Project Lifesaver is an innovative and rapidly growing program aiding the victims and families suffering Alzheimer’s disease and related disorders such as Down syndrome and Autism. Project Lifesaver uses state-of-the-art technology employing wristband transmitters to locate wandering and lost adults and children.

Over 5,000,000 people in the USA have Alzheimer’s. That number will triple by 2050. Well over 50 percent of these people wander and become lost. A lost person with Alzheimer’s or other disease represents a critical emergency as many can become injured, fall victim to predators if they are not located within 24 hours. The number of families and communities experiencing this risk will grow dramatically in this decade.

If you are not yet touched in some way by Alzheimer’s or related disease, chances are you will be within the next several years. You will find it among neighbors, friends, co-workers and their families, and perhaps within your own family.

How Project Lifesaver Works

Project Lifesaver is much more than a passive ID bracelet. It is an active system that relies on state-of-the-art technology and a specially trained search and rescue team. People who are part of the Project Lifesaver program wear a personalized bracelet that emits a tracking signal. When caregivers notify the local Project Lifesaver agency that the person is missing, a search and rescue team through local law enforcement responds to the wanderer’s area and starts searching with the mobile locator tracking system. Search times have been reduced from hours and days to minutes. In hundreds of searches, there have been no reported serious injuries or deaths. Recovery times average less than 30 minutes.

The Project Lifesaver bracelet is a one-ounce battery-operated radio wrist transmitter emitting an automatic tracking signal every second, 24 hours a day. The signal is tracked on the ground or in the air over several miles. As each bracelet has a unique radio frequency, the Project Lifesaver search team positively locates and identifies the person who has wandered away from home or a care facility.

The Alzheimer Resource Center is proud to offer this service in Seminole County as of October 1, 2008. Families can enroll any loved one regardless of age who suffers from a disease that may result in wandering behaviors, such as Alzheimer’s or other forms of dementia, Autism or Down Syndrome.

With additional agency funding, we hope to expand this service into Orange and Osceola counties in 2009.

If you are interested in obtaining information on Project Lifesaver in Seminole County, please call the Alzheimer Resource Center at 407-843-1910.
A message from the Executive Director

Have you read the newspapers lately? If so, you may have noticed that the Alzheimer Resource Center’s staff and services have been highlighted four times in articles in a three-week period, and our newest program, Project Lifesaver, was briefly featured on WESH-TV news.

It started with an article in the Sentinel on August 19th highlighting the growing problem of Alzheimer’s disease among the Hispanic population. Jerry Hamilton, Supervisor of our Family Services department, discussed the need for more education within the community to help families of all cultures deal with this growing medical problem.

Then came an article in the Orlando Forum on August 30th featuring Gordon Peters, who shared his care giving journey with the readers. Gordon is a long time volunteer with ARC and credits us with helping him regain his emotional strength after his wife’s long battle with the disease.

On September 2nd, another special family shared their struggles with Alzheimer’s and ARC was mentioned as a resource for others caring for a loved one with dementia.

A photo of Martha Purdy, our Brain Bank Specialist was also featured, along with an article entitled “Giving brain to science cold help save lives”, in the September 12th Sentinel. Take a look at page four of this newsletter for more information about the important research the Brain Bank is now sponsoring.

On September 17th as the final day of Project Lifesaver training was completed for a special group of Seminole County Sheriff’s Deputies, a reporter from WESH-TV came to the Sheriff’s Office to interview the deputies, get a brief demonstration of the equipment and speak with me about our plans for the program, which is described on the front page of this newsletter.

The Alzheimer Resource Center may not be famous just yet, but the word is certainly spreading about the important work we do! Give us a call if we can help you and your family.

Warmest regards,

Nancy Squillacioti
Executive Director

In Honor/Memory of:

John Bean
Jean Biernstein
Barney Boyd, Jr.
Erma Dangleman
Jean Easton
Mary Ennis
Margaret Haegg
Cheryl Hammond
Rudy Helton
Richard Herndon
Robert Johnson
Willis Keese
Shirley Lindsay
Veronica Loy
Charles Marks
Mary McGeehan
John Nemeth
Theren Phelan
Morris Pliskow
Helen Rutherford
Peter Sawn
Edward Sincic
Barry Snowden
John Tassos
Larry Weed

With Gratitude:

Special thanks to:

Our caregivers, colleagues and neighbors in the Central Florida area who specifically chose Alzheimer Resource Center as their designated charity (United Way agency code # 8090) in the most recent Heart of Florida United Way Campaign for 2008 - 2009. These “designated donations” were up 11% over last year and the Board, Staff and Volunteers are extremely grateful for everyone’s generosity.

Wandering: How to protect your loved one

Some will wander when any type of “change” occurs, others as an expression of boredom, and still others wander for no apparent reason. Often times the wandering is a way of saying, “I am lost and need to find the person I once was.”

Some of the reasons that a person may wander include:

- Confusion about time, place and person. Feels that the current setting is unfamiliar and needs to go home. Due to memory loss, home may be a place in time and not just a physical address.
- Restlessness may cause them to wander for self stimulation.
- May wander as a way to cope with stress.
- They may be looking for the caregiver or some other person.
- They may feel that they have something important to do or a place they need to go.

Tips for handling wandering:

- Make sure the person carries some kind of identification or wears a medical bracelet or an electronic tracking device.
- Secure doors and windows as needed.
- Add alarm systems as needed.
- Maintain eyes on contact with the person as needed.
- Create a peaceful environment with fewer choices and less noise.
- Seek activities to keep the person occupied and feeling useful.
- Identify and validate their feelings.
- Reminisce about their life.
- If the wandering behavior becomes unmanageable or unsafe, consider placing the person in a facility with a secure dementia unit.

Note: Contact the Alzheimer Resource Center for more information on how to protect the person that wanders.
15th Annual Caregiver Educational Conference

Equipped yourself with the tools and knowledge essential to overcoming your unique and challenging battle with Alzheimer’s disease.

Please mail registration form and payment by October 24th to receive the discounted early price of $25 ($30 at the door), to:

Alzheimer Resource Center
1506 Lake Highland Drive
Orlando, FL 32803
or fax to 407-381-4155

Please inquire about our family discounts and available scholarships. For more information please call Cindi Spurgeon at 407-843-1910, ext. 301.

9th Annual Festival of Wreaths

All wreaths will be put in a silent auction with proceeds to benefit the Alzheimer Resource Center. If you would like to attend or create a wreath, please contact Jennifer at Arden Courts in Winter Springs 407-696-8400.

Caregiver Workshop

"How to Communicate When Logic Doesn’t Work”

Saturday, December 13th
9:30 a.m - 10:00 a.m. - Registration
10:00 a.m. - 12:00 p.m. - Workshop
Summerville Assisted Living of Ocoee
80 N. Clark Road, Ocoee, FL

The workshop is free but seating is limited. Please RSVP by Friday, December 5th to Cindy Spurgeon at 407-843-1910, ext. 301. Sponsored by:
For those of you who have had conversations with me in the past about the need for healthy brain donations to aid Alzheimer’s disease research efforts, Alzheimer Resource Center has received limited funding to enroll folks in a Brain Bank “control program.” Included in this study are those who are 65 years old or older and who have been diagnosed with Mild Cognitive Impairment (MCI) as well as those with “healthy” brains that are not showing any cognitive issues.

Potential “control program” donors will be required to be seen by a neurologist and a neuropsychologist annually. Donors will also need to have an MRI performed as a part of the initial evaluation. Doctors’ visits and all tests will cost you nothing except a bit of your time each year.

Those of you who want to be involved in this very important statewide research, should call me at 407-843-1910 or 800-330-1910 ext. 308 and we will begin the journey together.

If you would like more information about this extremely important piece of research for finding the key to a cure, call me and I’ll be happy to explain more about this program.

I look forward to hearing from you!

Sincerely,

Martha H. Purdy, MSW, ACSW, LCSW
Brain Bank Specialist

“Thanks for giving my mother her last hoorah, a gift to science and a gift to our future.”
CHRIS’ CORNER: Understanding your options with planned giving

Christopher Burns, CFP® CERTIFIED FINANCIAL PLANNER™

Many people aren’t aware of the options that are available with planned giving. Many times by planning a gift to your favorite charity your lifetime income and net worth can be greater than if you didn’t make the gift. In the end you were able to take care of yourself, your family, and the causes you care about.

There are different techniques that can be used, some of them being very simple and some more complex that require the assistance of professionals. Below I have outlined a few ways you can plan a gift to your favorite organization.

Gift with Income
A donor gives an asset which is used to generate an immediate income for themselves (for lifetime or a period of years). After the donor and all beneficiaries have passed on the remainder value of the gift passes on to charity.

Gift Income with Asset returning to Donor
A donor allows income of an asset to be distributed to a charity of their choice (portfolio, real estate, etc.) for a certain number of years and the asset returns to the donor or their family after it has satisfied the term of years.

Husbands, Wives, and Retirement

By Jay A. Shah, Licensed Agent
New York Life Insurance Company

Retirement - The Dream: After a lifetime of hard work - raising the kids, sweating out the bills, and building a stable and secure life - you and your spouse will be able to enjoy your golden years doing the things you’ve always dreamed about.

Retirement - The Reality: It might be years of fun and leisure, but retirement can also be a time of financial difficulties, compounded by illness and loneliness.

An overly harsh view? Perhaps, but it’s prudent to prepare for the worst while hoping for the best. That’s why married couples need to arrange for their own (and each other’s) retirement security as early as possible. Much of this preparation has to do with recognizing the need to “send money ahead” to fund a comfortable retirement. But there’s more. Couples of all ages need to map out an understanding of the three possible stages of retirement.

Three Stages of Retirement

Stage 1 - Life as a healthy, retired couple. This is the ideal, the retirement dream that most couples envision. If they’ve planned well, they’ll have the money to do everything they’ve dreamed about doing. Unfortunately, “dreaming” is about as far as retirement planning goes for too many people.

Stage 2 - Living with a prolonged illness - possibly a series of them, as health deteriorates in later years. When one partner’s health begins to fail, the other becomes the caregiver. Worse, medical bills begin to soar. Without adequate medical insurance, the financial strain can be devastating.

Stage 3 - One partner dies, possibly leaving the survivor in a financially threatened position, unless proper plans have been made.

Gift of Life Insurance
A charity is the owner and beneficiary of a life insurance policy of which the donor is the insured and premium payer. All premium payments are tax-deductible and the charity receives the death benefit upon the donors passing.

*Potential Tax Benefits-Income & Estate tax deductions with preferential treatment of Capital Gains Tax

Feel free call me at 407-389-1122, if you have any questions about how these concepts could apply to you and your family.

Planning Is the Key
The key to coping with the potential financial difficulties of retirement is early planning. If you and your spouse are aware of and prepared for these three stages of retirement, you shouldn’t run the risk of outliving your retirement funds. When the two of you consider retirement, also consider the financial aspects. Whether you’re just starting out on a life together or shopping for that perfect condo on the Gulf of Mexico, you’ll want to consider the following:

♦ Draft a will with your attorney and keep it current. It’s the starting point for all retirement planning.

♦ Take time to map out a retirement game plan together. Identify common goals and determine the methods for achieving them. The closer you are to retirement, the more specific your plans should be.

♦ Share information and responsibilities. Make sure both of you know where all the financial records are and how to access them.

♦ Send dollars ahead. Know the benefits of your pension and retirement plans, and Social Security. Then begin to build up a supplemental fund of your own. Take charge of your own retirement - a large portion of retirement funds may need to come from personal savings.

♦ Plan to properly conserve your estate. A will can only go so far. Estate taxes may erode a substantial part of your lifetime legacy - plan ahead to make sure your heirs receive what they deserve.

♦ Prepare for all possibilities. Life insurance, long-term care insurance and disability insurance (during working years) can be excellent ways to protect the retirement dreams you have.

♦ Have trusted professionals. It’s important to develop relationships with experts in several areas - legal, tax, insurance, and financial professionals are the people who can help you map out and fund your retirement plan.

For information on how insurance and other financial products can be used to protect your retirement dreams, please contact Jay at 407-999-0366.
As I watched my husband deteriorate from the progression of Alzheimer’s disease, my heart ached over what he, our daughters, and I were going through. I don’t hate anyone in the whole world but if I did, I wouldn’t want them to go through this type of pain.

After he passed away, I felt my life was over and I was, at the age of sixty six, just sitting around waiting to die. My daughter, Elaine, called me one day to tell me that the Alzheimer Resource Center was looking for volunteers. I signed up and was asked to work at a Health Fair with Martha Purdy. That day I was actually able to bring a little comfort and hope to one visitor to our booth. That experience revitalized me and now I work two days a week helping Martha with the Florida Brain Bank Program.

They thank me for volunteering but I really am grateful to them for giving me the chance to do just a very little bit to fight this terrible disease. If everyone would do just a little bit, everything would get done.”

President’s Volunteer Service Award Given to Jo Emerson

That we may be able to comfort them which are in trouble by the comfort we ourselves are comforted of God. - Corinthians 1:4

“ARC volunteer Jo Emerson was recently honored by President Bush for outstanding volunteerism.

As a caregiver, do you feel you are wearing all of these hats?

Nurse, chef, chauffeur…these are all hats that caregivers for those living with memory loss experience on a daily basis. However, at Arden Courts, we have a team of dedicated, specially-trained professionals readily available to invest the time your loved one needs.

Arden Courts is 100% dedicated to caring for persons living with Alzheimer’s disease and related dementias. Our 18 years of experience, award-winning caregiving approaches, and specific programming focusing on the needs of the memory impaired provides the perfect setting for your loved one.

Call today to arrange for your free consultation with one of our dementia specialists and see how our community can help you and your loved one live life to the fullest.
By Cynthia Hubert - The Sacramento Bee

Soft music. A plush animal. An offer of a piece of pie. These were some of the ways young Joseph Voight calmed his great-grandmother when Alzheimer’s disease made her lash out at the world.

“When they get mean, speak softly and lovingly,” the Grass Valley boy advises in his new book, “My Grandma Has Alzheimer’s Too.”

“Distract them by offering them one of their favorite things.”

Joseph was 7-years-old when his great-grandmother Dixie Morton Vaughn moved in with his family, changing his life dramatically. Vaughn behaved strangely and sometimes got angry at Joseph for no good reason. His parents were less available to play with him and take him to sporting events. Their lives revolved around tending to his great-grandmother.

The boy began to pour out his feelings in a journal, which, with the help of his mother, Kathy Phillipson, he has turned into a book designed to help other children dealing with family members who suffer from Alzheimer’s and similar conditions. Joseph is promoting the book with appearances this summer at stores, schools and senior centers across the region.

Vaughn died in February at age 79, five years after moving in with Joseph’s family.

Joseph, now 12 and in middle school, never intended to write a book when he began scribbling his thoughts and fears in a journal, he said. “It was just a way for me to deal with my feelings,” he said. “I started writing about how I felt and about problems and solutions. I really didn’t know that it was going to be a book.”

A light bulb went on after he and his mother went searching for children’s literature that might help Joseph deal with his emotions.

“We couldn’t find anything that was written from a child’s point of view,” said Phillipson. So Joseph decided to turn his journal into a book project.

He quickly discovered that a writer’s life is less glamorous than it might seem.

“We wrote a manuscript, and it took a long time. We spent a couple of weeks just on the title,” he said.

After “tons” of rejections, he found a publisher, DNA Press in Pennsylvania. “Then I basically had to do everything all over again,” he said. The result is 26 pages of Joseph’s sage advice, written in his own hand in colorful, childlike lettering.

To fund his “book tour,” the boy sold root beer floats and held car washes in his community. He raised more than $7,000 for “stamps, envelopes, gas and hotel rooms,” his mother said.

The reaction to his story has been heart-warming, said Phillipson.

“When Joseph makes his speeches, he brings people to tears,” she said. At a recent book signing, someone invited him to speak at a training seminar for health professionals.

Joseph is already thinking about his next book, about facing death at a young age.

“I’m pretty exhausted,” he said. “But I think I could do another book. That would be cool.”
Meet Other Caregivers

The Center has several support group meetings available throughout the Central Florida community. If one of these does not fit your schedule, please give us a call so that we can put you in touch with other support groups that can assist you.

Caregiver Support Groups

1st Tuesday, 10:00 a.m.*
Easter Seals Daybreak
Winter Park

2nd Friday, 12:00 noon*
Osceola Council on Aging
at the Senior Center
Kissimmee

2nd Thursday, 6:00 p.m.
Arden Courts
Winter Springs

4th Mondays, 6:30 p.m.
Merrill Gardens at Lake Orienta
Altamonte Springs

4th Tuesday, 6:30 p.m.
Golden Pond Communities
Ocoee

Last Thursday, 6:30 p.m.
Summerville Assisted Living
Ocoee

* Respite Care Provided Upon Request.

Reeves United Methodist Church
Support Group
2nd Tuesday, 10:00 a.m.
Alzheimer Resource Center

Orlando Men's Breakfast Club
1st and 3rd Thursday, 10:00 a.m.
Bakely’s Restaurant Winter Park

A lifeline for the family today.
Hope for the family of tomorrow.

Alzheimer Resource Center
1506 Lake Highland Drive
Orlando FL 32803
(407) 843-1910

www.AlzheimerResourceCenter.org