Place facility is conveniently located off I-4 at 715 Douglas Road in Altamonte Springs.

We understand that caring for a loved one with Alzheimer’s disease or a related form of dementia can at times be overwhelming and exhausting, but you don’t have to do it alone. The staff at ADRC prepares caregivers for their important role by providing them with the knowledge, resources, support and programs necessary to meet the special challenges of caregiving.

**Our agency will be offering monthly workshops at One Senior Place highlighting a variety of senior and caregiving issues**

**Continued on Page 2**
Our services include:

- Information and referral to community resources
- Support groups for caregivers
- Care counseling
- Educational conference, monthly workshops and ABCs of Caregiving classes
- Wellness activities
- State-mandated professional caregiver training
- State of Florida Brain Bank Research program

Our agency will be offering monthly workshops at One Senior Place highlighting a variety of senior and caregiving issues. These workshops will be on the 4th Friday of each month from 2:30 p.m. until 3:30 p.m. Check our website or call our offices for more details on all of our programs and events.

We also invite you to stop by our new location for a tour of this exciting facility.

One Senior Place is home to a wide variety of senior-focused businesses, a resource library and is the site of daily events and activities for seniors, and we are pleased to be a part of this exciting new venture. Completely unique, the center is a one-stop information and mini-mall "revolutionizing the way America shops for elder care and services."

**Our new satellite location is at 715 Douglas Avenue, Altamonte Springs, FL 32714 Phone: 407-949-6733.**
This location offers visibility and easy access from I-4 just minutes from Florida Hospital Altamonte Springs.
Hours of operation are 8:00 a.m. – 5:00 p.m.

**Our main office is located off of Mills Avenue/17-92 at 1506 Lake Highland Drive, Orlando, FL 32803 Phone: 407-843-1910 website: www.ADRCcares.org.** Hours of operation: 8:30 a.m. – 4:30 p.m.
Dear Friends,

Hardly a day goes by without the release of a study detailing the cost of caregiving for a loved one at home or the rising incidence of Alzheimer’s and related dementia diagnoses in our country and its impact on family caregivers.

We know that a diagnosis of Alzheimer’s disease or some other form of dementia can be frightening for care recipients and caregivers alike. For almost three decades the Alzheimer’s & Dementia Resource Center has made it our mission to alleviate the fear by providing a wide range of services to educate, support and comfort families.

How do we do this?

Each year the staff and I evaluate our current programs and then consider two important questions:

- Where are the gaps in community programs and services that our families are facing?
- What more can ADRC do?

One gap we identified is the lack of cohesive caregiver training for families. Many families find their caregiving responsibilities thrust on them suddenly, with little to no experience in how to handle such important duties. To address this need, ADRC will be instituting a new program called **ABCs of Caregiving**, which will encompass two separate caregiving curriculums – a “basic” introduction to caregiving skills for caregivers of any adult and an “advanced” curriculum specifically geared to the needs and challenges of caring for someone with a form of dementia.

We believe that those caring for a loved one (or contemplating it) will find these new programs to be an invaluable part of their caregiving arsenal. The basic curriculum is a three week course, two hours per session and will run on July 20th, July 27th and August 3rd. We have tentatively arranged to hold these classes at Marks Street Senior Center but please check our website or call any staff member for current information. A small fee will be charged for the course, which will include the provision of in-home care for your loved one for four hours per class.

Our advanced curriculum is in the final developmental stages and will be offered in the fourth quarter of 2012.

Another exciting development for ADRC is the opening of our satellite office at One Senior Place in Altamonte Springs, which we share with you in our cover article. The addition of our One Senior Place office gives those in Seminole County and north Central Florida increased access to our services in a beautiful new facility specifically developed to address the needs of older adults in our community.

ADRC staff members have also been working diligently over the last two years on revising and updating our popular **Home Caregiver Guide**. I’ll share more information with you about this in our August newsletter.

Yes, there’s a lot happening at ADRC this year. Come by either of our offices for a visit and receive the information and care your family deserves.

Warmest regards,

Nancy Squillacioti
Orlando Health Memory Disorder Clinic Expands Into a Center for Aging

The State of Florida currently funds thirteen Memory Disorder Clinics (MDC) that provide comprehensive assessments, diagnostic services, and treatment to individuals who exhibit symptoms related to memory disorders such as Alzheimer’s disease. In addition to the clinical care of these patients, the certified MDC’s and their community resources develop and provide information, training and support programs for caregivers, families, health care professionals and law enforcement.

The MDC at Orlando Health is directed by a gerontologist (Dr David Smuckler) and neurologist (Dr Dan Jacobs) who oversee a team of specialists which include a nurse practitioner, occupational therapist, geriatric psychopharmacologist, social work, neuropsychologist, audiologist, and community partners. Referrals can be made to the MDC by primary care physicians, specialists or via self-referral (321-841-9700). The MDC is located at 21 West Colombia St., Orlando, Florida 32806.

Typically, patients are seen twice in the clinic to complete the full diagnostic assessment and personalized care plan, and then returned to the referring physician. Initial visits to the MDC are extensive using the multidisciplinary team to evaluate the patient’s and their caregiver’s need to begin to construct a care plan as well as to order all relevant diagnostic studies or specialty consults if required.

The second appointment scheduled at the end of the first session, is for follow up and discussion of the clinical diagnosis as well as a plan of care with the patient and their caregiver that not only addresses their medical but psychosocial needs and puts them in touch with the critical community resources. At the completion of this two-step process, a comprehensive report is sent to the referring physician detailing the full assessment and recommended care plan for their patient so they may resume the primary care of this patient.

Over the years, Orlando Health has provided clinical and support services for thousands of patients in the Central Florida community and partnered with many community agencies like: Alzheimer’s and Dementia Resource Center, Carfit, Driveable, Pharmacotherapy Solutions, Senior’s First, Senior Resource Alliance, Share the Care, and the State of Florida Brain Bank Research Program, to train and educate our community about Alzheimer’s disease and related memory disorders. What we have accomplished over the years together has been remarkable but with the growing burden, we need to do more and the expansion of the MDC as a part of a Center for Aging is our promise to do just that.
UPCOMING EVENTS

Give Your HeART to Alzheimer’s
May 11, 2012
6:00 p.m. – 8:00 p.m.
1st Annual Gallery Benefit Night at Serenades by Sonata
Don’t miss out on our elegant night of fine art, fine wine and fine company.
Stroll through Serenades as you visit local artists displaying their talent and view a special exhibit of residents’ work. Bid on beautiful silent auction items. All proceeds benefit the Alzheimer’s & Dementia Resource Center. Sponsorships and artist spaces are still available at $75 per table.
Please contact Julie Fernandez at 407-951-6450 for more information.

Rock and Remember Community Festival
Fundraiser to Benefit
The Alzheimer’s & Dementia Resource Center
Saturday, May 19th
10 a.m. to 2 p.m.
Savannah Court & Cove
1301 W. Maitland Blvd.
Maitland, FL 32751
Giant rummage sale, chili cook off, hamburgers & hotdogs, fun and games!
We are seeking sponsorships to help underwrite some of the costs or any contributions.
Your support is appreciated. Contact Brian Best 407-645-3990

SAVE THE DATE
“An Affair to Remember Gala”
Saturday, September 15, 2012
7:00 p.m. – 11:00 p.m.
Winter Park Civic Center
“An Affair to Remember”
This is our signature black tie fundraising event which includes unique and exciting silent and live auction.
Dance to swing band music and enjoy to an upscale gourmet feast. Details to follow.

Community Workshops

Friday: March 23rd
Keeping Your Brain Active
Presented by: Nancy Squillacioti
Executive Director
Alzheimer’s & Dementia Resource Center

Friday: April 27th
Difficult Behaviors and Coping Strategies
Keeping Your Brain Active
Presented by: Jerry Hamilton
Family Services Coordinator
Alzheimer’s & Dementia Resource Center

For more information contact: 407.843.1910
All Workshops Will Be Held at: One Senior Place
715 Douglas Avenue
Altamonte Springs, FL 32714
Free to the community
Registration: 2:00 pm
Workshop: 2:30 pm – 3:30 pm
Sponsored by:
The Alzheimer’s & Dementia Resource Center

Friday: May 25th
Hurricane Preparedness
Presented by: Alan Harris
Emergency Manager
Seminole County Emergency Management

Friday: June 22nd
Parkinson’s Disease - More Than Just a Movement Disorder
Presented by: Anissa Mitchell, LCSW
Parkinson Outreach Coordinator
Florida Hospital
IN HONOR / MEMORY OF:

In Honor Of:
Bob Applewhite
Anthony Buscemi
Josephine Russo
David Koffler
Janine Madison
Annette McIntyre
Robert Newton
Jim Stueve
Martha Teener

In Memory Of:
Jerry Aden
Rodger Adrian
Claudia Bishop
Warren Blackstone
Robert Bleier
Mary Holt Boswell
John Brockell
Joan Bucci
Lloyd and Jennie Bugge
Patricia Burkhard
Rafael Carasquillo
Regina Caruso
Tom Caufield
Aleyne Childred
Gerard Connor
Maybelle Corcaran
Herbert Crowl
Eduardo Cruz
Robert Cummings

Timothy Doyle
Elaine Dudley
Gertrude Duffy
David Ellis
Judith Freeburg
Evelyn Glover
Margaret Haegg
Betty Hager
Earl Hanson
Darlene Havril
Glen Hermening
Harvey Hook
Jeraldine Hostler
Nancy Humberstone
Terence Jackson
Maureen Jemison
Michael Kiphuth
Robert Langstaff
George Lee
Irene Lee
Ada “Betty” Lloyd
Don Luntzel
Marie Lynch
Robert Malone
Doris Manuel
Doris McKenzie
Robert McQuade
Henry Meyer
Alan Mooty
Michael Novilla
Carole and Frank Oles
Ruth Osgood
Betty Oskam
Vera Ragsdale
Evelyn Richardson
Sara Rodriguez
Janice Roeder
Wesley Rouse
Agustin Ruiz
Nicholas Salvator
Sharon Scheuring
Bob Schieferstein
Raymond Schmiecke
Angelina Scott
Oleta Shaffer
Louise Shott
Lois Slavins
Bertha Smith
John Spates
Annie Laurie Spencer
John Spiteri
Domenick Squilicioti
Shirley Stevenson
Sharon Subak
Paul Sweetland
Grace Tomasi
Eleanor Tombros
Adele Trieste
Bill Warren
James Werba
Mary Weseliny
Albert Woollens

WITH GRATITUDE:

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

ABC Companies
ACCERA
Age Advantage
Dr. and Mrs. Luis Allen
Arden Courts
Ms. Gail Baxter
Ms. Joy Block
Jack and Annis
Bowen Foundation
Bradford E. Brown Trust
Ms. Tonya Burns
Chesley G. Magruder Foundation
Columbia Restaurant
Compass Clinic
- Dr. Ira Goodman
Compass Research
- Dr. Craig Curtis
Ms. Amy Connolly
Cornerstone Hospice
Mr. and Mrs. John Daves
Elder Advocates
First Light
Ms. Kathleen Flammia

Ms. Pat Galloway
Mrs. Shelley Hatfield
Grand Villa
Horizon Bay at Lake Orlando
Mr. Thomas Kindred
Mrs. Harriett Lake
Maitland Rotary
Mr. Steven McElveen
Ms. Carmen Mejia and Winter Park High School Students
Thomas P. and Patricia A. O’Donnell Family Foundation
Orlando Health
Partners in Healthcare
Mr. and Mrs. Lewis Percy
Ms. Renee Percy
Ranger Printing & Promotional Products
Mr. Jim Salvage
Serenades by Sonata
Mr. Phil Smith
Mr. and Mrs. John Stafford
Sutton Homes
Thomas and Jeannette Tenzyk Estate
Dr. and Mrs. Thomas Thames
The Chatlos Foundation
The Galloway Foundation
The Heritage at Lake Forest
The Lee Foundation
The Ryan Foundation
TradeWeb
United Health Care
United Legacy Bank
University of Miami
Human Genomics
Visiting Angels
Vitas Innovative Hospice
Wellness Solutions Center

Ron Lane • 407-869-0024
Ranger LEADS THE WAY
Guaranteed… on-time, every time or it’s FREE!
- Secure On-Site Printing & Mailing Services
- Custom-tailored Marketing Materials
- Environmentally Certified Paper & Ink Selections
- Digital & Offset Color Production
- Innovative Printing & Marketing Solutions
- Newsletter Design, Print and Mailing Services

RANGER PRINTING & PROMOTIONAL PRODUCTS
688 Florida Central Parkway • Longwood, FL 32750
www.rangeronline.com
Continued from Page 2

SRA oversees programs totaling over $50m, including the Older American Act; Community Care for the Elderly; Alzheimer’s Disease Initiative; Aged and Disabled Medicaid Waiver; Assisted Living for the Elderly Medicaid Waiver; SHINE (Serving the Health Insurance Needs of Elders) and other local, state and federal programs. Our primary responsibilities include intake and screening, planning and contract management, quality assurance, resource development, and advocacy.

Social workers and other professional staff members conduct a telephone screening for 20,000 or more Elder Helpline callers annually, assisting eligible clients with public assistance applications. Elder callers who need assistance with multiple issues are handled through SRA’s “Triage Department”, which provides assessments, information on community resources, wait list management, and many other types of assistance.

A Licensed Clinical Social Worker (LCSW) provides psychosocial counseling and health promotion at Geriatric Assessment Clinics in the community. Registered Nurses provide medication management right in the senior’s homes.

SRA has 8 Prime Contractors: in Osceola County, the Osceola Council on Aging, Brevard County, Community Services Council and Brevard Alzheimer’s Foundation; in Orange and Seminole Counties, Seniors First and Share the Care; in Seminole County, Meals On Wheels, Etc.; and, in the tri-county area, the Alzheimer’s and Dementia Resource Center and Informed Families. These contractors provide meals, homemaker, personal care, transportation, adult day care, respite, legal assistance, health insurance counseling, energy assistance, exercise classes, nutrition counseling, and/or other support services.

SRA monitors these agencies on annual basis to ensure compliance with federal and state program regulations.

We would like to ask for your help this year in determining the highest priority needs for seniors and caregivers. Please take a few minutes to visit our website at www.sraflorida.org and complete an on-line survey. This will provide valuable information in the development of the Area Plan on Aging for 2013 – 2015.

If you would like information on community resources, please call the Elder Helpline at 2-1-1 or 1-800-96ELDER. If you have questions or would like to volunteer, please call us at 407-514-1800.

Thank you for your help!

Randy Hunt
Chief Executive Officer
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.
The Heritage of 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
(see the fellowship entrance in the back)
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

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

2nd Tuesday @ 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
(see the fellowship entrance in the back)
1100 N. Ferncreek Avenue
Orlando, FL 32803
(RSVP at 407-843-1910, Ext 310.)

2nd Tuesday @ 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 with Cindi)

3rd Thursday @ 12:00 Noon
Horizon Bay at Lake Orienta
217 Boston Avenue
Altamonte Springs, FL 32701

4th Monday @ 6:30 P.M.
Serenades by Sonata Memory Care
425 S. Ronald Reagan Blvd.
Longwood, FL 32750

4th Tuesday @ 6:30 P.M.
Golden Pond Communities
400 Lakeview Road
Winter Garden, FL 34787

Return Service Requested
To be removed from our mailing list
call (407) 843-1910