ADRC’s New Partnership to Help Address Caregiver Fatigue

The Alzheimer’s & Dementia Resource Center is pleased to announce its collaboration with HD Counseling, LLC. They plan to extend their mental health services to the Alzheimer’s and Dementia community, as well as, to the caregivers of loved ones living with memory impairment. Although caregiving is uniquely rewarding, it is also mentally and physically demanding. Without proper support, it can take a toll on your health and psyche. Compassion Fatigue is a caregiver’s worst enemy, but counseling can help you increase your confidence with caregiving while continuing to maintain your emotional stability.

The counselors at HD Counseling have specialized training and experience in the fields of compassion fatigue, gerontological counseling and support, trauma, stress, anxiety, depression, mindfulness-based techniques, relationship and family counseling, and more. Through our partnership, they will support ADRC in the following ways:

• Caregiver Support Group - A targeted support group for caregivers age 65 and younger to discuss the unique challenges of caring for loved elders.
• Individual and Family Counseling - Counseling and support sessions are available for caregivers and persons diagnosed with Alzheimer’s or Dementia. Medicare and low-cost sessions are provided. For the recently diagnosed, HD Counseling is offering 3 no-cost sessions to help process new challenges.
• Development Workshops – HD Counseling will be conducting presentations on mental-health and support-related topics for those in the Alzheimer’s and Dementia Community. Sample topics include Grief and Loss, Early Warning Signs of Depression and Other Mental Health Concerns, and Caregiver Self-Care.

Stacey Greenberg, Licensed Clinical Social Worker, has 3 years of experience working professionally with the older adult population,
Bioclinica Research is currently enrolling volunteers with Alzheimer’s Disease for multiple clinical research trials. Research studies are available for all stages of Alzheimer’s Disease, starting with early symptoms of memory loss.

**READY TO MAKE A DIFFERENCE? CALL US TODAY!**

407-210-9839
or Visit, BioclinicaResearch.com
Dear Friends,

The New Year brought new changes to the Alzheimer’s & Dementia Resource Center. Late last year, Nancy Squillacioti announced to our board of directors of her intention to retire after 14 years. We wish Nancy good luck in her future endeavors and hope that she knows we are forever indebted to her for her years of service to the ADRC and the caregiving community.

Since December, it has been my privilege to serve as the new Executive Director of the ADRC. I am excited about the days ahead - the potential ADRC holds to expand our services, increase our scope, and enhance the lives of those living with AD and those who are their caregivers.

For 34 years, ADRC has been here providing support, encouragement, and education to the caregivers and our community. The number of individuals who are living with early onset dementia and Alzheimer’s disease is staggering, and for every person living with the disease, there is a caregiver… unseen, unnoticed, and desperately needing the support we can provide. Your gift, however small it may be, helps us help those who are struggling to support their loved one with Alzheimer’s disease or related dementia. Join us today in our efforts to provide much needed support for the caregivers of those living with Alzheimer’s disease and dementia.

Warmest regards,

Brent Trotter

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The Profound Effect Music has on Dementia Patients
Contributed by Joyful Music Therapy

Music therapy can reduce depression among older adults. Musical therapies can also be designed to enhance social skills, decrease difficult behaviors, and assist in memory recall and language skills. Even in the late stages of dementia, people interact and respond to music. Research shows the viability of music therapy with those who are resistant to other treatments.

The music of a person’s youth stirs memories. Music provokes responses due to the familiarity, predictability, and feelings of security associated with it. Rhythm primes the brain and is heavily processed in the limbic system, where short-term memories are processed into long-term memories. Music is effective in decreasing the frequency of agitated and aggressive behaviors, and it also improves language. Often times a person can no longer speak, but they can still sing. Music is a successful tool, because it is both predictable and repetitive.

Continued on Page 5
Continued from Page 1

and many years personally with her own family members. Stacey graduated with her Master’s in Social Work from the University of Central Florida in 2012 and has been working as a counselor in private practice since 2013. Stacey is passionate about helping families strengthen bonds through life’s challenges, and helping each individual member embrace their own sense of self-worth. Stacey has several older adult clients through her participation with Medicare and is looking forward to greater involvement in the Alzheimer’s and Dementia community. Stacey can be reached at stacey@heartbondsCounseling.com.

Tara Janego is a Mental Health Counseling Graduate Student at Palm Beach Atlantic University, and a Clinical Intern at HD Counseling. Tara’s passion for working with the Alzheimer’s and Dementia Community began through her time interning at the Brain Fitness Club, where she lead group activities and discussions, and taught individuals with Alzheimer’s and Dementia lifestyle and self-care strategies to maximize health and well-being. Tara has an Undergraduate Degree in Communication Sciences and Disorders and is skillful at working with individuals who have communication difficulties. Tara is excited to further her experience with the Alzheimer’s and Dementia community. Tara can be reached at tara_janego@pba.edu.

There are several other counselors at HD Counseling, whose experience and training, will benefit the partnership between HD Counseling and the ADRC. The ADRC looks forward to collaborating with HD Counseling to support the Alzheimer’s and Dementia Caregiver Community with these valuable, mental health services.

HD Counseling is located at 612 E Colonial Drive, Suite 390, in Orlando, Florida 32803, phone number (407) 801-3578. Our office is handicap accessible.
Music therapists specialize in using music to improve seniors’ quality of life and end of life care. Music therapy provides meaningful interactions for clients and their families by offering a positive and creative forum to share common experiences and enjoyment together as a family. Music therapy also provides relaxation for the entire family. It creates a holding environment at any stage of a person’s prognosis, whether it’s newly received or well into the late stages of dementia, Parkinson’s disease, etc. Music therapy elicits unity and intimacy of family bonds through verbal and nonverbal interaction. Music therapy also provides respite for the caregiver.

Dr. Oliver Sacks, at the Hearing before the Senate Special Committee on Aging entitled, “Forever Young: Music and Aging,” stated: “The power of music is very remarkable...One sees Parkinsonian patients unable to walk, but able to dance perfectly well or patients almost unable to talk, who are able to sing perfectly well...I think that music therapy and music therapists are crucial and indispensable in institutions for elderly people and among neurologically disabled patients.”

Music therapy provides opportunities for:

• Memory recall, which contributes to reminiscence and satisfaction with life
• Positive changes in mood and emotional states
• Sense of control over life through successful experiences
• Awareness of self and one’s environment
• Anxiety and stress reduction for older adults and caregivers
• Non-pharmacological management of pain and discomfort
• Sensory stimulation that provokes interest even when no other approach is effective
• Social interaction and emotional intimacy when caregivers share music experiences

The ADRC values our partnership with Joyful Music Therapy, a private music therapy practice, who proudly serves the greater Orlando area. Each therapist is board certified and holds a degree in music therapy from an accredited program. The ADRC and Joyful Music Therapy are collaborating on a future music therapy in-service workshop. Please watch ADRC’s website for future dates. In the interim, Joyful Music Therapy would be glad to provide a consultation for a personal care plan for your loved one. Please contact Joyful Music Therapy at 407-489-1783 or via email, at info@joyfulmusictherapy.net. Please check out their website at http://www.joyfulmusictherapy.com.

Joyful Music therapists have experience working with older adults and provides group music therapy to many nursing homes, assisted living facilities, and memory care units. Joyful Music Therapy also provides individual music therapy services. Each client is assessed and provided with a treatment plan. Joyful Music Therapy specializes in using music to improve seniors’ quality of life and end of life care.

The ADRC would like to sincerely thank Banks/Page-Theus Funerals and Cremation for their tremendous generosity in providing transportation to our Brain Bank participants. Banks/Page-Theus kindly offers this free of charge service within a thirty mile radius of their location at 410 Webster St, Wildwood, FL 34785. Phone: (352) 643-5467. We are grateful for their generous support of the State of Florida Brain Bank Study.
Upcoming Events

Please RSVP or call for more information 407-436-7750

Free Community Workshop
Caregiving Matters

Wednesday, September 5, 2018
“Understanding the Continuum of Care”
Presented by: Edith Gendron
Registration: 9:30 am
Program time: 10:00 – 11:30 am

Location:
Brookdale Ocoee
80 N. Clark Road
Ocoee, FL 34761

Sponsored by:
Brookdale Senior Living Solutions

Free Community Workshop
Caregiving Matters

3-Session Course
September 5, 12 & 19 | October 2, 9 & 16
November 1, 8 & 15
“Financial Planning in the Shadow of Dementia”
Presented by: Michael Speed, Financial Advisor and Daniel Zagata, CFP®
Program time: 1:00 – 2:30 pm

Location:
Evershore Financial Group
1000 Summit Tower Blvd.
Ste. 550
Orlando, FL 32810

Sponsored by:
ADRC and Evershore Financial Group

Free Community Workshop
Caregiving Matters

3-Session Class
October 2, November 6 & December 4
“Paint a Memory”
Program time: 10:00 am – 12:00 noon
Must be registered to attend

Location:
Winter Garden Art Gallery
127 S. Boyd St
Winter Garden, FL 34787

Sponsored by:
ADRC, Winter Garden Art Gallery, Winter Garden Senior Health and Cornerstone Hospice

Free Community Workshop
Caregiving Matters

Thursday, October 4, 2018
“Joyful Music Therapy”
Presented by: Amy Gower
Program time: 10:00 am – 12:00 noon

Location:
One Senior Place
715 Douglas Avenue
Altamonte Springs, FL 32714

Funded in part by:
Alzheimer’s Foundation of America, Joe & Sarah Galloway Foundation, Chesley G. Magruder Foundation and VNA Foundation
**Free Community Workshop**

**Savvy Caregiver**

**Six Week Class**
October 5, 12, 19, 26 & November 2, 9, 2018
Presented by: Edith Gendron
1:30 – 3:30 pm
Must be registered to attend

**Location:**
Holden Heights Community Center
1201 20th St.
Orlando, FL 32805

**Sponsored by:**
Cornerstone Hospice and Bioclinica Research

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**Life Information for Elders**

**“Third Thursday Seminars”**

Thursday, November 15, 2018
“Understanding the Blue Zones”
Presented by: Edith Gendron
Program time: 11:45 am – 1:15 pm
To register: Email officeonaging@ocfl.net, or call 407-836-7446

**Location:**
Orange County Library
Albertson Room - 3rd Floor
101 E Central Blvd
Orlando, FL 32801

**Sponsored by:**
Orange County Library System

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**Free Community Workshop**

**Caregiving Matters**

Tuesday, November 20, 2018
“Introduction to Reducing the Risk of Alzheimer’s”
Presented by: Edith Gendron
Program time: 1:30 – 3:00 pm

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

**Funded in part by:**
Alzheimer’s Foundation of America, Joe & Sarah Galloway Foundation, Chesley G. Magruder Foundation and VNA Foundation

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**Free Community Workshop**

**Caregiving Matters**

Thursday, November 29, 2018
“Planning for Happy Holiday’s”
Presented by: Edith Gendron
Program time: TBD

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

**Funded in part by:**
Alzheimer’s Foundation of America, Joe & Sarah Galloway Foundation, Chesley G. Magruder Foundation and VNA Foundation

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**Free Community Workshop**

**Caregiving Matters**

Wednesday, December 5, 2018
“How to Choose an Assisted Living Facility”
Presented by: Edith Gendron
Registration: 9:30 am
Program time: 10:00 – 11:30 am

**Location:**
Brookdale Dr. Phillips
8001 Pin Oak Drive
Orlando, FL 32819

**Sponsored by:**
Brookdale Senior Living Solutions
2019 ADRC Annual Fundraiser
Thursday, 05.02.19
The Alfond Inn
Featuring Kim Campbell, Widow of Grammy Hall of Fame & Award-Winning Music Artist Glen Campbell, Alzheimer’s Advocate
Help the Alzheimer’s & Dementia Resource Center by dining at any of the Columbia Restaurants in Florida during the month of September 2018

Let your appetite do the giving during the 21st Annual Columbia Restaurant Community Harvest program. The ADRC is proud to once again be chosen as one of Columbia’s designated charitable organizations where 5% of a guest’s lunch or dinner charges may be donated to during the month of September.

It’s easy. When you pay your bill, please select The Alzheimer’s & Dementia Resource Center on the ballot provided by your server. Then, 5% of your bill will be donated to our organization.

The Columbia Community Harvest program takes place at every Columbia Restaurant location throughout the state of Florida: including Ybor City in the historic district of Tampa, St. Armands Circle in Sarasota, St. Augustine, Sand Key on Clearwater Beach, Central Florida’s Town of Celebration, the Columbia Cafe on the Riverwalk at the Tampa Bay History Center and the Columbia Restaurant Cafe at Tampa International Airport. All of the Columbia locations are open seven days a week for lunch and dinner. For more information about the Columbia Restaurants, see www.ColumbiaRestaurant.com.

If you have any other questions, please call The Alzheimer’s & Dementia Resource Center at 407-436-7750
715 Douglas Avenue, Suite 53 Altamonte Springs, FL 32714
www.adrccares.org

Agency Spotlight: Men’s Breakfast Club

“Encourage, lift and strengthen one another. For the positive energy spread to one will be felt by us all. For we are connected, one and all.”
~Deborah Day

The Men’s Breakfast Club is the ADRC’s longest continuously running support group. The members are in various stages of their caregiving journey and offer each other support, hope and knowledge. Some of the members have finished their caregiving journey with their loved ones but remain with the group to encourage and educate others. The group is open to male caregivers to those persons with Alzheimer’s disease or other dementias. A special bond exists between the male caregivers in the group. They are continuously seeking knowledge about the disease and ways to improve their caregiving skills to provide the best care possible to those for whom they are providing care.

Men’s Breakfast Club
“CAREGIVING MEN ENCOURAGING ONE ANOTHER”
10:00 a.m. 1st & 3rd Thursday of Each Month
Denny’s 2684 Lee Road (at I-4), Winter Park
ADRC’s Research Collaboration with UCF’s OLDeR Lab

The ADRC would not be where it is today without the support of our community partners and supporters. Several years ago, we entered into a partnership with University of Central Florida’s Department of Psychology and UCF’s School of Social Work. Most recently, we expanded our collaboration to include support group facilitation with Dr. Daniel Paulson, Assistant Professor, Department of Psychology and Dr. Tracy Wharton, School of Social Work. In July, Dr. Paulson was notified the initial results from our research collaboration was accepted for presentation at The Gerontological Society of America’s 70th Annual Scientific Meeting, taking place in Boston, Massachusetts, from November 14-18, 2018. Dr. Paulson explains the work being done at UCF to aid in research and support for caregivers.

“The primary focus of our research is to address the burgeoning growth in dementia caregiving. While nursing home care is a compassionate solution for many older adults with advanced conditions or complicated medical needs, many families would prefer to keep their loved ones at home for as long as possible. Similarly, many older adults would prefer to age in place, or live with a family member. There are not enough nursing home beds in the country to accommodate all those with dementia and other life-limiting disorders. Nursing home care represents a large proportion of our nation’s healthcare costs. In the OLDeR Lab at UCF, we focus on developing, refining, and disseminating scientifically supported clinical interventions for dementia caregivers. My primary collaborators in this work are Dr. Tracy Wharton in the UCF School of Social Work and the Alzheimer’s and Dementia Resource Center. This work includes our own UCF Caregiver Support Group, which is a 6-week group designed to help caregivers adapt to the changing needs of their loved ones while also taking care of themselves. Caregiver education about community resources is one critical element of our 6-week intervention, and I’m grateful for the contributions of the ADRC in this regard. My colleagues and I in the OLDeR Lab frequently attend ADRC community support groups, and Dr. Wharton and I have been gathering research data on the ADRC’s Savvy Caregiver program. We are doing ongoing research on these diverse, ongoing, focused efforts to facilitate dementia caregiving by friends and family in the Orlando community.”

UCF interns have also been assisting ADRC with facilitating our support groups. The interns have brought their knowledge and compassion to the support group interactions with our caregivers. The Alzheimer’s & Dementia Resource would like to thank Dr. Daniel Paulson, Dr. Tracy Wharton and the rest of the UCF team for their invaluable support of our agency.

2018 ADRC Board of Directors
Amy O’Rourke, Board Chair and President, Cameron Group
Laurie Harlan Cheek, Treasurer and Senior Equity Research Analyst, DePrince, Race & Zollo, Inc.
Gail Baxter, President, Sutton Homes
Leslie McClelland, Marketing & Recruitment Director, Bioclinica Research
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David Neitzel, PCE Investment Bankers
We are proud to support those who nourish

because a determined spirit deserves a helping hand.

Nourishing communities.
ADRC Expands its Workshop Offerings

Based on recent research findings, it’s been demonstrated that meditation, nutrition, stress reduction, sleep habits, and exercise play a crucial role in supporting good health, as well as, reducing one’s own risk of developing Alzheimer’s disease. ADRC will now offer workshops focused on health and wellness to caregivers and persons living with Alzheimer’s disease and other dementias.

One of our first wellness presentation is a four-part series presented by Tracy Wosaba, a certified meditation instructor. Tracy will conduct the “Meditation and Mindful Living” series. This four-week series will meet for two hours each week. While most of our workshops are created for the caregiver only, this series is designed so the person living with Alzheimer’s disease, or other forms of dementia, and their caregiver may attend together.

Another wellness-based, four-part series that ADRC will offer is “Reducing Our Risk of Developing Alzheimer’s Disease.” This four week series will meet for two hours each week. It is a comprehensive series introducing the preventative actions you can take to reduce your risk of developing Alzheimer’s disease, or potentially reducing the severity of symptoms experienced by persons living with Alzheimer’s disease or other dementias.

ADRC’s primary focus is on matters and issues surrounding the caregiver who is caring for persons living with Alzheimer’s disease or some other form of dementia. Our scope is expanding to include providing wellness-based workshops to all members of our adult community. Look for us to offer workshops on such topics as recognizing depression, grief, nutrition and other wellness-based topics.

Check our website www.adrccares.org and Facebook page for announcements of upcoming workshops and educational series. As always, our workshops and educational offerings are free and open to the public. Space may be limited for some classes so always register early.
IN HONOR / MEMORY OF:

In Honor Of:
Dorothy Benson
Brownwood Group
Rhonda Keating
Annelle McIntyre
Nancy Squilliacciotti
Martha Teenor

In Memory Of:
Terry Adreon
Anna Amodeo
Charles Aquino
Barbara Baker

WITH GRATITUDE:

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

ABC Companies
Age Advantage
AGED, Inc.
Dr. and Mrs. Luis Allen
Alzheimer’s Foundation of America
Martin Andersen - Gracia
Andersen Foundation
Arden Courts Memory Care
Atria Park of Lake Forest
Aust Law Firm
Betty Bagbey
Peter Barr
Gail Baxter
Bayada Home Health Care
Bioclinica Research
Jack and Annis Bowen
Foundation
Brain Flex
Brookdale Senior Living
Amy Cameron O’Rourke
The Cameron Group
Central Florida Community Arts
The Chatlos Foundation
Tom Coleman
Columbia Restaurant
Comfort Keepers
Dane and Judy Cornell
Cornerstone Hospice
Mr. and Mrs. John Daves
Bob and Bonnie Davis
DePrince, Race, & Zollo
Dex Imaging
Chuck Dudley
Edyth Bush Charitable Foundation
Foundation
EDX Electronics
The Elder Law Center of Kirson and Fuller
Encore at Avalon Park
Evershore Financial Group
Serena Parks Fisher
Kathleen Flammia, P.A.
Florida Hospital Maturings Minds
Annette Ford
Fraternal Order of Eagles
Aerie & Auxiliary #3496
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The Joe and Sarah Galloway Foundation
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TenderCare Home Care Services
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Towers Home Care
The Tremont
Tuskawilla Nursing and Rehab
Ron and Pat Twyford
Universal Orlando Foundation
VNA Foundation
Visiting Angels
VITAS Healthcare
Walmart Community Grants - Store #5875
Mr. and Mrs. Bill Warren
Watercrest of Lake Nona
West Orange Healthcare District
Westminster Towers
Brian and Margaret Wilson
Winter Park Care and Rehab
Daniel Zagata

Tony and Joyce Henderson
Victor Hughes, Jr.
Johnny Hughey
M.R. Jones
Arthur King
Robert Kirk
Nancy Kobrin
Paula Rose Lopez
Betty Marks
Henry Meyer
Martha Suzanne Miller
Richard Nealy
Carole and Frank Oles
Charles Orlando
L. Burton Parker
Gary Patterson
Rheta “Kathy” Percy
Agnes Rockey
Joan Rosenblatt
Armand Gabriel Santiago
Robert Santiago
Joyce Shelton
Gerge Spakoski
Mary Walaker
Gerald Washburn
Barbara Wozny

www.ADRCcares.org
Support Groups

The Alzheimer’s & Dementia Resource Center provides staff-facilitated support groups for caregivers, family members and friends providing care to persons living with some form of dementia as noted below. No reservation is necessary.

CASSELBERRY
2nd Thursday @ 10:00 A.M.
Community United Methodist Church
4921 S. US Highway 17-92
Room 14
Casselberry, FL 32707
Parking on the south side (back of church) - Use southwest gate entrance by day care.

OCOEE
2nd Tuesday @ 6:00 P.M.
West Orange: Health Central Hospital
10000 W. Colonial Drive
Ocoee, FL 34761
Meeting is in the Medical Plaza in the back side of the hospital, Suite 281 Conference Room, next to South Elevators on 2nd floor.

WINTER PARK
2nd Tuesday @ 10:00 A.M.
Easter Seals
2010 Crosby Way (formally known as Mizell Ave.)
Winter Park, FL 32792

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

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 Villages)

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 above meeting. Call to reserve: 352-748-3322.

WILDWOOD
First Fridays @ 12:30 P.M.
Continental Country Club
50 Continental Blvd., Hwy. 44 East
Wildwood, FL 34785

Support Groups are sponsored by ADRC, State of Florida Department of Elder Affairs, Senior Resource Alliance and various community partners.