Advocates for Alzheimer’s

Story, page 6
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Alzheimer’s Community Care, Inc. headquarters is proudly located at 800 Northpoint Parkway in West Palm Beach in the Baxter Foundation Building. The Building is named in honor of Mrs. Laura Baxter and her husband, the late C. Kenneth Baxter, founding board members of Alzheimer’s Community Care, Inc.

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The mission of Alzheimer’s Community Care, Inc. is to promote and provide specialized quality compassionate care to Alzheimer’s disease and related disorder patients and caregivers within a community-based environment.

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Alzheimer’s Community Care was officially established in October 1996, which means that October of this year marks the beginning of our 15th year of service. This service that I speak of is unique in its own right. It is devoted to the care and well-being of Alzheimer’s families. When I say “Alzheimer’s,” I am also referring to the related disorders. One of the fastest growing related dementias is Diffuse Lewy body dementia, which is different pathologically. As the nuances of the different dementias are detected with better diagnostic technology and are made available within our medical community, our ability to help families receive better health care is more definite. This makes our job all the more satisfying.

These advancements also pose challenges as well. In order to keep up with the ongoing educational needs of our families, the financial resources must also keep pace so we can continue to provide appropriate educational opportunities and resources. This board is responsible for the governance of this organization, and it is with great commitment that we strive to successfully meet our goals and overcome challenges. As we tackle the awesome responsibility of approving our next Strategic Plan and cope with these turbulent economic times, we must keep advancing forward with a positive and unwavering focus. To fail is not an option, especially when we consider the swelling numbers of newly diagnosed Alzheimer’s families that require our resources.

We can only succeed if we continue to have the community support that we have received since our inception. We have never taken that support for granted as we advanced our mission and remain committed to efficiently providing our services and resources. Our fiscal year 2009 / 2010 audit shows, for every $1.00 donated, 87 cents goes directly to care and to helping our patients and caregivers.

Please continue to support us, and we will continue to earn your support by doing what we do best; caring for and serving the true heroes of our cause, our Alzheimer’s families.

Sincerely,

Clark D. Bennett
Chair, Board of Directors
Dear Friends,

First, I want to thank all of our supporters who attended our 2011 Gala and our terrific Gala Chairs, Jamie and David Rosenberg, for contributing so much of their time and expertise to this event. They worked very closely with our Development team and planning committee to ensure that every detail of the evening was elegant, creating a most worthwhile evening. Special appreciation goes to our Honorary Chair, Hermé de Wyman Miro, and our Chair Emeritus, Lois Pope. Those who were in the room said that this year, especially, was all about the important work of Alzheimer’s Community Care and its mission.

An important moment of the evening came when we presented the Meyer Family with the distinguished Leo and Anne Albert Award. Bill Meyer, on behalf of his mom Sydelle, and his entire family, gave a dynamic and magnanimous speech about the good work of Alzheimer’s Community Care. This was one of the highlights of the evening and was warmly embraced by all who were in attendance. Bill Meyer is truly one of the most gifted speakers one can hear, and he and his family are cherished supporters.

John B. McCracken, our board member for 14 years, was honored that evening as well. He became the fifth person to be presented with our Founder’s Award. John’s dedication to the organization’s mission, along with his leadership, has been a major contribution to the culture of Alzheimer’s Community Care. We are an organization defined by our caring and commitment to providing the highest quality of dementia-specific care. This has become the hallmark of our existence, and John McCracken exemplifies that.

This foundation of devoted and valued community leaders has helped Alzheimer’s Community Care grow into a caring and well-managed organization that merits their ongoing support. Anything less is unacceptable. On behalf of our entire staff, I feel strongly that this is the measure of our success and this will continue--our families deserve nothing less.

Thank you for helping us to start this year out right, with such a successful fundraising and educational event. With our upcoming Treasure Coast fundraiser on March 18 and our Alzheimer’s Educational Conference on May 5 and 6 at the Palm Beach County Convention Center, we feel that 2011 is going to be a great year, and for that we are most grateful.

I remain truly,

Mary M. Barnes

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Mary M. Barnes, President and CEO

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Stand Up and Be Counted
Ron Radcliffe, Vice President of Community Care Services

On February 22nd through the 24th, Alzheimer’s Community Care held its first Annual Advocacy Trip to Tallahassee to address the critical need of funding for dementia specific services to ensure the well being of Alzheimer’s patients and their caregivers. The advocacy group of 30 individuals was comprised of caregivers, clergy, community supporters, board members, staff and researchers.

Our message to the Legislators was straightforward and clear:

“Restore general revenue funding in the amount of $1,000,000 to Alzheimer’s Special Projects for services for patients with Alzheimer’s disease or related disorders and their caregivers residing in Palm Beach, Martin and St. Lucie counties.”

By committing this amount of funding to direct care services (inclusive of our Specialized Adult Day Service Centers and Case Management services), Alzheimer’s Community Care could save the state over $7.8 million in additional Medicaid nursing home care costs. Additional statistics and information supporting this request are as follows:

- Alzheimer’s disease afflicts 5.8 million Americans and is the nation’s 6th leading cause of death;
- Alzheimer’s is the Nation’s third most expensive disease;
- Alzheimer’s cases will increase by more than 50% in 20 years;
- The Florida Department of Elder Affairs reports over 523,000 Floridians with probable Alzheimer’s and it is projected there will be a 64% increase in the number of Floridians suffering with Alzheimer’s disease by 2025;
- In May, 2009, the Florida Office on Disability and Health reported that 46% of caregivers in the state of Florida (828,000) were caring for someone with memory problems;
- A projected 90% of individuals residing in a nursing home are suffering from a dementia related disorder;
- 70% of individuals with Alzheimer’s disease are cared for by their families in their homes according to a report by the Alzheimer’s Study Group, (ASG);
- $58,055 is the average annual cost of Medicaid nursing home care in Florida;
- $15,000 is the average annual cost of full-time facility based respite care in the community (adult day care).

In addition to the request for funding, our group of advocates also asked the legislators to co-sponsor Senate Bill 664 (sponsored by Sen. Lizbeth Benacquisto) and House Bill 543 (sponsored by Rep. Joseph Abruzzo) which would codify Florida’s Silver Alert program into law. The purpose of the Silver Alert program is to aid local law enforcement in the rescue or recovery of a missing person who suffers from irreversible deterioration of intellectual faculties and is driving a car. Legislators were urged to help create a safety net for some of Florida’s most vulnerable citizens by supporting this measure. In addition to some of the statistics previously listed, additional information specific to Florida’s Silver Alert included the following:

- Alzheimer’s disease damages one’s ability to make sound judgments and to react quickly, the cornerstones of safe driving;
- 60% of persons with dementia will wander at some point during the disease process, either by foot or in a vehicle;

For more information, call 954.786.7392 or visit BrowardHealth.org.

Marilyn Pennachio and her father Russell Gagliano

“When I Found Out That My Dad Had Alzheimer’s Disease...”

“...I didn’t know what to expect. I knew nothing of the disease or how it would change not only his life, but mine as well. Without the caregiver support programs at North Broward Medical Center’s Memory Disorder Center, I would have been lost. They serve not only as a source of information, but also shoulders to cry on. It is so comforting to be with people who understand exactly what you’re going through.”

The Memory Disorder Center at North Broward Medical Center is the first in the nation to receive Joint Commission Certification for its Alzheimer’s program and offers a complete network of assistance for both patients and caregivers.

For more information, call 954.786.7392 or visit BrowardHealth.org.

BROWARD HEALTH
North Broward Medical Center
MEMORY DISORDER CENTER

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Silver Alert is a program that unites over 350 of Florida’s law enforcement agencies and every day Floridians to help locate missing elderly people with Alzheimer’s;

274 Silver Alerts have been issued since its inception on October 8, 2008 through December 2010;

40 recoveries to date are directly because of the Silver Alert;

Of the first 80 cases, approximately 50% of Silver Alerts issued were for persons between 70 and 90 years old;

Program establishes a consistent and systematic way to find a missing person with Alzheimer’s disease or a related disorder;

Alzheimer’s Community Care could not have asked for a better group of advocates to support these issues. To ensure the maximum level of effectiveness and efficiency, the group broke off into several small teams. Each team participated in formal meetings with Legislators that were scheduled prior to our arrival in Tallahassee.

In total, Alzheimer’s Community Care’s Advocacy Group met with well over forty legislators.

In total, Alzheimer’s Community Care’s Advocacy Group met with well over forty state leaders.

While many of our caregivers were not able to join us on our trip to Tallahassee, we did receive a number of personal letters and testimonies from caregivers supporting our advocacy efforts. The letters that we received were extremely powerful and were shared with the appropriate legislators.

While we still have a long way to go in the budget planning process, our first advocacy trip to Tallahassee proved to be a positive experience for all who participated and we are hopeful that our endeavors will ultimately prove to be successful. Many legislators committed their support to our request for funding and more than a few co-sponsored bills related to Florida’s Silver Alert.

I would like to leave you with this thought. It is never too late to stand up and be counted! Let your legislators know how important funding for dementia specific services is for our local Alzheimer’s disease and related disorders community. Tell them your personal story. Inform them that Alzheimer’s is a family disease. Demand that the state ensure the safety of our most frail and vulnerable citizens by investing in services and resources that meet the needs of both patients and caregivers.

If you need assistance in identifying your local legislators, please visit www.myfloridahouse.gov and www.flsenate.gov or feel free to contact me at (561) 683-2700.

On behalf of Alzheimer’s Community Care, I would like to offer my sincere gratitude to everyone who has joined us in our advocacy efforts. Please know that your continued efforts can and will make a difference in the lives of countless patients, caregivers and families as well as in our local communities.
Alzheimer's disease is an irreversible, progressive brain disease that slowly destroys the memory, causes a decline in the ability to perform routine tasks, disorientation, difficulty in learning, loss of language skills, impairment in judgment, and personality changes.

Knowing what to ask your doctor, or your loved one’s doctor, can help with the communication process, allowing you to understand the prognosis and helping your physician provide the best care. Going to the doctor can be intimidating. You might feel rushed and forget to ask questions that are important. It’s always a good idea to know what to ask beforehand, have pertinent family members present and to take notes when with the doctor. The list of questions below are a great place to start and are will yield valuable information that will help you and your loved one understand the disease and its treatment. Please keep in mind that there are additional resources available to assist you with all aspects of Alzheimer’s disease and related dementia disorders. Contact Alzheimer’s Community Care for more help in navigating these disorders by calling (561) 683-2700 or by visiting www.alzcare.org.

1. Why do you think it is Alzheimer’s disease and not another type of dementia?
   Your doctor’s explanation of how he/she arrived at a diagnosis will help you gain a better understanding of the condition. Ask how the doctor distinguished your loved one’s condition from other illnesses or other types of dementia. Make sure you are clear on how your loved one’s condition differs from “normal” aging and other types of dementia.

2. What really is Alzheimer’s disease and how does this affect my family?
   You need to make sure you have a thorough understanding of what Alzheimer’s disease really is in order to provide the best care for your loved one. If you are not satisfied with the answer that you receive, seek out alternative physicians that specialize in this treatment, generally neurologists, and obtain the education that you need in both layman’s terms and a medical understanding as to what is going on in the brain. Ask questions about genetic risk factors and what this means to your family.

3. At what stage of the disease is my loved one presently?
   Although Alzheimer’s progresses along a gradual continuum, the disease is typically divided into three stages - mild, moderate, and severe. Alzheimer’s disease affects each person differently and its stages overlap a bit, but there are common patterns. Knowing...
7. **Where can I go for caregiver support, training and education?**

The single most important item on this list is to make sure you get help with the role of caregiving. As a caregiver there is a tremendous burden in caring for someone with Alzheimer’s disease and a support system is needed, whether it is through caregiver groups, one-on-one advice or through a self study plan; education is key!

8. **What safety concerns should we have for my loved one?**

It is important to consult with your doctor regarding all safety concerns such as driving, continuing to work, nutrition, health care, traveling, as well as protecting them with future medical and legal decisions.

9. **What should I do in case of an emergency?**

It is absolutely essential that an emergency plan is put into place as soon as possible if, for some unforeseen reason, you are not available to care for them or to provide the necessary supervision. A geriatric care manager can help with this.

10. **Where can I find out about new treatments and clinical trials to slow down or stop the disease?**

At present the available medications for this disease treat only the symptoms as the disease progresses over time. Many clinical trials are currently happening which are testing disease-modifying drugs with hopes of slowing down or stopping the progression of the disease. Ask your doctor about ongoing trials and how your loved one can participate. You can contact Brain Matters Research at (561) 374-8461 to schedule an evaluation to discuss all ongoing research options free of charge.

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It’s Not Really Wandering: Tips for Dementia Caregivers to Prevent Lost Events in Your Loved One

Catherine Alznauer Greenblum, PhD, FNP-BC
Judith Alznauer Seale, MS
Meredith Rowe, PhD, RN

“Wandering” is a common term used to describe a variety of behaviors in persons with dementia. Most persons with dementia, however, won’t actually exhibit wandering in its truest sense (defined as repetitive aimless locomotion in a confined space), but are very likely to experience a different behavior often mistakenly called wandering. Missing or lost events occur when the person with dementia is alone in the community without the supervision of a caregiver, either intentionally or by mistake, and is unable to return safely without help. It is estimated that up to 60% of persons with dementia will become lost in the community sometime during the course of their disease. While most of these individuals will be found and returned safely to their homes, some will be injured or die as a result of becoming lost. Caregivers need to be aware of the possibility of missing events and become educated on ways to minimize the risk that these events will occur.

Missing and lost events are unpredictable, often unexpected, and occur at all stages of the illness that cause dementia, such as Alzheimer’s disease. These events can happen while walking or driving, even when the activity has been successfully navigated in the past. One of the clinical consequences of dementia is the inability to recognize familiar places or find familiar locations. The main risk factor for a person with dementia becoming lost in the community is being left unattended even for a short period of time. The individual can become lost if separated from the caregiver, if he or she leaves home in an upset or angry state, or while on an outing regularly undertaken alone such as a walk or driving to a specific place. Both those residing at home and those in professional care settings are at risk for getting lost.

Most persons with dementia who become lost leave from home in a situation that the caregiver has intentionally allowed them to perform alone as they have successfully completed it in the past. Even the best caregiving, while it can reduce the risk of a lost event, may not be able to completely prevent it. Suggestions for caregivers include use of respite care through formal settings such as adult day services and volunteer services from churches or service organizations to ensure the patient with dementia is not left unattended at home and to provide caregivers with much needed breaks. Caregiver support groups can be helpful and health care professionals may help caregivers identify community resources.

The placement of an identification bracelet on persons with dementia is essential to facilitate the safe return of a lost person. Registry of the person with dementia in the MedicAlertSafe Return Program, or other similar program, may aid in return of the individual is they become lost. Caregivers must be vigilant in ensuring regular evaluation by a health care provider as the deterioration of wayfinding skills increases the possibility of a future lost event. For those with repeated missing incidents, locating technology such as Project Lifesaver should be considered. Other technologies are being developed by the authors that help caregivers monitor the care recipient during the night or when the caregiver is distracted during the day. A product called AlzAlert™ will be on the market soon.

Caregivers must realize that all persons with dementia are at risk for having a missing or lost event regardless of whether they have become lost in the past. If a lost event occurs, the caregiver should alert law enforcement quickly and elicit help in finding the patient with dementia. Many communities have programs in place that are helpful in discovering and returning the patient home safely. The best way to prevent a tragic outcome is to reduce the risk the patient will become lost and prepare for a lost event in case it occurs.

Specialized Adult Day Service Center, Palm Beach Gardens

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**Q & A with David Chiriboga, PhD**

**Dr. David Chiriboga has studied mental health issues for more than 40 years, often as they relate to racial or ethnic minorities. His current work includes a statewide study of mental and physical health disparities in Florida, including disparities in services used by Medicaid beneficiaries with Alzheimer’s disease. He received the Hispanic Pathways Award from the USF Latin Community Advisory Committee in 2009 for helping to improve the lives of Latinos.**

**Q:** Do Alzheimer’s disease and other forms of dementia vary by ethnic group?

**A:** According to a 2010 report from the Alzheimer’s Association, Alzheimer’s disease is 50-100% more prevalent among African-Americans and Hispanics than among whites. In fact, minorities in general are less likely than whites to receive a specialized diagnostic evaluation for dementia and are generally diagnosed at more advanced stages of Alzheimer’s disease, and their caregivers are less likely to use supportive services. We need more research in this area, however, because the reasons these differences in prevalence exist are unknown. Due to difficulties in recruiting and retaining participants in clinical research studies, we lack a comprehensive understanding of variations in the prevalence of Alzheimer’s disease across racial and ethnic groups.

**Q:** In what ways are some groups less likely to access medical services?

**A:** Economic and language barriers, and differing cultural perspectives on what constitutes appropriate care often keep members of disadvantaged racial or minority groups from receiving care. For example, a frequent lack of adequate health insurance translates into racial or ethnic group members being less likely than non-Hispanic whites to have what is called a “medical home,” meaning a specific health care provider they can turn to for help. There is growing evidence that having a medical home is associated with better health.

*Latinos seem less likely to place their loved ones in nursing homes, and the same appears to hold true for African-Americans.* So, are they underserved with respect to long-term care, or simply employing another, more culturally defined model? Perhaps more important is whether we can tailor services to a specific group when an individual from that group may really need help. Families, for example, may be extremely burdened by the need to care for a family member and yet not seek formal support because the family is expected to care of its own. This may explain why there are a number of studies indicating that Hispanic caregivers have higher levels of caregiver burden than other groups.

**Q:** Why are some groups less likely to seek medical help before or after they are diagnosed with memory loss?

**A:** One major concern for those of us in the helping professions is the low levels of health literacy we often encounter in disadvantaged groups. These low levels, coupled with high levels of stigma attached to mental health problems, may create barriers to care. I have already mentioned that the lack of health insurance is another critical problem, with Latinos as a group being the least likely to have health insurance.

**Q:** Why are these disparities in access to medical care important?

**A:** Making culturally and linguistically appropriate care available to groups that historically encounter various barriers to health care has ethical as well as fiscal implications. The ethical concerns arise from the importance of making such health care available to all. Doing so can be assumed to improve the social, psychological and physical quality of life, not only for the individuals concerned, but also for their family members. While increasing access may also result in short-term increases in cost, in the long run better access to health care has historically led to better health, which in turn can reduce the need for health care. In short, when society does not provide adequate care to everyone, we all suffer.

**Q:** What is being done or needs to be done to reach out to these historically underserved groups?

**A:** Health care reform may provide some help by ensuring that the proportions of racial or ethnic group members with health insurance increases. But that is just part of the solution. We need more “culturally competent” and coordinated programs of outreach, where a particular focus is on education. Health literacy is also a big problem. And of course, we need to develop effective interventions that are designed to be accepted by those in the various racial or ethnic groups. With respect to acceptance and effectiveness, one related issue that is gradually being recognized is the need to ensure that members of disadvantaged racial or ethnic groups participate fully in research intended to lead to evidence-based practice. The effectiveness of established interventions for older members of racial or ethnic groups is largely unknown.

**Q:** Much of what you have said relates to efforts to increase the overall culture competence of our health care system. Are there any other strategies that aid in this effort?

**A:** Several states have created legislation mandating training in cultural competence for all licensed health care providers. In Florida, the previous director of the Office of Minority Health had expressed a strong interest in creating similar legislation, but with his departure I am not sure whether this will happen. One strategy to which universities such as the University of South Florida are paying increased attention is to expand the “pipeline” of racial or ethnic minority students in health professions.

Reprinted with permission, USF Health Byrd Alzheimer’s Institute.
Alzheimer's Community Care has provided Specialized Adult Day Services in Pahokee since 1997. The program has survived hurricanes and floods, but the original building we were in did not. In order to provide a safe, comfortable and therapeutic environment for our patients, Alzheimer’s Community Care built our own building in Pahokee, with the generous support and encouragement of the community. The grand opening in 2005 celebrated all of our local supporters and officially welcomed our patients to their new home away from home. Our Pahokee building was designed to be a full-service center, meaning that Specialized Adult Day Services and Family Nurse Consultant services are available in the same location. Due to ever-tightening budgets, however, Alzheimer’s Community Care has not been able to place a full time Family Nurse Consultant in the Glades. Until now.

Allegany Franciscan Ministries, a non-profit Catholic organization focused on improving the overall health status of individuals through increasing access to health services and information, has generously agreed to support a full-time Family Nurse Consultant to serve Pahokee, Belle Glade, South Bay and the surrounding agricultural areas for two years. This grant will provide a specially trained registered nurse to work with families who have a loved one with dementia. This nurse is experienced in addressing the multifaceted challenges facing Glades families living with Alzheimer’s disease: the physical, emotional, financial, social, legal and cultural aspects that touch their daily lives. In the Glades, 33% of residents live below the poverty level and 40% are unemployed. Poverty leads to difficulty accessing quality health care. This presents particular difficulties because minorities, specifically African Americans and Hispanics, are at higher risk for Alzheimer’s disease and related disorders than whites, and have a greater incidence of risk factors, including diabetes, high blood pressure and high cholesterol.

Alzheimer’s disease is lonely, for both patients and caregivers. This program is designed so that our rural families do not have to make the journey alone. Alzheimer’s Community Care is deeply grateful for this opportunity to partner with Allegany Franciscan Ministries in bringing these specialized services to our families in the Glades.
The Brilliance of Caring

1. Jamie and David Rosenberg, Herme deWyman Miro, and Lois Pope
2. Herme deWyman Miro, Malcolm & Lorrain Hall
3. John B. McCracken
4. Chase Scott, Patty Myura, Melissa Parker, and Brian Pates
5. Sally and Dick Robinson, and Lois Pope
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12. Scott and Patty Silverman, Candace and Jared Shaw
13. Brent & Susan Toll, Liz & Keith Braude
14. Ari Rifkin and Lois Pope
15. Daniella Ortiz and Lorrain Hall
Alzheimer's Community Care's Gala Shines

The 2011 Palm Beach social season had a brilliant start as the Reflections Gala, benefiting Alzheimer's Community Care, dazzled guests with a mix of elegance and energy. Held at The Breakers on Friday, January 7, Reflections surpassed all previous records in attendance and funds raised for Alzheimer's Community Care. With a chic white on white theme, guests enjoyed a sumptuous evening from beginning to end. The cocktail reception was transformed into a sparkling oasis with the Diamond Dig taking center stage in the Mediterranean Ballroom. Guests “dug” for one D-flawless diamond sprinkled in the sand among CZs all contained within a large glass orb; the lucky “digger” won a rare diamond with a setting of their choice worth $20,000 from Rosenberg Diamonds & Co. The Super Silent Auction featured, among other exclusive items, a stay at a luxurious beachfront residence in Harbour Island, a Mont Blanc Platinum pen set and Executive Skybox tickets to the 2011 Allianz Golf Championship.

The sounds of Soul Survivor greeted guests as they entered the Venetian Ballroom for dinner and, despite the cool, contemporary décor, the dance floor heated up quickly. Sheer white billowing draping, a trio of centerpieces featuring an all-white assortment of roses, hydrangeas, calla lilies, orchids and tulips, sparkling faceted crystal and glowing lights, created a magical aura that transported guests. During the evening’s program, Gala Chairs, David and Jamie Rosenberg welcomed guests and recognized the many supporters and patrons associated with Reflections. The highlight of the evening’s program was the presentation of the prestigious Leo and Anne Albert Memorial Award by Alzheimer’s Community Care Board Chair, Mr. Clark Bennett, to longtime supporters and noted philanthropists, Mrs. Sydelle Meyer and the Meyer family.

The Live Auction featured several one-of-a-kind experiences that inspired guests to raise their paddles. Lucky high bidders won the opportunity for an all-inclusive trip to the Emmy Awards in LA, a Boston Red Sox VIP Experience, a Costa Rica Five-Star Getaway and a Tony Awards Weekend in the Big Apple. As guests indulged in a delectable, decadent dessert of chocolate gateaux with fresh berries, vanilla ice cream and raspberry coulis, the winner of the Diamond Dig was announced. The evening continued with guests dancing the night away in celebration of Reflections, the Brilliance of Caring.

Reflections Honorary Chair is Mrs. Hermé deWyman Miro; Gala Chairs are Mr. David Rosenberg and Mrs. Jamie Rosenberg and Chairwoman Emeritus is Mrs. Lois Pope. Reflections sponsors include: The Rhoda and David Chase Family Foundation, Rosenberg Diamonds & Co., Mr. Gerald Berson, Mrs. Lois Pope, The DeVos Family Foundation, Positive ID, Ms. Judy Markhoff, Mrs. Hermé deWyman Miro, Mr. and Mrs. Clark Bennett, Mrs. Patricia Myura, Eleanor Patterson Reeves Foundation, Pfizer, Brain Health Institute, TD Bank, Lamborghini Palm Beach, and Palm Beacher Magazine.
A Day in the Life of a Program Manager

Kathryn Hosaflook, Program Manager for Palm Beach Gardens
Specialized Adult Day Service Center

Every day that I open the door to our Specialized Adult Day Service Center, I am presented with opportunities to help our patients and caregivers. Sometimes our patients arrive showing a stress behavior, and I have the opportunity to calm and reassure them so that he or she will become more comfortable entering our center. Sometimes our patients or caregivers have questions that need to be answered before they start the day. Those questions range from the routine to the important. And sometimes, I’m just a good listener for a caregiver in need.

Our Day Center at Nativity Lutheran Church opened in 2000. Since that time, our relationship with the Church has grown into a mutually positive experience, and I’ve had the pleasure of being here from the beginning. On a daily basis, I oversee the structure of the program operations and ensure that the center is in compliance with the licensing standards as required by state and local guidelines. I also supervise staff and work very hard to provide a safe and pleasant environment for our patients. Because my nursing career specialized in geriatric patients and, having hands-on experience caring for my father who had dementia, I understand the importance that our organization brings in offering a support system for families who are caring for their loved ones. A plan for that care is essential.

Our center provides a structured, dementia-specific, therapeutic activities plan that provides stimulation and direct care services to the patients while also providing respite to the caregivers. I meet with our Family Nurse Consultant and Case Manager to discuss individual plans for both patient and caregiver needs. We network with other direct care departments to help create a plan of services and resources that can be offered at our center. Through this process, we hope to offer support to, not only the patient, but to the caregiver as well.

During my day, I also connect with families who have been referred to me and want information on our services. Sending information is very important but I also encourage families to visit our center in person so that we can discuss their particular needs and explain how our services and resources can help. Families can observe first-hand our therapeutic activity program and its casual setting. Caregivers are encouraged to see their family members happy and enjoying their time with peers.

I coordinate the intake process which includes referrals for services and/or requests for funding. I also coordinate transportation for patients, communicate with physicians and assist in the process for Safe Return electronic monitoring bracelets. I am heavily involved in the community, networking with other adult day programs and maintaining positive relationships with health and human services agencies.

Although my day includes different scenarios, my priorities are always the same: provide a safe, supportive network for our patients and caregivers. I am proud to be a part of the team at Alzheimer’s Community Care.
Family Nurse Consultants

BOYNTON BEACH & WESTERN PALM BEACH COUNTY
Christina Wilson, LPN
15200 Jog Road, Suite 206
Delray Beach, FL 33446
(561) 381-0231

BOCA RATON & DELRAY BEACH
Janet Zweiback, RN
15200 Jog Road, Suite 206
Delray Beach, FL 33446
(561) 381-0231

RIVIERA BEACH
Sharon Garrison, RN
800 Northpoint Parkway
Suite 101-A
West Palm Beach, FL 33407
(561) 683-2700 ext. 119

CENTRAL PALM BEACH COUNTY
Johansy Cano, RN
2164 Jog Road
Greenacres, FL 33415
(561) 432-0668

WEST PALM BEACH & NORTHERN PALM BEACH COUNTY
Jo Ellen Smith, RN
800 Northpoint Parkway
Suite 101-A
West Palm Beach, FL 33407
(561) 683-2700 ext 142

THE GLADES
Tammy Griffith, RN
470 East First Street
Pahokee, FL 33476
(561) 924-7283

MARTIN COUNTY
Dana Forman, RN
1111 S. Federal Highway
Suite 116
Stuart, FL 34994
(772) 223-6351

ST. LUCIE COUNTY
Sarah Dale, RN, BSN
St. Peter Lutheran Church
2900 South Jenkins Road
Fort Pierce, FL 34981
(772) 460-9166

Alzheimer’s Community Care
Support Groups

SOUTH PALM BEACH COUNTY
Janet Zweiback, RN
Senior Family Nurse Consultant
Call (561) 381-0231 for information

Boca Raton
Every Wednesday, 10:00 -11:30 a.m.
Advent Square
4798 North Dixie Hwy
Boca Raton, FL 33431
Respite provided, call ahead
(561) 391-6955

New (Men’s Only Group)
1st & 3rd Thursday 10:00 -11:30 p.m.
Advent Square
4798 North Dixie Hwy
Boca Raton, FL 33431

Delray Beach
Christina Wilson, LPN
Family Nurse Consultant
Call (561) 381-0231 for information
1st, 3rd & 5th Wednesdays, 2:00-4:00 p.m.
Seacrest Presbyterian Church
2703 Seacrest Blvd. North
Delray Beach, FL 33444
Respite provided, call ahead.

WEST PALM BEACH & NORTHERN PALM BEACH COUNTY
Jo Ellen Smith, RN
Family Nurse Consultant
Call (561) 683-2700 for information

Jupiter
Every Wednesday, 2:15-4:00 p.m.
First United Methodist Church
815 E Indiantown Rd.
Jupiter, FL 33477

West Palm Beach
Every Tuesday, 1:30-3:30 p.m.
800 Northpoint Pkwy. Suite 101-B
West Palm Beach, FL 33407
Respite provided, call ahead
(561) 683-2700

Riviera Beach
Sharon Garrison, RN
Family Nurse Consultant
Call (561) 683-2700 for information
2nd & 4th Sundays, 4:00-6:00 p.m.
800 Northpoint Parkway
Suite 101-A
West Palm Beach, FL 33407

CENTRAL PALM BEACH COUNTY
Johansy Cano, RN
Family Nurse Consultant
Call (561) 432-0668 for information

Lantana/Lake Worth
Every Wednesday 1:30-3:00 p.m.
Our Savior Lutheran Church
1615 Lake Avenue
Lake Worth, FL 33160

ST. LUCIE COUNTY
Sarah Dale, RN
Family Nurse Consultant
Call (772) 460-9166 for information

Port St. Lucie
Every 2nd & 4th Friday,
1:00-2:30 p.m.
First Congregational Church,
Weyland Hall
2401 S.E. Sidonia St.
Port St. Lucie, FL 34952
Respite provided, call ahead.

Ft. Pierce
1st & 3rd Mondays,
10:30-12:00 noon
St. Peter Lutheran Church
2900 South Jenkins Road
Ft. Pierce, FL 34981

MARTIN COUNTY
Dana Forman, RN
Family Nurse Consultant
Call (772) 223-6351 for information

Stuart
Every Thursday, 1:00-3:00 p.m.
Stuart Congregational Church
3110 Aster Lane
Stuart, FL 34994
Respite provided, call ahead.

North Stuart
Every Wednesday, 2:00-4:00 p.m.
Prince of Peace Lutheran Church
2200 North Federal Hwy.
Stuart, FL 34994
Respite provided, call ahead.

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Alzheimer’s Community Care held its annual Treasure Coast Caregivers Conference on Friday, February 18 at Treasure Coast Hospice. Both organizations worked in tandem to provide an informative and uplifting day for family caregivers residing on the Treasure Coast. This very special one-day program was provided free of charge to a capacity crowd of over 120 caregivers with breakfast and lunch provided and lots of valuable information on tap!

Caregivers learned about “Treasuring Life” from Dr. Louis Benson, CEO of Treasure Coast Hospice and the latest Alzheimer’s clinical research from Dr. David Watson from Brain Matters Research. Michael Fowler, from The Estate, Trust and Elder Law Firm provided information regarding The Caregiver’s Financial Toolbox and Thomas Dalton spoke – and sang – about music therapy for both patients and caregivers. Keynote speaker was Dr. Jamie Huysman, a leading authority, speaker and media expert on caregiver burnout, compassion fatigue and addictions who reminded caregivers to “Take Your Oxygen First.”

Welcome Marie MacDonell, Education Program Manager

Marie MacDonell, RN, LHRM

Marie MacDonell, RN, LHRM is the Education Program Manager at Alzheimer’s Community Care. Marie feels strongly that Alzheimer’s Community Care’s Model of Care provides an exciting connection with her passion and nurse “heart” for healthcare education for both the caregiver and the professional healthcare provider. Her career goal of providing a safety net around patients and caregivers every day echos Alzheimer’s Community Care’s strategic principle.

She is a Florida native and has been married to a nurse for more than 20 years. She has extensive experience in education, management, clinical and administrative areas of acute, long-term and industrial nursing. She has been a registered nurse since 1980 and a licensed healthcare risk manager since 1997. Her major endeavors have evolved around health promotion for women, education, and advocacy for the elderly. Specialty certifications in emergency, geriatric and perioperative areas of nursing practice have also been earned. She enjoyed providing student didactic and clinical instruction and served on the Advisory Board of the MedVance Institute Nursing Program, Palm Springs, FL. She is proud to be a nursing continuing education provider for the State of Florida; is certified by the Department of Elder Affairs to conduct ‘Alzheimer’s Disease and Related Disorders’ training; by the Palm Healthcare Foundation, Inc. to provide training in ‘Honoring Life: Serving Holocaust Survivors’; and by the American Cancer Society to provide training and instruction on breast and cardiac wellness and health. She is passionate and results-oriented about health issues education, especially for patients and caregivers of Alzheimer’s disease. She has been active with committees of the Chamber of Commerce and Kiwanis organizations in Lake Worth, Florida. Alzheimer’s Community Care is pleased to have Marie on board and know that her skills and experience will be a great asset to our organization!

Volunteering and Learning

Jenelle Christensen PhD Intern

My name is Janelle Christensen. You may be seeing my face around the Alzheimer’s Community Care offices, in the Adult Day centers, or you may receive a phone call from me. I am a Doctoral student at the University of South Florida, and I am working with Alzheimer’s Community Care to conduct my dissertation research. Partnering with Alzheimer’s Community Care will help me learn more about what caregivers and families need to consider when planning for hurricanes.

I am originally from Nevada City, California, in the foothills of the Sierra Nevada Mountains, very different from West Palm Beach. Both of my parents are nurses, and I have learned a lot about caregiving through them. I even worked with my dad in the Emergency Room as an Emergency Medical Technician for a few years after I got out of high school. I have spent several months in Germany, Peru, and Costa Rica, learning about their medical systems and comparing them to the American approach to healthcare. I moved to Florida to study Medical Anthropology at the University of South Florida in 2006.

I will be volunteering at adult day centers over the next year. I look forward to meeting you and speaking with you about your experiences as a caregiver.

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In the words of Robert “Sargent” Shriver, creator of the Peace Corps and father of Maria Shriver, who died of complications from Alzheimer’s disease in January at age 95:

“It is well to be prepared for life as it is, but it is better to be prepared to make life better than it is.”

Alzheimer’s Community Care is currently recruiting for volunteers to serve in the following capacities: general office/clerical assistants, day care assistants for all Specialized Adult Day Center programs, Support Group facilitators and co-facilitators, special events and health fair representation. If you are interested in volunteering for Alzheimer’s Community Care, please contact me at kriedell@alzcare.org.

Senior Companion Program

I am honored this month to highlight Alzheimer’s Community Care’s Senior Companion Program.

The Senior Companion Program falls under the Senior Corps Program which connects people over the age of 55 with the organizations that need them most. Conceived during John F. Kennedy’s presidency, Senior Corps currently links more than 500,000 Americans to service opportunities.

The Senior Companion Program is a stipend volunteer program for those individuals 55 years of age and older who meet income qualifications to receive a stipend. The Senior Companions at Alzheimer’s Community Care help assist patients in our Specialized Day Centers with activities, such as arts and crafts, singing, games, light exercise and meals. They also provide companionship and support to our patients in four of Alzheimer’s Community Care’s Specialized Adult Day Service Centers. Our organization is extremely fortunate to have 6 loyal Senior Companions who have served a combined 36 years of service and over 40,000 service hours.

Special Needs Shelter Volunteer Application

Hurricane season officially runs from June 1 through November 30th. We especially need your help during this time!

Name ____________________________________________________________

Address __________________________________________________________

Phone (Home) _________________________ Phone (Business) _________________________ E-mail _________________________

Do you have any healthcare-related skills? □ No □ Yes If yes, please list __________________________________________________________

Optional: I am currently certified in □ First Aid □ Adult CPR □ AED Other _________________________

Thank you. Upon receipt of this completed application, you will be contacted to arrange an interview.
Shining Stars

Alzheimer’s Community Care is proud to dedicate this section to recognizing, honoring, encouraging and supporting those individuals who have received special distinction over the past quarter of 2010.

The Employee of the 4th Quarter, Kathy Walker, has been identified by her peers based on superior job performance, dedication, teamwork and cooperation. Kathy has been employed with us since October 31, 2005 and is the Program Manager in our North Stuart Specialized Adult Day Service Center. Kathy’s achievements include collaborating with the Culinary Program at Martin County High School for the Annual Thanksgiving Day Event and serving on the Staff Retreat Committee. In February, Kathy accompanied caregivers to Tallahassee for Alzheimer’s Community Care’s Advocacy Trip. Kathy was nominated by her peers for being a very kind, compassionate, caring Program Manager who is a true example of what Alzheimer’s Community Care is to our community. Kathy is always available for patients, caregivers and staff with a smile. Kathy is dedicated to her job and the compassion she shows is exemplary. Congratulations Kathy for being named Employee of the 4th Quarter!

Kathy Walker, Program Manager North Stuart and Mary M. Barnes, CEO/President

Every Sunday my mother would take me to the kitchen and I would watch her lovingly prepare our treasured Sunday dinner and her famous apple pie. It always amazed me how she made Grandma’s secret family recipes passed down through the generation just right. I knew I didn’t have to worry about anything on that special Sunday afternoon. I was with my Mom and she made me feel so safe and so loved. Mom can no longer make treasured Sunday dinners or her famous apple pie. She doesn’t remember our special time. But I do. My mother has memory loss. It’s my turn to make her feel safe and loved.

That is why I chose Amoré Dementia Care in Stuart. I am here for you mom. I love you.

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Facility: 772-219-8989
Assisted living facility license #AL9636

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2006 Reader’s Choice Award by 65,000 in Martin County

Special Needs Shelters

With Hurricane Season just around the corner, the Human Resources Department is once again recruiting volunteers to work in the Special Needs Shelter which is located at Palm Beach Central High School in Wellington.

Alzheimer’s Community Care is in partnership with the Palm Beach County Department of Community Services, Health Department and others who will be providing aid to evacuees and their caregivers with Alzheimer’s and Dementia-specific needs during disaster relief efforts. If you would like to volunteer or if you know any individual 18 years of age and older who may be interested in joining Alzheimer’s Community Care’s team of volunteers, please have them contact Kris Riedell at 561-683-2700, ext. 144 or kriedell@alzcare.org.
Expanding Caregiver Education: Defining Dementia

Carrie Kufta, Vice President of Development

Frequently, we hear the question, “Is it Alzheimer’s disease or is it dementia?”

These terms are often used interchangeably, but it is important to understand that these are very different conditions with sometimes different care requirements.

“Dementia” is not a specific disease. Instead, it is a term that is used to define a group of symptoms related to the progressive loss of memory and other functions that interfere with a person’s activities of daily life. These can include challenges with walking, balance, speech, cognitive awareness, mood swings and several other symptoms. Dementia can be caused by nearly 40 different diseases and conditions, from malnutrition and metabolic disorders to head injuries, genetic diseases and depression. Because of some of these causes, it’s important to understand that some dementia can be reversible, and some cannot.

Alzheimer’s disease is one form of dementia. There have been as many as 50 other syndromes and conditions that cause dementia, however, Alzheimer’s disease tends to be the most commonly diagnosed. Getting an accurate diagnosis from your loved one’s neurologist can be complicated because several causes of dementia may be present at the same time. And as mentioned above, some causes of dementia are reversible. It’s vital that your loved one is accurately diagnosed so that he or she can receive the appropriate care needed.

At Alzheimer’s Community Care, we believe that an educated caregiver is a prepared caregiver. This is why we are happy to announce our newest addition to our educational resource library, “A Personal Guide to Organic Brain Disorders.” In this publication, we provide an overview with definitions, symptoms and treatment for some of the more common types of dementia. We discuss Alzheimer’s disease, vascular dementia, Diffuse Lewy Body dementia, Fronto-Temporal dementia, and other diseases that sometimes cause dementia such as Parkinson’s, Huntington’s and AIDS.

“A Personal Guide to Organic Brain Disorders” is available free of charge to family caregivers at any of our day center locations, from any of our Family Nurse Consultants, and by download on our website, alzcare.org. If you would like to receive a copy by mail, please contact us at (561) 683-2700 or email us at info@alzcare.org. We hope that this publication will become a valuable resource for you and your family.

Contact Your Local Southeast Florida Office
800-330-4125
www.championhome.com
Alzcare.org: Education @ Your Fingertips

Here is a riddle for you: What does the phone book, most daily newspapers and library books have in common?

The answer: Their readerships are declining. With the age of technology has come the ability for people to access information at any time of the day, from anywhere in the world.

A recent poll in 2010 reported that 266,224,500 people in North America regularly use the internet. That’s a 146.3% increase since the year 2000. Worldwide, nearly 80% of all adults spend an average of three hours a day online, communicating, shopping, and reading. With the ease of accessing the internet and information on any subject you desire, it is no wonder that usage is on the rise. Whether you “log on” from your home computer, work computer, laptop, mobile phone, any number of the latest personal digital assistants, netbooks, or tablets, the internet is in the air, and it’s everywhere.

One of the most popular uses of the web is reference and education. The internet in general has become an important enabler of both formal and informal education. Think of the web as a giant library that never closes, has no membership requirements, charges no late fees and always has the latest information. At your fingertips is reference material on subjects from the very basic to the very technical. You can even take classes online free of charge from many major universities. And if the information you are searching for is care and support for Alzheimer’s patients and caregivers, you have come to the right place.

Alzheimer’s Community Care has embraced the growth of the web. We have translated this into a website filled with information for caregivers, advocates and supporters. Because a caregiver’s life can be so hectic, we have made education and support easy to access. Wherever and whenever it suits your schedule, you can log on to Alzheimer’s Community Care’s website. At your fingertips you have information about the services we provide, along with information about the signs and symptoms of Alzheimer’s disease, treatment options, behavior management, as well as in-depth information about other forms of dementia.

We also provide the “who, what, where and when” for all of our caregiver support groups, details on our adult day centers, direct contact information for our Family Nurse Consultants, frequently asked questions, advocacy reference, disaster preparedness and planning tips, and the ways you can support Alzheimer’s Community Care. You may even sign up to receive email updates and newsletters, or just catch up on past issues of our magazine.

An educated caregiver is a prepared caregiver. Please visit our website and take advantage of the resources available to you at no cost. At alzcare.org, we are open 24 hours a day, seven days a week to help you.

How to find us online:

Log on to: www.alzcare.org or search for “Alzheimer’s Community Care” in your search engine

Find us on Facebook, search for “Alzheimer’s Community Care”

Follow us on Twitter, search for “Alzheimer’s Community Care”

For more information, please email us at info@alzcare.org

One of the most popular uses of the web is reference and education.

UPCOMING EVENTS

March 18

Friday 11:00 am – 1:30 pm

Life’s a Beach Luncheon

Harbour Ridge Yacht & Country Club, Palm City

$65 per person

Tickets available

April 5

Tuesday 9:30 am – 11:00 am

Alzheimer’s Community Care Annual Volunteer Breakfast

A breakfast of appreciation for current Alzheimer’s Community Care volunteers

May 5 - 6

Thur – Fri 9:00 am – 4:30 pm

Alzheimer’s Educational Conference: Life After the Diagnosis

Palm Beach County Convention Center, West Palm Beach

Featuring Keynote Speaker, Gail Sheehy, Author of “Passages in Caregiving”

Sponsorship & Exhibitor Opportunities Available
ALZHEIMER’S COMMUNITY CARE relies on the support from individuals, corporations and foundations to fund our services and resources. One of the ways you can help us is through our Remembrances and Celebrations program. This is a wonderful way to honor a loved one or friend who has been touched by the disease. When you make a donation in someone’s honor, we will send, upon your request, an acknowledgement card to a family member informing them of your gift. The acknowledgement cards are beautifully designed watercolors that were handmade by some of our patients in the Specialized Adult Day Service Centers. Each card shares a personal story on the back, along with the patient’s first name. To make a contribution, please contact the development department at (561) 683-2700 or visit us at alzcare.org.
Your gift does make a difference!

Gaston Jones Society

The Gaston Jones Society is made up of special friends who believe in our mission of providing specialized care to those whose lives have been affected by Alzheimer’s disease. This distinguished society is named in honor of one of our beloved founders, Gaston Jones.

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Gail B. Scope ................................................................ Gwenne Swartz
Bettylou Shaw ............................................................... Betty F. Rogers
Douglas Simmons .......................................................... Grace Whiffen
Mark Tabor ........................................................................ In Memory of Beloved Mother and Grandmother, Sylvia Kurtz
Mark Tabor ................................................................ Sylvia Kurtz
Carol Block ........................................................................ Mr. O’Dell Padgett
Taylor & Modeen Funeral Home ....................................... Henrietta King
Kelli Tevet ........................................................................ Gail Tyndall
Stephen Wagner ................................................................ Angela Pagan
Nancy Washor ............................................................... Nancy Washor’s father
Leon Wechsler .............................................................. Judith Marks
Doris Wolfe ........................................................................ Mrs. Ruth Smith’s husband
Susan Zuckerman ......................................................... David Wightman
Susan Zuckerman ......................................................... Irving Friedman

DONOR .................. IN CELEBRATION OF
Herbert Atas .................................................................. Harriet Atas
Joan Balfour ................................................................. Marilyn Diamond
Kiki & Jerry Berkowitz ................................................... Al Rubinger’s 90th birthday
Herb Brotz ................................................................. Mr. & Mrs. Eugene Rubin’s 60th Wedding Anniversary
Angelina Chialastri ....................................................... Philip Chialastri
Michael Colbert ............................................................. Michael Colbert
Annette Eskind .............................................................. 85th Birthday Sydelle Meyer
Charlotte Fein ................................................................... The recent marriages of your grandsons, Justin and Corey
Mitchell Fromstein .................................................... Sydelle Meyer
Anthony Gargiulo ......................................................... Rod & Michele Poole
James Goodman ........................................................ Sydelle Meyer
Gary Jacobs .................................................................. Kermit and Amy Jacobs
Robert Kallish ................................................................ Finley Hanna Spett
Mitchell Fromstein .................................................... Sydelle Meyer
Stanley M. Katz ........................................................ Sydelle Meyer
Bill Meyer ................................................................. Audrey & James Goodman
Bill Meyer ................................................................. Jill & Bruce Goodman
Howard Nitoff ................................................................ Florence Nitoff’s birthday
Irving Rich ...................................................................... Delray Beach Daycare Staff
Richard Rosenbloom .................................................. Sydelle Meyer
Marvin H. Schur ........................................................ Sydelle Meyer
Max Schwartz ................................................................ Mr. Irving Stevens’s 85th birthday
Jan Silverman .............................................................. Lynn & Sheldon Goldstein’s anniversary
Leon Wechsler ........................................................... Ken and Rosalie Abrahams’s 60th wedding anniversary
Borrah Weiner ............................................................ Marilyn Stolz

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ACColades

ALZHEIMER’S COMMUNITY CARE is so grateful for our hard-working staff and local community for their incredible support of our patients and caregivers. Our events and educational outreach provide us with unique opportunities to create wonderful and lasting relationships. To see more photos of these and other events, please visit our website at alzcare.org.

1. Bill Kuhn from Southeastern Printing presenting a check from their Holiday Donation Program to Carrie Kufta, VP of Development

2. Patsy Oram (3rd from left) with Pilot Club of Fort Pierce members Jan Smith, Irene Wood and Tina Sigmon at Treasure Coast National Philanthropy Day

3. Sue Riddell, Larry Butcher and Linda Daly at Flagler Grill Wine & Dine fundraiser in Stuart

4. Sue Shipper, Gladys Rodriguez, Paulette Craft and Ellen Peitz enjoying the festivities at Alzheimer’s Community Care’s Holiday Open House

5. Randy Johnson, (far left), with the Kroll family, Bud Kroll, Wendie Kroll, Florence Epstein, Shelley Sachs & Tom Sachs, along with Jim Gregory and Patsy Oram (2nd from right and far right) at the Betty Kroll Specialized Adult Day Service Center in Delray Beach

6. Mary M. Barnes, Dr. David Watson, Ginny Fowler and Larry Butcher at the Treasure Coast Caregivers Conference

7. Monique Nix, Nancy Klein, Sador Tewodros, Kris Riedell, Joan Reedy and Patsy Oram at Macy’s Gift Wrap for Charity at the Treasure Coast Mall

8. James Blaszyk, Wachovia Bank Manager (3rd from left) presenting a check on behalf of Wachovia Bank to Ron Radcliffe, Joan Reedy and Mary M. Barnes

9. Randy Johnson, ACC Assistant Treasurer and Dave Donten at Palm Beach County National Philanthropy Day Luncheon
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