

caring

FALL 2013



The Alzheimer's & Dementia Resource Center (ADRC) is about to embark on its 30th Anniversary! Just wait until you hear what we have planned for 2014!

But for now, I'm thrilled to announce that our staff-written and newly revised caregiver guide, ***Caring for Someone with Dementia – An Informational Guide***, has been printed and is available for purchase.

Caring for Someone with Dementia – An Informational Guide was first developed many years ago by Shellie Brassler and Pat Jimison, founders of ADRC. Now, after three years of research, review and revisions, ADRC's new and improved "bible for caregivers" has finally arrived!

This clearly written manual provides practical advice for successfully navigating the wide range of family, financial and patient-centered issues which arise during the course of a chronic disease such as Alzheimer's disease and related dementias. Our caregiver guides have proven to be so popular that we've shipped them to caregivers, social workers, hospitals and agencies all across the country.

The guide is divided into four main sections which contain a wealth of information on a wide array of topics. These major categories are:

- ❖ Alzheimer's disease and dementia – understanding the basics
- ❖ The diagnosis has been made – now what?
- ❖ Addressing the "big life" issues (driving, behavioral problems, patient safety, bathing, dressing, toileting, and eating, etc.)
- ❖ Taking care of the caregiver and the disease's impact on families

In addition to providing caregivers (both family-related and professionals) with important information and advice regarding just about any situation which will arise, our guide also contains a number of checklists which caregivers can use to help organize the care they provide a loved one.

One checklist addresses the home environment room by room, helping caregivers to review the patient's surroundings in order to make certain that all potential hazards are removed or safeguarded.

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WHAT'S HAPPENING

The True Love Ball
Saturday, September 21, 2013
6:30 pm – 10:30 pm
The Westin Hotel
Lake Mary/Orlando North

20th Annual Caregiver
Educational Conference
Saturday, November 2, 2013
8:00 am - 12:00 noon
Maitland Civic Center
Keynote Speaker
Peter V. Rabins, M.D., MPH
co-author of *The 36-Hour Day*

14th Annual Festival of Wreaths
Thursday, December 5, 2013
5:00 pm – 7:00 pm
Arden Courts Memory
Care Community
Winter Springs

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A message from the EXECUTIVE DIRECTOR

“Individual commitment to a group effort - - that is what makes a team work,
a company work, a society work, a civilization work.”
Vince Lombardi

Almost everyone is familiar with the wit and wisdom of Coach Vince Lombardi, regardless of one’s interest in sports. Now, there’s a coach who knew all about success!

Lombardi’s concept of teamwork is something that ADRC staff members often consider when planning events or programs. Just as “many hands make light work” (John Heywood, 1497-1580), so too, when folks work together they can often create something far superior than what might have been accomplished alone. That’s teamwork!

ADRC staff members are proud of the partnerships and collaborations we’ve developed with other organizations in Central Florida. Here are just a few that might interest you:

- ❖ Crisis Intervention Team training – Jerry Hamilton regularly trains first responders in Orange County so they will know how to appropriately and effectively interact with someone who appears to suffer from Alzheimer’s or another form of dementia. These attendees include fire and rescue as well as law enforcement and prison staff.
- ❖ Community outreach and education – The Senior Resource Alliance provides federal funding to ADRC under the Older American’s Act allowing us to deliver information about ADRC’s programs to more people in the community.
- ❖ State of Florida’s Brain Bank Research Program (with the Department of Elder Affairs, Mayo Clinic & Mt. Sinai Medical Center) – This one-of-a-kind program provides family members with important information about their loved one’s disease through an autopsy, which is coordinated by our Brain Bank staff. ADRC is only one of two agencies in the entire state coordinating this program!
- ❖ Other research partnerships through Compass Research, GE Healthcare, Johns Hopkins and Indiana Universities – Brain Bank staff work closely with local and national universities and other research entities to enroll patients in studies that are specific to their family situation and/or the type of dementia diagnosis.
- ❖ Orlando Health’s Memory Disorder Clinic – Orlando Health has been a consistent partner with ADRC for many years, providing funding for support groups and other supportive services ADRC provides to MDC patients and their family members.
- ❖ Florida Hospital (and Community Foundation of Central Florida) – ADRC joined with Florida Hospital last year to provide case management services to “at risk” Alzheimer’s patients and their families through a specially developed clinic called the Maturing Minds Clinic. The intent of the program is to address significant patient needs as they arise in order to prevent the trauma of a possible emergency room visit later on.
- ❖ Easter Seals – Easter Seals has sponsored an ADRC support group for many years which is held at their Winter Park location. Support group attendees can bring their loved one to the facility and take advantage of Easter Seals’ excellent adult day care program at no cost while the support group is in session.

Collaborations with other organizations in the community have helped ADRC reach a far greater number of people needing our services than we might have on our own.

Other partners have shown their incredible support by sponsoring fundraisers for our agency, like the gorgeous Festival of Wreaths held each December through the efforts of Arden Courts Memory Care Community and VITAS Innovative Hospice Care.

In fact, our partnerships are so extensive that there are too many to mention here, so I hope those not mentioned will understand the space limitations inherent in a newsletter. And just as it takes teamwork to care for a loved one with Alzheimer’s disease, it is our “family” of partners who are part of ADRC’s 29 year success story. To each of them I say “thank you!”

As Helen Keller said: “Alone we can do so little; together we can do so much.”

How right she was!

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Other helpful worksheets include:

- ❖ “Checklist for Doctor’s Appointments”
- ❖ “Checklist of Family Considerations”
- ❖ “Checklist of Family Matters After Death”
- ❖ “Caregiver’s Bill of Rights”.

We’ve also added a glossary of terms and a list of helpful books and websites.

This enduring resource is only \$20.00 (which includes sales tax; postage and handling are additional) and all funds, of course, go back to the Alzheimer’s & Dementia Resource Center to help support our programs.

And as long as we are referring to a “bible” for caregivers, don’t forget to check out the information found elsewhere in this newsletter about our 20th Annual Caregiver Educational Conference, which will be held on Saturday, November 2nd. This conference has become one of the longest running conferences of its kind in Florida and has been replicated by agencies like ADRC in other locations.

The Alzheimer’s & Dementia Resource Center has again arranged to bring a world-renowned speaker to Central Florida for this year’s caregiver conference. Peter V. Rabins is co-author of ***The 36 Hour Day: A Family Guide to Caring for Persons with Alzheimer’s Disease, Related Dementing Illnesses and Memory Loss Later in Life.***

Dr. Rabins’ book is widely known as “the bible” for those caring for someone with Alzheimer’s disease or related dementias. It was originally written in 1981 but has been revised several times and is still one of the most significant and comprehensive books ever written about caring for someone with a form of dementia.

Dr. Rabins will present key information and advice from his book and will then take questions from the audience. You won’t want to miss this special event!

If you would like more information about our guide or November’s caregiver conference just call our office. Our staff members will be happy to answer your questions.

Continued from Page 2

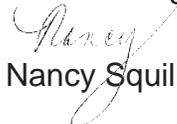
ADRC staffing changes:

ADRC staff and board members would like to thank Julie Shatzer, our former Brain Bank Program Manager, for her valuable contributions to our agency during her tenure with us. Julie will be leaving ADRC as of August 9th to take advantage of another professional opportunity, but her time with ADRC has been something we will cherish. We wish you happiness in your new endeavors, Julie!

The staff and board are also pleased to announce that Edith Gendron has joined our agency as Brain Bank Program Manager effective August 5th. Edith comes to us after managing an assisted living facility in Volusia County. Edith has an extensive background in elder programs, program auditing and oversight, Medicaid compliance and services, case management, counseling and training and will make a superb addition to our staff. Welcome, Edith....we are delighted to have you as part of our team!

A special “thank you” to the Community Foundation of Central Florida for the support they’ve provided ADRC over the years. Most recently, they funded a portion of the costs of the Maturing Minds Clinic’s pilot program, which they considered an exciting concept for the Central Florida community. Our deepest gratitude to Mark Brewer, President & CEO, Michelle Chapin, Vice President of Community Investment and the rest of their staff for their encouragement and assistance.

Warmest regards,


Nancy Squillaciotti

Early-Onset Alzheimer's and Social Security Disability Benefits

Molly Clarke, Editor for Social Security Disability Help

As a family caregiver, it is your responsibility to ensure that your loved one is safe and cared for. However, caregiving isn't always easy. It often requires time, energy, and financial resources. Unfortunately not all families can cover the costs associated with caregiving. If you are a family caregiver and can no longer afford to provide for your loved one, you may be able to offset some of these costs by applying for Social Security Disability benefits on behalf of the person in your care.

Technical Criteria

The SSA offers Social Security Disability benefits through two different programs. The most well-known of these programs is Social Security Disability Insurance. SSDI is a type of insurance benefit offered to disabled workers and their family members. Only those who have paid into the program for a specific amount of time will qualify. It is important to note that if the person in your care is older than 65, he or she will qualify for retirement benefits rather than SSDI. For more detailed information about qualifying for SSDI, visit the following page: SSDI Qualification Criteria. (<http://www.disability-benefits-help.org/ssdi/qualify-for-ssdi>)

Medical Criteria

Individuals over the age of 65 will not qualify for SSDI and those diagnosed with Alzheimer's before the age of 65 are considered to have Early-Onset Alzheimer's Disease. Therefore, only applicants who have Early-Onset Alzheimer's will qualify for SSDI. Due to the severe nature of Early-Onset Alzheimer's, the SSA has included it among their "Compassionate Allowance Listings".

The Compassionate Allowances program allows applicants with certain conditions to skip the standard processing times and qualify for benefits in as little as ten days.

To meet the Early-Onset Alzheimer's Compassionate Allowance listing, applicants must meet the medical criteria under section 12.02 of the SSA's handbook. You can access these guidelines here: http://www.ssa.gov/disability/professionals/bluebook/12.00-MentalDisorders-Adult.htm#12_02

How to Prepare for the Application Process

Once you decide to begin the application process, it is very important that you are thoroughly prepared. You will need to collect a wide range of information, including full financial information and all related medical records.

You can initiate your loved one's application online or in person at your local SSA office. After submitting the necessary information, you may not receive a decision for several months. Keep in mind, that your claim may be denied. If this happens, you are allowed to appeal the SSA's decision. It is important that you do so. Once your loved one is awarded disability benefits, you will be able to provide the necessary care to keep them comfortable and happy.

For more information about Social Security Disability benefits contact Molly Clarke at mac@ssd-help.org



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Upcoming Events



Benefiting those who care for their loved ones.

Saturday, September 21, 2013
6:30 pm – 10:30 pm
The Westin
Lake Mary/Orlando North
2974 International Parkway
Lake Mary, FL 32746

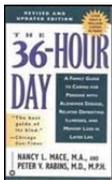
The Alzheimer's & Dementia Resource Center is celebrating its 29th year providing education and support services for those caring for a loved one with Alzheimer's disease or related dementias. The True Love Ball is our "signature" fundraising event and helps our agency to continue providing critical services to caregivers in our community.

The evening will include music, gourmet appetizers and a formal dinner. Silent and live auction items will also be featured among the evening's festivities.

Tickets are \$125 and include one drink
 Corporate sponsorships are available

For more information, please contact:
 Lorraine M. Gismondi, Development Manager
 407-843-1910, ext. 303

If you are unable to attend, please consider a donation.



20th Annual Caregiver Educational Conference
Saturday, November 2, 2013
8:00 am – Noon
Maitland Civic Center
641 S. Maitland Ave.
Maitland, FL 32715



Keynote Speaker: Peter V. Rabins, M.D., M.P.H.
 Co-author of "The 36-Hour Day: A Family Guide to Caring for Persons With Alzheimer Disease, Related Dementing Illnesses, and Memory Loss in Later Life."

Registration fee \$35 per person.
 (Limited scholarships available for family caregivers)

Professional registration fee \$50 per person – CEU's pending for social workers and nurses.

Visit with vendors and enjoy light refreshments.
 For more information and to register call Cindi Spurgeon: 407-843-1910, ext. 301
 Registration fees are due by October 25, 2013



14th Annual Festival of Wreaths
Thursday, December 5th
5:00 pm – 7:00 pm

Sponsored by:

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 Memory Care Community

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Please join us at Arden Courts 1057 Willa Springs Drive, Winter Springs, FL 32708 to celebrate the Festival of Wreaths, a 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 by December 2nd.

IN HONOR / MEMORY OF:

- | | | |
|----------------------|------------------------|-----------------------|
| In Honor Of: | Carson Giesler | Carolyn McCullough |
| Rhonda Keating | Samuel Gordon | James Memory |
| Martha Purdy | Beverly Griffith | Tobias Miller |
| Robert Kirk | Ralph Griffith | Fred Odena |
| | David Halpin | Roland Russell |
| In Memory Of: | Mary Handley | Patsy Simons |
| Elva Mae Clemons | Glen Hermening | Dominick Squillicioti |
| Vesta Compton | Victor Hughes, Jr. | |
| Herman Davis | Glenn Johnson | |
| Margaret Dittman | Jack & Shiela Lafferty | |

WITH GRATITUDE:

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

- | | |
|-----------------------------------------------------|----------------------------------------------|
| ABC Companies | Mr. Gary Weinberger |
| Accera | Mr. Jim Congleton |
| Age Advantage | Mr. Joseph Rogers |
| American Home Companions | Mr. Maurice Jones |
| Arden Courts | Mr. Phil Smith |
| Atria at Lake Forest | Mr. Raymond Rauch |
| Binson's Hospital Supplies | Mr. Todd Adams |
| Brookdale Senior Living | Mr. Ward Gidick |
| Citrus Club's Young Executive Committee | Ms. Anne Aranda |
| Columbia Restaurants | Ms. Dena Boucher |
| Comfort Keepers | Ms. Katie Ozdemir |
| Compass Research, LLC | Ms. Monique Nichols |
| Cornerstone Hospice | Ms. Stacy Eddy |
| Dr. and Mrs. Thomas Thames | Ms. Tanya Williams |
| Dr. and Mrs. Luis Allen | Nurse On Call |
| Edyth Bush Charitable Foundation | One Senior Place |
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| Florida Hospital Behavioral Health | PhRMA |
| Fraternal Order of Eagles Aerie and Auxiliary #3496 | Publix Super Markets Charities |
| Golden Pond Communities | Ranger Printing |
| Indigo Palms at Maitland | Serenades by Sonata Longwood |
| Joseph G. Markoly Foundation | Serenades by Sonata Winter Garden |
| Kathleen Flammia Elder Law Attorney | Sutton Homes |
| Life Care Center of Altamonte Springs | Tender Care Home Health Services |
| Lockheed Martin Employee Political Action Committee | The Ryan Foundation |
| Longwood Health Care Center | Towers Home Care and Rehabilitation Services |
| Mr. Bruce Morse | United Healthcare |
| Mr. Dan Mannheim | United Legacy Bank |
| Mr. David Odahowski | Universal Orlando Foundation |
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Serenades West Orange
720 Roper Road
(Corner of Daniels Road)
Winter Garden, FL 34787
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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 seventh year in a row, the Alzheimer's & Dementia Resource Center has been selected to participate. Our agency has received over \$6,300 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.



Growing in Love

Written by
©Ann Lindgren Davison

The depths of love which I never knew
Until dementia came to stay with you
Marriage vows that were said so long ago
Have deeper meaning with this ebb and flow
I see in you what has always been there
As I hold your hand or comb your hair
I've discovered something new inside of me
The inner light of love now fully set free
We will continue this journey, just you and I
Discovering what's important as days roll by
The sparks of love burned and now are fully grown
A true blessing from God as I'm not yet alone



Thank You to Our Volunteers

We would like to thank all our volunteers for the many different ways they help our agency day after day. It is because of the efforts of these special people that ADRC can continue to function so efficiently, extending our "reach" in this community beyond what we could do solely with our staff members.

If you are looking for an opportunity to volunteer or you would like to submit your story for our newsletter, please contact Cindi Spurgeon, Office Manager at 407-843-1910, ext. 301.

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www.ADRCCares.org

Return Service Requested

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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.
Atria at 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 Hall entrance in the back of the church.
 1100 N. Ferncreek Avenue
 Orlando, FL 32803

1st Thursday @ 10:00 A.M. and 3rd Thursday @ 10:00 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 Thursday @ 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
 700 Generation Pointe
 Kissimmee, FL 34744
 Please contact Farah Sivoletta at 321-768-9575 for information.

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

4th Tuesday @ 1:30 P.M. - New Time
Golden Pond Communities
 404 Lakeview Road
(3rd building on left in conference room)
 Winter Garden, FL 34787



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