

caring

SPRING 2012



WHAT'S HAPPENING

Give Your HeART to
Alzheimer's
Friday, May 11, 2012
6:00 pm – 8:00 pm
Hosted by Serenades
by Sonata

Rock and Remember
Community Festival
Saturday, May 19, 2012
10:00 am – 2:00 pm
Hosted by Savannah
Court & Cove

Community Workshops
at One Senior Place in
Altamonte Springs

INSIDE

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Alzheimer's & Dementia Resource Center Opens Satellite Office at One Senior Place in Altamonte Springs

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.

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

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.

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.



Introduction from the editor:

Each state has an “area agency on aging” which is responsible for overseeing the funding that comes from the Federal and State government(s) in order to provide services for the seniors in each state. Some of these agencies also provide programs for seniors. Programs and funding levels vary by state and community need.

The **Senior Resource Alliance** is our community’s area agency on aging.

In order to help our readers become familiar with local agencies and their programs, we have asked Randy Hunt, CEO of the Senior Resource Alliance, to prepare a summary of his agency’s mission and programs. Randy’s article appears below.

The **Senior Resource Alliance (SRA)** is the Area Agency of Central Florida, Inc., a 501(c) 3 non-profit organization that also serves as the Aging and Disability Resource Center (ADRC) for Central Florida – a one-stop senior service center. Under the direction of the Florida Department of Elder Affairs, SRA serves seniors and their caregivers in Brevard, Orange, Osceola and Seminole counties.

The mission of the Senior Resource Alliance is to enable elders **to age with independence and dignity in the setting of their choice.**

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A message from the EXECUTIVE DIRECTOR

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.

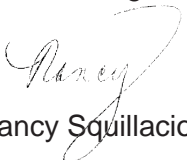
Our advanced curriculum is in the final developmental stages and will be offered in the fourth quarter of 2012.

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.

Have you ever considered participating in a clinical trial for

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Call Arden Courts for information on our monthly dementia education events and support groups.



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:

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Anthony Buscemi
Josephine Russo
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Sharon Subak
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Eleanor Tombros
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Albert Woollens

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Claudia Bishop
Warren Blackstone
Robert Bleier
Mary Holt Boswell
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Lloyd and Jennie Bugge
Patricia Burkhard
Rafael Carasquillo
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WITH GRATITUDE:

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> LOCATIONS:

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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



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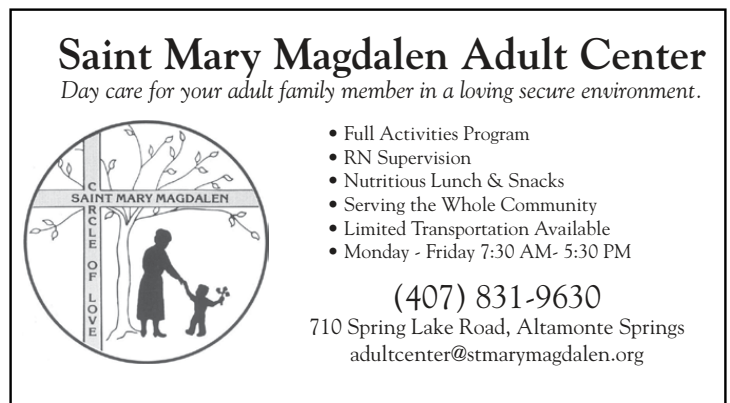
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 call (407) 843-1910

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

2nd Tuesday @ 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
 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)

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

4th Tuesday @ 2:00 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



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