

# caring

FALL 2012



## 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.

## True Love Ball

*Benefiting those who care for their loved ones.*

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!

## WHAT'S HAPPENING

The True Love Ball  
Saturday, September 15, 2012  
6:30 pm – 11:30 pm  
Rachel D. Murrah Civic Center  
1050 West Morse Blvd.

Winter Park  
Tickets \$125

Corporate Sponsorships available

Columbia Restaurant  
Community Harvest Fundraiser  
During the month of September, select our name from the ballot after your meal and 5% of the check is given back to ADRC in gift certificates.

13th Annual Festival of Wreaths  
Thursday, December 6th  
5 pm – 7 pm  
Arden Courts Memory  
Care Community  
1057 Willa Springs Drive  
Winter Springs, FL

## I N S I D E

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*A message from the EXECUTIVE DIRECTOR*

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](http://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](http://www.iGive.com) for current details, for a list of participating stores and donation rates

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**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](http://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](http://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.

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 Fax: 407-671-7303

## 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 “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

**Location**

**One Senior Place  
715 Douglas Avenue  
Altamonte Springs, FL 32714**

**Registration: 2:00 pm**

**Workshop: 2:30 pm – 3:30 pm**

**Friday: October 26th**

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

**Friday: September 28<sup>th</sup>**

Difficult Behaviors and Coping Strategies  
Presented by Jerry Hamilton  
Family Services Coordinator  
Alzheimer’s & Dementia Resource Center

**Sponsored by:**

**The Alzheimer’s & Dementia Resource Center,  
the State of Florida Department of Elder Affairs and  
Senior Resource Alliance**

**For more information contact: 407-843-1910**

### 13<sup>th</sup> Annual Festival of Wreaths

Thursday, December 6

5:00 pm – 7:00 pm

Sponsored by:



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 21<sup>st</sup>.

**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  
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Lowell Nelson  
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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  
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Compass Research  
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Eastbrooke Gardens  
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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  
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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  
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Seminole County  
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Senior Home Care  
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Winter Park Distilling Company  
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Mr. Brian Best and The Hotrods  
Dr. Willard Boardman  
Mr. William Ford  
Mr. Ward Gidick  
Ms. Beth Herman  
Ms. Sharon Hunt  
Mr. and Mrs. Stuart Mottern  
Mr. and Mrs. Lewis Percy  
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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...

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 in the power of  
**caring.**

caring Fall 2012

## Support Groups

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

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

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

**2<sup>nd</sup> Tuesday @ 10:00 A.M.**  
**Home Caregiver's Support Group**  
**Reeves United Methodist Church**  
 1100 N. Ferncreek Avenue  
 Orlando, FL 32803

**1<sup>st</sup> Thursday @ 9:00 A.M. and**  
**3<sup>rd</sup> 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

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

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

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

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

**3<sup>rd</sup> 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)*

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

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

**4<sup>th</sup> Tuesday @ 1:30 P.M.**  
**Golden Pond Communities**  
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