



Care A Gram

April 2010

A SPECIAL MONTHLY NEWSLETTER FOR CAREGIVERS

VOL. 14 Issue 4

Advocacy and You Stacey Weiner-Varnado Education Program Manager

The most powerful people and companies in the world have advocates that often speak for them and promote their interests in the public eye. You may feel powerless when going up against a large insurance company or the government. The power you need to be heard lies within you. Advocacy gives you power.

Advocacy requires tact, patience and skills such as effective communication. It also requires commitment. To become a successful advocate you must be well informed and prepared. You need no formal training to take an active role in influencing those who have power on behalf of those who do not.

Becoming an advocate for yourself and your loved ones can help improve the care you receive during medical appointments. As a caregiver, you have the right to evaluate your options and make informed decisions in order to receive the best possible care for your loved one and yourself. You must ask questions to make informed decisions. You should be prepared for your medical appointments; prepare by creating a list of questions and bringing prescriptions along.

Alzheimer's Community Care is an organization that believes advocacy is part of our responsibility as the leading dementia specific provider in south Florida. The staff and Board of Directors at ACC take our role as advocates quite seriously and are leading the fight for you, our caregivers.

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At Alzheimer's Community Care Character Counts!

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

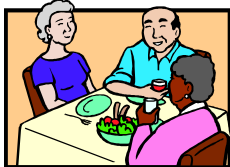


Advocacy and You (cont'd)

Our CEO, Mary M. Barnes has made frequent trips to the Florida Legislature this year to fight to keep vital funding and programs that impact your services. One of the programs that benefit our patients and caregivers tremendously is Alzheimer's Special Project Funding. The Florida Legislature is proposing to eliminate this vital funding that provides direct services to patients and caregivers. Please contact your state legislators today to tell them to keep Alzheimer's Special Project Funding in the budget so we can continue to provide you and your family with the services you need. Specifically, please phone, e-mail or write to:
Senate President, Jeff Atwater, 312 Senate Office Building, 404 South Monroe Street, Tallahassee, FL 32399-1100, (850)487-5100, atwater.jeff.web@flsenate.gov.

Every one of us has the power and right to be heard. Become an advocate for yourself, your friends, family and neighbors. Make sure that your voice is heard in your local doctor's office, Tallahassee and beyond.

For more information on Alzheimer's Special Project Funding and other issues, please visit the Alzheimer's Community Care website at www.alzcare.org



Come and Celebrate Caregiver Appreciation Day!



The Specialized Adult Day Service Centers have been busy preparing for our Annual Caregiver Appreciation Celebration!

The dates and times of the celebrations are:

Forrest Lattner (Boca Raton): Friday, May 14th - 1:00 pm

Delray Beach: Tuesday, May 11th - 1:00 pm

Fort Pierce: Wednesday, May 5th - 1:00 pm

Greenacres: Monday, May 3rd - 1:00 pm

Lake Worth: Friday, May 21st - 1:00 pm

North Stuart: Wednesday, May 12th - 12:00 noon

Pahokee: Friday, May 28th - 1:00 pm

Palm Beach Gardens: Wednesday, May 12th - 9:00 a.m.

Riviera Beach: Wednesday, May 26th - 1:00 pm

Carolyn Jones (Stuart): Friday, May 7th - 1:00 pm

Baxter Complex (West Palm Beach): Wednesday, May 19th - 1:00 p.m.

Kindly RSVP to the Program Manager at your Specialized Adult Day Service Center.



SAVE THE DATE!

Alzheimer's Community Care
and
The Alzheimer's Alliance

present the

2010 Alzheimer's Educational Conference
Exercise your Mind

June 3rd & 4th, 2010

Palm Beach County Convention Center

Two Full Days
Family Caregiver \$30
Healthcare Professional \$125

Price includes free parking, breakfasts, breaks, lunches,
70+ exhibit booths, all breakouts & 4 plenary sessions

For more information or to register please call
Sador Tewodros at 561-683-2700 Ext. 122
or visit our web-site www.alzcare.org



Family Nurse Consultants



**Southern Palm
Beach County**
Janet Zweiback, RN
(561) 381-0231

**Greenacres, Central
& Western Palm
Beach County**
Janet Zweiback, RN
(561) 381-0231

**West Palm Beach
and Northern Palm
Beach County**
Jo Ellen Smith, RN
(561) 683-2700

St. Lucie County
Sarah Dale, RN
(772) 336-2573

Boynton Beach
Christina Wilson, LPN
(561) 381-0231

Riviera Beach
Sharon Garrison, RN
(561) 842-0472

Martin County
Dana Forman, RN
(772) 223-6351

24 Hour Crisis Line - 1-800-394-1771

Alzheimer's Community Care - Support Group Schedule

Boca Raton
Every Wednesday
10:00 - 11:30 a.m.
Advent Square
4798 N. Dixie Hwy
Boca Raton, FL 33431
Call Janet Zweiback, RN
(561) 381-0231

Boynton Beach
1st & 3rd Wednesdays
2:30 - 4:00 p.m.
Lakeside Christian Church
3560 Old Boynton Road
Boynton Beach, FL 33436
Call Christina Wilson, LPN
Call (561) 381-0231

Jupiter
Every Wednesday
2:15 - 4:00 pm
First United Methodist Church
815 E. Indiantown Rd.
Jupiter, FL 33477
Call Jo Ellen Smith, RN
(561) 683-2700

Lake Worth
Every Wednesday 1:30 - 3:00 pm
Church of the Nazarene
1422 Lucerne Avenue
Lake Worth, FL 33460
Janet Zweiback, RN
(561) 381-0231

Riviera Beach
Bi-Weekly 4:00 - 6:00 pm
Blue Heron Church of God
2600 Avenue H West
Riviera Beach, FL 33404
Call Sharon Garrison, RN
(561) 842-0472

West Palm Beach
Every Tuesday 1:30—3:30 p.m.
800 Northpoint Parkway, Ste. 101-B
West Palm Beach, FL 33407
Call Jo Ellen Smith, RN
(561) 683-2700

Fort Pierce
1st & 3rd Mondays
10:30 am - 12:00 noon
St. Peter's Lutheran Church
2900 South Jenkins Road
Fort Pierce, FL 34981
Call Sarah Dale, RN
(772) 336-2573

Stuart
Every Thursday
1:00 - 3:00 p.m.
Towers Building
1111 S. Federal Hwy. #222
Stuart, FL 34994
Call Dana Forman, RN
Call (772) 223-6351

Stuart
Every Wednesday
2:00 - 4:00 p.m.
Prince of Peace Lutheran Church
2200 N. Federal Hwy.
Stuart, FL 34994
Dana Forman, RN
Call (772) 223-6351

Port St. Lucie
2nd & 4th Fridays
1:00 - 2:30 p.m.
First Congregational Church
2401 SE Sidonia Street
Port St. Lucie, FL
Call Sarah Dale, RN
(772) 336-2573

Specialized Adult Day Service Centers

April Special Events Calendar

Boca Raton

- 2nd Decorate Easter Eggs
- 5th Caregiver Appreciation Event Decorations
- 7th Health Focus
- 13th Make Signs for Coney Island & Other Subway Stops
- 14th Karaoke with Harold
- 16th Let Me Call You Sweetheart Sing-A-Long
- 19th Ron's Men's Group
- 22nd Earth Day Word Game
- 27th Outside Walks
- TBA - Dance to Jack's 30's & 40's Music

Delray Beach

- 2nd Easter Bingo
- 5th Paper Maché Eggs
- 12th What's in a Name
- 23rd Health Focus
- 28th Mother's Day Craft
- 30th April Birthday Bash



Fort Pierce

- 2nd Easter Party
- 5th Craft - Sombreros
- 9th Craft - Mexican Flag Piñata
Health Focus
- 19th Cut out pictures of Mexico

Greenacres

- 2nd Easter Party
- 7th Health Focus
- 8th History of the Empanada
- 15th Let's Learn about Leonardo DaVinci
- 30th Monthly Birthday Party

Lake Worth

- 1st Egg Coloring
- 2nd Cotton Ball Bunnies
- 8th Plant a Herb Garden
- 9th Health Focus
- 20th Men's Club with Ron
- 22nd Nature's Bounty Collage
- 27th Poetry Day
- 30th April Birthday Party
- Every Wednesday - Intergenerational Reading



North Stuart

- 6th Homemade Pea Soup
Birthday of the Twinkie - Special Snack
- 7th A visit from Treasure Coast Wildlife
- 14th Ice Cream Social Courtesy of Sterling House
- 15th Bruce & Harold Sing
- 23rd Entertainment by the *RSVP Singers*
- 26th Homemade Chili
- 28th Health Focus
- 29th Guitar with Dana
- Every Tuesday - Stories with Reg

Pahokee

- 1st & 2nd Crafts - Napkin Rings & Placemats
- 8th & 9th Crafts - Placemats & Centerpieces
- 12th Field Trip to the Dolly Hand Cultural Center
- 16th Craft - Wall Hanging
- 20th Health Focus
- 23rd Picnic at Pioneer Park

Palm Beach Gardens

- 2nd Easter Egg Hunt & Easter Bonnet Contest
- 7th Pet Therapy
- 16th Make a Musical Instrument
- 22nd Celebrate Earth Day with Green Cupcakes
- 26th Health Focus
- 28th Karaoke with Harold Silverman
- 30th Monthly Birthday Party
- Every Friday - Music Therapy



Riviera Beach

- 2nd Let's bake Easter cookies
- 9th Health Focus
- 14th Cold Freeze - Special Icee Cup Snack
- 23rd Craft - Buggy Bag Puppets

Stuart

- 1st Easter Celebration
- 13th Special Lunch - Egg Salad
- 16th Pajama Day - Wear your PJ's
- 19th National Garden Day -
Let's grow a Lima Bean garden
- 29th Health Focus

West Palm Beach

- 1st Make Special Placemats
- 2nd Easter Egg Hunt
Easter Bunny Bingo
- 9th Health Focus
- 22nd Entertainment by Harold
- Every Wednesday - Music Therapy



Please join us in welcoming:

Lisa Boden, LPN - Prog. Manager, Delray Beach

Kay Ardis, LPN - Prog. Manager, Fort Pierce

Noelle Faggins, LPN - Prog. Manager, Lake Worth

Elizabeth Jaegersen, LPN - Prog. Manager,
West Palm Beach

Congratulations to Edna Bloomer on her promotion to Manager of Specialized Day Services



Creative Corner

(Activities to do with loved ones at home)

SALT DESIGNS

Items Needed

White Card Stock or Heavy Paper
Glue
Salt
Tempura Paint
Paint Brushes

Instructions:

1. Squirt the glue onto the card stock to create an abstract design.
2. While the glue is wet, sprinkle salt over the paper to cover all of the glue. Shake off excess and allow the glue to dry overnight.
3. The next day, dip brushes into various paints and carefully touch the paint to the salt areas of the design to add color to your already sparkling design.

**Submitted by: Kathy Bierman, Activity Coordinator
Palm Beach Gardens Specialized Adult Day Service Center**

PAPER MACHÉ EASTER EGGS

Items Needed

Blown up balloon(s), approximately soft ball size
Strips of newspaper or tissue paper
White glue & water mixed in equal parts
Small sponge
Paints
Paint Brushes

Instructions:

1. Lay strip of newspaper or tissue paper over balloon and sponge on the mixture of glue and water over the paper. Continue until the entire egg is covered. You may have to use more paper if you are using tissue paper to give egg strength.
2. Let dry overnight
3. The next day pop the balloon and paint your paper maché egg like an Easter Egg.

**Submitted by: Alicia Hafner, Activity Coordinator
Stuart Specialized Adult Day Service Center**