ARE YOU READY?
Preparing your loved one for the storm
PAGE 10

SUMMER 2018
ALZHEIMER'S COMMUNITY CARE
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Preparing your loved one for the storm
PAGE 10

DISASTER PREPAREDNESS
ALZHEIMER'S COMMUNITY CARE
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“IT’S HURRICANE SEASON IN FLORIDA. DO YOU HAVE A PLAN?”

How many times have you already heard that? Sometimes worrying about the plan can be more stressful than the plan itself. Add that to the burden of creating a hurricane plan as a caregiver, and the idea of heading to Canada till December doesn’t sound so bad (except for the whole 40 degrees below freezing thing).

Last year, when Hurricane Irma came to town, we put into practice all that we had been advocating about for the last few years. Our goal in this issue is to help you feel as prepared as possible so that if you have to put it into practice you can do so with the least amount of stress and anxiety.

On page 10, we have replicated the Florida Power and Light general preparation guide. Just like the cover photo indicates, having everything lined up and ready to go when the time comes, can make a big difference.

We have articles that speak to preparing specifically as a caregiver and then how to ride out a storm with someone living with dementia. We hope you find these informative and encouraging. We can’t control the weather, but we can control our preparation and response.

Alzheimer’s Community Care is dedicated to providing safety for the families living with Alzheimer’s disease and other forms of dementia. We hope this issue shows our care and the intentionality that we address this issue with. We are always here to answer questions and help empower you to Be Prepared before the storm and Be Calm during the storm.

Sincerely,

Judith B. Rappaport
Chair

Mary M. Barnes
President & CEO
Meet the Board

Remembrances & Celebrations | Donors

Palm Beach, Martin & St. Lucie County Happenings

Are You Ready? 2018 Hurricane Season

Special Needs Shelter

Keeping the Routine for You & Your Loved One

Caregiver Readiness & Keeping Calm in the Storm

Have Some Fun!

2018 Alzheimer’s Educational Forum

Employee of the Quarter & Volunteer Recognition

Services & Resources
IN MEMORIAM

It is with a heavy heart that we announce the passing of Mr. Thornton M. “Tim” Henry, member and Secretary for Alzheimer’s Community Care’s Board of Directors. Mr. Henry was a shareholder with the law firm of Jones, Foster, Johnston & Stubbs, P.A. and Chairman of the firm’s Private Client Services Group, concentrating in estate planning, charitable giving and trust and estate administration. He was also a member of the Florida Board and a Florida Bar Board Certified Tax Lawyer.

In December of 2011, Mr. Henry joined the Board of Directors at Alzheimer’s Community Care shortly after the death of his former business partner, John B. McCracken. “The thing I treasure most about being involved with Alzheimer’s Community Care is hearing about all the good and care showered on the organization from everyone who has come in contact with it,” Mr. Henry once shared about his time on the Board. “I know we are providing a benefit without measure to families who have such great needs in caring for their loved ones in very challenging situations.”

Mr. Henry was born in Bermuda, attended Washington and Lee University as well as Georgetown University. He was a published author and away from his vocation, led mission trips to Russia, Brazil, Ecuador, Guatemala, Mexico, Costa Rica, the Bahamas, Paraguay, and Peru, as part of his goal to devote a substantial portion of his time to charitable and civic work.

We are so grateful for the dedication and commitment of Mr. Henry to the mission of Alzheimer’s Community Care. His passion to help others will truly be missed.
REMEMBRANCES & CELEBRATIONS

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Alzheimer’s Community Care relies on the support of individuals, corporations and foundations to fund our services and resources. Your gift makes a true impact on the lives of our Alzheimer’s families. To make a contribution, please contact our Development Department at (561) 683-2700 or visit alzcare.org/donate

THANK YOU TO OUR PARTNERS

The 2018 Treasure Coast Luncheon, The Beauty of Winter, would not have been possible without the generosity and commitment of our most esteemed Valued Patrons, Business Partners and Sponsors. Alzheimer’s Community Care thanks the following for believing in our mission and supporting the work we do.

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THE BEAUTY OF WINTER
Alzheimer’s Community Care Season of Life Luncheon
The South County Luncheon Committee is working on a project to beautify and transform the garden area of the Boca Specialized Adult Day Care Center. The goal is to provide a lovely and serene area for the patients to enjoy during the day. The transformation will resemble an English Tea Garden with LED Chandeliers, umbrellas and beautiful foliage. Groundbreaking on the garden will begin once all items are collected.

If you are interested in donating items for the Tea Garden, please contact Marlene Le at mle@alzcare.org or call (561) 683-2700 ext. 124.

Memory for Memory, a local electronics recycler, partnered with the Palm Beach Police Department for a Community Shred & Electronic Recycling and Destruction event held on April 24. The proceeds from this event, $625, were donated to Alzheimer’s Community Care. These funds will be used to provide services and resources to Palm Beach County families suffering with Alzheimer’s disease or a related dementia.

For more information, visit: www.facebook.com/MemoryForMemory

Pictured (left to right): Chris Schoeller, Memory for Memory; Michael Ogrodnick, Palm Beach Police Department; Jonathan Price, Alzheimer’s Community Care; and Harold Girdlestone, Memory for Memory.

Special Needs Shelters require registration ahead of time; call (561) 712-6400 or go online: www.discover.pbcgov.org/publicsafety

Palm Beach County does have an owner and pet friendly shelter. You must pre-register yourself and your pets. If you have questions, please call (561) 233-1200, ext. 0 and reference the Pet Friendly Shelter or e-mail pbcacc@pbcgov.org

During a declared emergency, residents can obtain Palm Beach County-specific information by tuning to Local TV and Radio Stations. Information is also available on PBCTV on Comcast Channel 20 and on U-verse Channel 99.
Day Care Planting Project

“He who plants a garden, plants happiness.” - Anonymous

Happiness was being planted in the backyard of the North Stuart Day Center in Martin County. The patients were able to get their hands dirty and had their hearts happy, thanks to a generous donation from the Stuart Home Depot, who provided flowers, dirt and gardening tools.

Gardening is considered a therapeutic activity for Alzheimer’s patients. Studies show that gardening therapy can produce benefits such as:

- Allowing patients to experience success which can build confidence
- Boosting energy levels and promoting a good night’s sleep
- Creating a sense of community while gardening with others
- Creating a sense of purpose
- Providing exercise in a safe outdoor space
- Helping to maintain an existing skill set

Planning structured, individualized activities that involve and interest the person with Alzheimer’s may reduce many of the more disruptive behavioral symptoms, such as agitation, anger, frustration, depression, wandering or rummaging. Therapeutic activities take advantage of the remaining skills while minimizing the impact of skills that may be compromised.

MARTIN COUNTY HURRICANE & SHELTER READINESS

Special Needs Shelters require registration ahead of time; call (772) 287-1652 or go online:
www.martin.fl.us/hurricane

Martin County does not have a public pet friendly shelter. To register your pet, contact the Treasure Coast Humane Society at (772) 223-8822.

During a declared emergency, residents can obtain Martin County specific information by tuning to WQCS-88.9 FM at 9AM, 1PM, and 6:30PM. Residents can also listen to WSTU 1450 AM throughout the day. Local information is also available on MCTV on Comcast Channel 20 and on U-verse Channel 99.
Alzheimer’s Community Care’s Lighten Your Load Caregiver Forum is coming to Fort Pierce for the first time!

This free event for family caregivers will be held at the Fenn Center in downtown Fort Pierce in November. A panel of experts will be featured along with topics such as:

- Lighten Your Load by Caring for Yourself
- Lighten Your Load through Music
- Lighten Your Load by Learning to Relax
- Lighten Your Load with tools for getting your loved one to eat, drink and get some sleep

Event Information:

Date: Wednesday, November 7, 2018
Location: Havert L. Fenn Center | 2000 Virginia Ave
Fort Pierce
Time: 10:00AM—2:00PM
Cost: No-cost/lunch included
Registration: www.alzcare.org/FPcaregiver2018

For questions, or to sponsor this event, please contact Amy Bromhead at abromhead@alzcare.org or call (772) 223-6351.

ST. LUCIE COUNTY HURRICANE & SHELTER READINESS

Special Needs Shelters require registration ahead of time; call (772) 462-8100 or go online: www.stlucieco.gov

St. Lucie County does not have a pet friendly shelter. Contact the Humane Society of St. Lucie County for a list of pet shelters at (772) 466-7387.

During a declared emergency, residents can obtain St. Lucie County specific information by tuning to Local TV and Radio Stations. Information is also available on SLCTV on Comcast Channel 21 and on U-verse Channel 99.
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In 2016 we were introduced to Hurricane Matthew and in 2017, Hurricane Irma. What can we expect this year? The one thing we do know is that a hurricane threat is always a possibility. Florida’s geographical location makes it a prime target for storms and disasters, and if you have been through the two most recent hurricanes, then you know just how important it is to be prepared.

BEFORE THE STORM
- Plan with your family, check your hurricane supply list.
- Make sure you have all communications in order, including a cord telephone, charged cellular devices and a car adapter.
- Check your supplies. All medical supplies should be available for at least a two-week period. Make sure there are fresh batteries in any battery-operated device. Have enough cash in case ATMs run out of power.
- Fill all vehicles with gas.
- Locate and install storm shutters and supports.

DURING THE STORM
- Stay inside until the storm passes, keeping windows closed.
- If your house begins to sustain damage, cover yourself with a mattress or pillows. As the intensity of the winds increase, go to your safe room, or a bathtub.
- Avoid top floors if you are in a tall building, as speeds are much stronger the higher you are.
- Stay tuned to your local news for any weather updates.
- Use your phone only for an emergency.
- If the power goes out, turn off circuit breakers, do not light candles.

AFTER THE STORM
- Please be careful going outside as there could still be danger around you.
- Avoid driving if at all possible, as there could be debris and road blockages.
- Try making calls at “off peak” times, as many phone lines and cell towers are probably overloaded.

While we do hope we will not be impacted by a hurricane this year, it is always good to be more than prepared for yourself and for your family. For more information, please visit: www.wpbf.com/hurricanes or www.fpl.com/storm/home/prepare.html
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SPECIAL NEEDS SHELTERS

While the Special Needs Shelter is not ideal for a loved one with Alzheimers, here are some helpful tips if this is your only option.

by Dianne Bruce, Director of Grants
Palm Beach, Martin and St. Lucie Counties operate Special Needs Shelters in the event of a hurricane or other emergency. These shelters, considered a refuge of last resort, require preregistration that must be updated annually. If you and your loved one will require transportation to and from the shelter, you can request it through the application process. Alzheimer’s patients MUST be accompanied by a caregiver.

Unfortunately, pets are not allowed in the shelter. The Special Needs Shelter is not an ideal environment for an Alzheimer’s patient so, if you have other options, consider a more comfortable and stress-free, but safe place to stay during the storm.

Because the shelter is noisy and crowded, it can be a very scary and challenging environment for an Alzheimer’s patient. If your hurricane plan includes staying in the Special Needs Shelter, here are a few tips to keep in mind:

- Bring at least a five-day supply of medications. Once the storm is over you will not be permitted to leave the shelter until the area you come from is considered safe.
- You will also need to bring your own incontinence products.
- There are very limited menu choices in the shelter. There is no ability to puree food. If your loved one has difficulty eating or swallowing, or has particular food preferences, consider bringing a nutritional drink supplement. Always consult with your physician first to be sure there will be no adverse reaction with any medication your loved one is taking.
- Dress in layers. The shelter is COLD. The temperature is kept very low to cut down on infection. However, in the event of a loss of electricity the temperature inside will rise very quickly.
- You may want to bring your loved one’s pillows and blankets that can be comforting to them.
- Bring some favorite activities that will help your loved one remain calm.
- A cot will be provided for your loved one. As a caregiver you are responsible to bring YOUR OWN air mattress, cot, blanket and pillow.

Know in advance that your loved one will become agitated. The shelter is a new environment that is crowded and noisy. It is difficult to limit stimulation. Although the lights are turned down at night, for the safety of all, the shelter is never dark. So, it will be up to you to reassure your loved one, speaking in a calm, positive manner and constantly reassuring in a low-pitched voice, that everything will be fine.

The shelter is staffed by medical and other personnel from the county. It should not be considered a medical facility. A group of dedicated volunteers from Alzheimer’s Community Care help out at the Palm Beach County Special Needs Shelter to assist patients with Alzheimer’s disease or other neurocognitive disorders. These volunteers do their best to keep patients and caregivers safe and calm throughout the event, but you know your loved one best. Think ahead and be prepared.

Your Family Nurse Consultant is always a resource. If you have any questions about hurricane preparedness for your loved one with Alzheimer’s disease, call your nurse before the storm is imminent.

It is important to stress that in the event of an emergency, the Special Needs Shelter should be your last resort. Please make sure you have a updated disaster plan in place to avoid having to exercise this option.

For specific information or to preregister for the Special Needs Shelter, please contact the appropriate office for your county:

Palm Beach County: (561) 712-6400
Martin County: (772) 287-1652
St. Lucie County: (772) 462-8100
MAINTAINING A ROUTINE DURING A STORM

Our loved ones do best when we can maintain their routine, their schedule. Let’s consider what changes when a storm approaches.

*By Karen Gilbert, RN MS CDP, Vice President of Education & Quality Assurance*
When Alzheimer’s disease, or one of the related neurocognitive disorders (such as Lewy body disease, frontotemporal degeneration, vascular dementia following a stroke, or effects of prior head injury) damages the brain, our loved ones cannot necessarily make their simple needs known. They may appear anxious or agitated, and if we do not identify and meet the need, behavior may escalate to aggression and combativeness.

In our familiar, routine day-to-day lives, we can work through this “mental laundry list” of possible unmet needs, and often through trial and error addressing what our loved ones need.

For our loved ones impacted by Alzheimer’s disease or a related neurocognitive disorder, behaviors often become his or her means of communicating. All behaviors have a reason – this is true for all of us. However, a cognitively impaired loved one’s behavior often conveys an unmet need, a need he or she cannot clearly express.

We all take simple, daily activities for granted. We eat when we are hungry, drink when we are thirsty, put on a sweater when we are cold, go to the bathroom as needed, and perhaps reach for a Tylenol or Advil when we experience pain.

When Alzheimer’s disease, or one of the related neurocognitive disorders (such as Lewy body disease, frontotemporal degeneration, vascular dementia following a stroke, or effects of prior head injury) damages the brain, our loved ones cannot necessarily make their simple needs known. They may appear anxious or agitated, and if we do not identify and meet the need, behavior may escalate to aggression and combativeness.

In our familiar, routine day-to-day lives, we can work through this “mental laundry list” of possible unmet needs, and often through trial and error addressing what our loved ones need.
We focus intently on this vital aspect of care in our specialized adult day centers and alert our caregivers when any change in behavior persists even after addressing basic needs. This is most often an indication that some type of illness or infection is emerging. Early action works wonders to ensure that we address these health needs urgently, and in the vast majority of cases the patient is safely treated in the physician’s office, rather than requiring the emergency room or an in-hospital stay.

Our loved ones do best when we can maintain their routine, their schedule. They may no longer know the year, month, day of the week, date or time of day, but they do respond to routine. They become familiar with the rhythm of the day, sleep and wake times, meal times, television shows, errands with caregivers, etc.

Now let’s consider what changes from the time we first hear about a developing storm, and as we anxiously watch our local news stations and the Weather Channel for the latest information on the storm’s anticipated path.

Caregivers’ routines are disrupted as the days pass and we begin to prepare. This means that the routine for our loved ones changes as well! Though you may be the one gathering the needed groceries, stocking up on water, and checking on your inventory of batteries and flashlights, your loved one feels the disruption. He or she may also sense your anxiety from changes in your routine and your body language, or from overhearing your conversations with others as you make your plans for sheltering in place or evacuating to a Special Needs Shelter.

In 1992, the North American Nursing Diagnosis Association added Relocation Stress Syndrome (RSS) to its list of nursing diagnoses. This syndrome, best known to affect older adults (and particularly those with Alzheimer’s disease or a related disorder) who move to a different home.

Symptoms of Relocation Stress Syndrome may include increased confusion, anxiety, depression, and anger. The risks of developing symptoms of RSS are greater when time to prepare for the move is short, the time between the decision to relocate and the actual move is short, and when little is known about the new location. This is exactly what we deal with when we prepare to evacuate for a hurricane!

RSS can occur even if you and your loved one remain in your own home! Think about how your home may change with storm preparations: groceries and bottles of water on the counters, shutters or boards on the windows, outdoor furniture and plants brought indoors, perhaps other family members and friends sheltering with you... more activity in the home, more unfamiliar faces, more noise, more upset to the routine.

When we think about these changes in the appearance and activity in our homes, we can see how this can have effects similar to actually relocating.

So, what can we do to minimize the fear, anxiety, and uncertainty that can accompany storm preparation?

Your loved one’s stress can be minimized by maintaining the familiar routine to the greatest degree possible. Try to leave your loved one’s bedroom undisturbed – do not store outdoor items in his or her room. Give your loved one opportunities to choose whenever possible, for example, choosing their clothing, their meals and snacks, their favorite activities. Maintain the usual bedtime and wake time.

If your loved one enjoys playing cards, word search games, or magazines, stock up on these. If he or she enjoys music, have favorite music on CD for use with headphones that fit over the ears. These activities will be of great value in the home or in the Special Needs Shelter.

In the home, redirect your loved one to helpful “chores” he or she can do: setting the table for a meal, folding towels, emptying the dishwasher, matching socks from the dryer. Redirecting your loved one to a purposeful activity will help to focus energy in a positive direction, easing anxiety and promoting a sense of control and self-esteem when much may be uncertain.

Plan early! Know if you are in an evacuation zone and register with the appropriate Special Needs Shelter. Have confidence that there is much you can do to minimize the impact on your loved one, and consequently on yourself, when preparing for a storm!
Being a caregiver can be a very challenging experience, but also rewarding. Alzheimer’s Community Care works to not only keep our patients healthy and happy, but to also give our caregivers the support and resources they need. We do not want them traveling this journey alone. When you donate to Alzheimer’s Community Care, you are saving lives, you are giving caregivers a helping hand, and you are giving our patients the care they deserve.
Hurricane season can be daunting for all of us; particularly for those of us caring for a loved one with Alzheimer’s or a related neurocognitive disorder. The reassuring news is that we get updated weather warnings that a potential storm may be heading our way. This gives us time to prepare ourselves and to ready care for our loved one.

An important point to remember, not only during hurricane season, but throughout the year is that caregivers must dedicate time to care for themselves. This not only better prepares you to care for your loved one, but can also help alleviate your stress.

- Get some rest, even a 15 - 20 minute nap can rejuvenate.
- Ask for help and accept help. Be specific to your needs, people sometimes want to help, but are not sure of what to do.
- Nutrition and hydration - eat well, don’t skip meals and stay hydrated, drink lots of water.
- Physical exercise - go for a quick walk with a friend.
- Set realistic goals, celebrate small accomplishments.
- Keep up with your own medical checkup.

Having your needs and your loved one’s needs met before, during and after the storm is crucial. Here are some suggestions provided by FEMA (Hurricane Safety Checklist):

- Evacuation Zone - If in an evacuation zone, have your supplies portable and manageable. Make sure to let your relatives/friends know what Special Needs location you are evacuating to and numbers to reach you. Register with the shelter beforehand to ease access.
- Food and water (potable and non-perishable) What are your loved one’s favorite foods? What are your favorites? Have these available. If you have space in your freezer, consider filling plastic containers with water, leaving about an inch of space. This will help keep food items cold.
- First aid and medications - remember to have all medications in a safe and accessible space. Get all prescriptions filled before the storm. Remember your medications as well, include eyeglasses and hearing aids and make sure they are in good condition.
- In case of power outage - (have batteries and flash lights on hand; it is recommended that you do not use candles; turn off all lights but one, to alert you when power resumes; have extra cash on hand as ATM machines may be down; have your gas tank at least half full before the storm)
- Entertainment/Activities - Prepare a “core” package of activities for your loved one. This could include favorite card games, artistic items; headphones with their favorite music downloaded, word search games, etc. Include items that your loved one and you enjoy daily.

Remember, the goal is to be prepared, stay safe, and maintain as much of an “everyday routine” for yourself and your loved one.

If you’re looking for an opportunity to develop relationships and support systems, as well as to receive accurate information on how best to cope and live with this disease, please visit: www.alzcare.org/support-groups
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As the winds howled and the rain battered the roof, William kept walking to the window where he usually watched the bird feeders. But there were no birds, no trees, no sunshine, it was just black. “Where are the birds? Where is the sunshine? Sunshine makes me happy. Sunshine means I go outside for a walk with that nice lady.” The thoughts swirled in William’s head but he didn’t know what to do with them or how to ask the questions. He could only ask, “What is going on?”

“Come on Dad. Please stay away from the window. There is a storm outside.” said Janet. How many times would she have to answer the question and how many times would she have to keep him away from the front door and windows. “What is going on? You are mean to me. I want my walk outside!” said William for what seemed like the hundredth time in the last hour.

As Janet’s stress level increased her patience decreased and she became less and less understanding with her dad. William sensed the frustration in Janet and became more fearful and confused. The storm cycle inside was building right along with the outside storm.

Planning for a hurricane as a caregiver is essential. But once you have the bottled water, generators, batteries and extra medicine, there is the actual caregiving while the storm rages outside. This is not about supplies from the hardware store, this is about preparing your mind and emotions.

1. Remind yourself, “It is not their fault.”
Repeat this to yourself over and over. Write it down on sticky notes and put them on the doors and windows. Your loved one truly does not understand what is going on or the danger you may be in. Our brains tell us to correct someone who is wrong, ask them to stop, yell at them if they don’t get it. None of this works or helps. You have to join them in their world of Alzheimer’s disease and deal with the behaviors found there.

2. Don’t try to explain the situation.
Janet was telling her dad the same thing over and over. William kept asking over and over. Don’t try to explain what is going on. They will keep asking because they don’t remember that you just told them. You will get more and more frustrated, like Janet, and so will they. Ask yourself this, “What is my goal here - endless explanations or peace and safety?” Peace and safety win every time. Quit talking.

3. Be the calm of the storm.
Your two greatest tools for this can’t be bought, they are your hand and your face. When you want your loved one to settle down or even sit down, start with a smile. A smile can help you relax and can reassure your loved one that things are okay. Once you make eye contact and they see your smile, hold out your hand – palm up. Don’t talk, don’t explain, just smile.
and wait for them to take your hand, or gently put their hand in yours. Once accomplished keep holding their hand, while smiling. Allow them to feel the security and warmth that comes from a smiling face and a reassuring touch. Then, simply ask them to follow you. Again, no extra words, no explaining. Be more kind than you feel, more calm that you want, and more gentle than you think is necessary. Basically, take your own fears and frustrations and shut the door on them.

4. Provide a distraction.
Take your loved one to a table and play some games, turn on their favorite music and just dance, look through an old photo album. Distraction is your friend. Have a box of puzzles, games, etc. to play and provide music if possible.

You may want to consider inviting over one or two family members that feel comfortable with your loved one to be a part of the distraction. Think about all the things that your loved one enjoys that can be done inside and possibly without electricity.

If you plan to stay home during a hurricane, be prepared – externally and internally. YOU can be the calm for your loved one during the storm.
2018 Alzheimer’s Educational Forum

Family and professional caregivers and medical professionals gathered on May 17 for this year’s Educational Forum at PGA National Resort & Spa. This premier, one-day event provided an abundance of knowledge and tools necessary to give the best care to those diagnosed with Alzheimer’s disease and related neurocognitive disorders. Attendees enjoyed three speakers throughout the forum including: Dr. Mark Brody, Founder of Brain Matters Research, one of the largest, most respected private clinical research facilities in the country specializing in Alzheimer’s Disease diagnosis, treatment and prevention; Margaret A. Pericak-Vance, Ph.D., Director of the John P. Hussman Institute for Human Genomics, and Professor of Neurology at the University of Miami Miller School of Medicine; Teena Cahill, Psy.D., respected expert, educator, speaker, humorist, and author on topics of leadership, health & wellness, productivity, contribution and success.

Special Thank You to the Sponsors of the 2018 Alzheimer’s Educational Forum:

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- Visiting Angels of the Palm Beaches
- VITAS Healthcare
As the Development Manager in the Treasure Coast, Amy Bromhead approaches her position with a full heart and strong desire to help our families since 2016. “I was raised with the teaching, that service to others was a lifestyle, not an event. Working with Alzheimer’s Community Care allows me to serve and be a part of providing others a means to serve.” Her success is attributable to being a leader among peers and a trusted source of philanthropic ideas to further our mission.

*We congratulate Amy on her recent promotion to Development Manager and winning the Employee Award of Excellence.*

Catrina Calix, LPN exhibits extraordinary patience and compassion with her patients and their caregivers in the West Palm Beach Specialized Adult Day Care Center. Since joining us in 2015, her leadership and clinical skills were recognized recently with a promotion from Program Nurse to Program Manager. Catrina says, “What I love the most is the difference we make in their lives,” referring to her patients and their families. “Making a difference to others not only inspires me but is the reason I became a nurse.”

*We congratulate Catrina on her recent promotion to Program Manager and winning the Employee Award of Excellence.*

Congratulations to Dana Matthews, who received The Humana Good Neighbor Award, presented at the 2018 Prime Time Awards by the Area Agency on Aging of Palm Beach and Treasure Coast. Dana is a retired Lieutenant Colonel, U.S. Army Ranger and Veteran’s advocate. Since Sept. 2009, Dana has volunteered in three of our Specialized Adult Day Care Centers, playing his acoustic guitar and singing for our patients. Music truly is a language of the heart, and Dana’s guitar and songs bring moments of joy into the lives of our patients and provides them with a vehicle for creative expression. His commitment to service and volunteerism supports a larger personal mission of his own - being of service to others. Dana, Alzheimer’s Community Care salutes you for your dedication and commitment, well deserved!

Mr. and Mrs. Ramon and Mirella Reyna were recognized by The Breakers Palm Beach through their Be Our Guest volunteer recognition program. This program honors selfless volunteers in our community who have a passion for service and who work quietly out of the spotlight to brighten the lives of those less fortunate. Originally from the Dominican Republic, Ramon and Mirella serve the patients at our Specialized Alzheimer’s Adult Day Center in Lake Worth, volunteering twenty (20) hours a week since December 4, 2014. On Monday, Wednesday and Friday mornings they arrive before 7:30 a.m., the time the center opens, to greet our staff. Then, together, they start their 7 hour day (6 hours on Fridays) of volunteering. Their commitment and compassion provide comfort and inspiration to the patients they serve!
My father has just received a diagnosis of Alzheimer’s from his doctors, and my husband and I are his caregivers. We have great insurance, but he is only 60 and has not reached Medicare status. I think our insurance will cover in-home nursing assistance, but are there other programs through the government that will help subsidize those costs?

This is such an important question! If your father is a veteran of active military service, the U.S. Department of Veterans Affairs may be able to provide skilled home health care services, home health aide or homemaker services. Coverage for in-home services through insurance may depend on how many “activities of daily living” (ADLs) your father requires assistance with: ambulation and transfers, eating, toileting, bathing, dressing. Coverage criteria may require that he need assistance with at least three of the five ADLs.

In Florida, we are fortunate to have the free services of SHINE (Serving Health Insurance Needs of Elders). SHINE is offered by the Florida Department of Elder Affairs and the Area Agency on Aging. Skilled volunteers can help you to identify resources in an unbiased and confidential consultation. SHINE can be reached at: 1-800-963-5337 (1-800-96-SHINE).

My sister was diagnosed with Alzheimer’s recently, and we have an in-house nurse to help us. Although my sister is physically present with us, she stares off in the distance a lot. I thought this disease affected only her memory. What other symptoms can we expect to see as the disease progresses?

Your sister is so fortunate to be with your family! Disease progression most likely relates to how far into the disease process your sister was at the time of diagnosis. Short-term memory is generally the earliest symptom, as the disease progresses, all areas of the brain can be affected. Physical abilities will decline and sensory awareness, i.e. interpreting what she sees, hears, touches, etc. will also be impacted.

There is no single pattern of disease progression, as Alzheimer’s progresses through the various areas of the brain uniquely in each patient. However, tapping into your sister’s social history, her interests, her skills, her hobbies, will most likely succeed in engaging her in purposeful activities, which the family can join in as well.

Alzheimer’s Community Care's Family Nurse Consultants can help guide you through the stages of the disease, and we can offer our Specialized Adult Day Center as a very special therapeutic environment for your sister.

If you have a question concerning Alzheimer’s disease or a related neurocognitive disorder that you would like Karen to address in our next issue, please send an email to kgilbert@alzcare.org
We invite you to use the space below to write down the items you remember from the puzzle on page 21. How many can you recall?

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Providing your loved one with the best care not only helps them, but offers you peace of mind. Is your loved one receiving specialized care? Below you’ll find information on the specialized care Alzheimer’s Community Care offers.

All 11 of Alzheimer’s Community Care’s Specialized Adult Day Care Centers carry this specialty license.

Specialized Day Care:
- Individualized plan of care with MANDATED updates at least quarterly
- Cognition MUST be assessed upon admission, at least annually & with any significant change
- A Registered Nurse or Licensed Practical Nurse MUST be on site at least 75% of the hours of operation
- MONTHLY health assessment REQUIRED, including weight, vital signs & level of assistance needed
- ONE staff member for every FIVE patients
- Direct care staff - 4 HOURS of training within 3 MONTHS; additional 4 HOURS within 6 MONTHS of hire
- Therapeutic activities MUST be provided at least 70% of the time that the day center is open

Adult Day Care:
- PLAN OF CARE
  - NO REQUIREMENT
- COGNITIVE ASSESSMENT
  - NO REQUIREMENT
- NURSING CARE & SUPERVISION
  - NO REQUIREMENT
- MONTHLY HEALTH MONITORING
  - NO REQUIREMENT
- STAFF RATIOS
  - ONE staff member for every SIX attendees
- DISEASE SPECIFIC TRAINING
  - Direct care staff - 4 HOURS of training within 3 MONTHS; additional 3 HOURS within 9 MONTHS of hire
- ACTIVITIES
  - Basic services defined with NO REQUIREMENT for therapeutic activities

For more information on our Specialized Adult Day Care Centers, please visit: alzcare.org/center-locations or give us a call (561) 683-2700.
**Caregiver Support Groups**

**South Palm Beach**
- **Advent Square**
  - Each Wednesday, 10:00a - 11:30a
  - 4798 N. Dixie Hwy.
  - Boca Raton, 33431
  - For information, call (561) 381-0231

**Delray Beach**
- **Seacrest Presbyterian Church**
  - 1st, 3rd, 5th Wednesday, 2:00p - 4:00p
  - 2703 Seacrest Blvd. North
  - Delray Beach, 33444
  - For information, call (561) 683-2700

**West Lake Worth**
- **Mid-County Senior Center**
  - 3680 Lake Worth Rd.
  - (561) 432-0669

**Lake Worth**
- **Our Savior Lutheran Church**
  - Each Wednesday, 1:30p - 3:00p
  - 1615 Lake Ave.
  - Lake Worth, 33460
  - For information, call (561) 331-6576

**Pahokee**
- **Leo & Anne Albert Alzheimer’s Care & Service Center**
  - 470 Barack Obama Blvd.
  - (561) 924-7283

**North Stuart**
- **Prince of Peace Lutheran Church**
  - 2200 N. Federal Hwy.
  - (772) 692-6981

**Wellington**
- **St. Peter’s Lutheran Church**
  - 2900 South Jenkins Rd.
  - (772) 466-3261

**Port St. Lucie**
- **St. Michael Lutheran Church**
  - Each Thursday, 4:30p - 5:30p
  - 1925 Birkdale Drive
  - Wellington, 33414
  - For information, call (561) 683-2700

**St. Lucie County**
- **First United Methodist Church**
  - Each Wednesday, 2:15p - 4:00p
  - 815 E. Indiantown Rd.
  - Jupiter, 33477
  - For information, call (772) 212-4579

**North Palm Beach**
- **Alzheimer’s Jewelry Sale**
  - Each Tuesday, 1:30p - 3:00p
  - 800 Northpoint Pkwy., Suite 101-B
  - West Palm Beach, 33407
  - For information, call (561) 683-2700

**Palm Beach Gardens**
- **St. Andrew Lutheran Church**
  - Each Tuesday, 10:30a - Noon
  - 295 N.W. Prima Vista Blvd.
  - Port St. Lucie, 34983
  - For information, call (772) 460-9166

**Martin County**
- **Children’s Services Council**
  - Each Thursday, 1:00p - 3:00p
  - 101 S.E. Central Pkwy.
  - Stuart, 34994
  - For information, call (772) 223-6351

**St. Lucie County**
- **St. Peter’s Lutheran Church**
  - 2900 South Jenkins Rd.
  - (772) 466-3261

**Pahokee/Belle Glade**
- **John B. McCracken Alzheimer’s Care & Service Center**
  - 2924 Australian Ave.
  - (561) 683-2700

**Boca/Delray**
- **Gene & Pamela Pranzo Alzheimer’s Care & Service Center**
  - 4680 N. Dixie Hwy.
  - (561) 391-6955

**Palm Beach Gardens**
- **Palm Beach Gardens**
  - (561) 683-2700

**Wellington/Royal Palm**
- **Wellington/Royal Palm**
  - (561) 331-6576

**St. Lucie County**
- **St. Lucie County**
  - (772) 260-9166

**West Palm Beach**
- **West Palm Beach**
  - (561) 683-2700

**Pahokee/Belle Glade**
- **Pahokee/Belle Glade**
  - (561) 924-7283

**For information, call (561) 381-0231**

**For information, call (561) 331-6575**

**For information, call (772) 223-6351**

**For information, call (772) 460-9166**

**Family Nurse Consultants**

**Boca/Delray**
- (561) 381-0231

**Palm Beach Gardens**
- (561) 683-2700

**Martin County**
- (772) 223-6351
Peace of mind for you and your family! Let our Angels assist with:

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- Fall Risk & Wandering Prevention
- Medication Reminders
- Shopping, Errands, Doctor Visits
- Meal Preparation
- Hourly thru 24 Hour Care: CNAs, HHAs
- Respite Care & Post Surgical Care
- Alzheimer’s & Parkinson’s Plan of Care

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