



April Care A Gram

A Special Monthly
Newsletter for
Caregivers

Volume 15, Issue 4

EDUCATION CORNER

Caregiver Carpe Diem

Marie MacDonell, Education Program Manager

“There are two days in every week about which we should not worry, but keep free from fear, anxiety and apprehension. There is only one day in every week in which we should invest ourselves.

One of these days is yesterday, with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever beyond our control. All the money in the world cannot bring back yesterday. We cannot undo a single act we performed. We cannot erase a single word we said. Yesterday is gone!! Not our concern any longer.

The other day we should not worry about is tomorrow, with its possible adversities, its burdens, its large promise and poor performance. Tomorrow is beyond our immediate control. Tomorrow's sun will rise, whether in splendor or behind a mask of clouds. But it will rise. We may plan for tomorrow, but to waste ourselves in worry about it is futile.

*The one day that is worth our time and effort is - **today.**”*

So the question is, how are we handling today? For many of us, it's not enough to fight the battles of today—we add in the regrets of yesterday and the worries and fears of what will happen tomorrow. That is more than anyone can take!

Is there a really good reason why don't we try living one day at a time, taking advantage of unscheduled opportunities to engage in desired activities? Capturing delight in the sun ray of a moment?

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Special points of interest:

- We would like to take this opportunity to welcome Susan Stone who has joined us as the Program Manager for our Stuart Specialized Adult Day Service Center

At Alzheimer's Community Care Character Counts!

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



Sponsored by Alzheimer's Community Care, Inc. and the State of Florida Department of Elder Affairs, State of Florida Agency for Health Care Administration and the Area Agency on Aging Palm Beach/Treasure Coast Inc.



Caregiver Carpe Diem (cont'd)

Barriers to Caregiver Carpe Diem

- Belief that seeking relief or assistance is selfish.
- Belief that no one other than you can provide high quality care.
- Belief that no one wants to help you.
- Do not trust anyone else to keep your loved one safe.
- Always have the feeling there is not enough time for yourself – feel rushed, even when you have help.
- Overly sensitive to your loved one's negative reactions when you are away, or you leave them at day care or a facility.

Overcoming the Caregiver Carpe Diem Barriers

- Understand that taking time for yourself is not selfish, on the contrary, it may help restore needed energy to care for your loved one better.
- Research and observe the staff of the facility or day care you use to care for your loved one; don't be afraid to drop in unexpected & ask questions; it will increase your confidence and trust.
- Identify the things you used to do that brought you happiness. Make two lists – things that only require a few moments, and things you must plan (like a lunch with friends or a trip). The first list can be done any time those unscheduled opportunities come; the second list gives you a wish list to work toward.
- Relax your expectations about how things “should be” and “let go” of things that won't be important in the long run.
- Prepare yourself for the negative comments and reactions of your loved one when you leave them. It sometimes helps to remember that not only is the respite from them good for you, it's good for them.
- You cannot continue to give, and never replenish yourself.
- Have you ever seen what happens to a pond that has no source of fresh water? It gets scummy, mosquitos abound, and it stinks! If you don't have a source of fresh life, something will give—and that something will be you.
- The first step to finding pleasure again is to recall what it is you enjoy doing.
- Joy gets lost in the hustle and stress of caregiving.

Caregiver Carpe Diem!

Seize the Moment! Share this with someone you love that needs it.

Reference: Adapted from Unknown Author.

Impossible situations can become possible miracles.

Robert H. Schuller

When it is dark enough, you can see the stars.

Ralph Waldo Emerson



Caregiver Appreciation Events

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:

Boca Raton: Friday, May 27th - 1:00 pm

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

Fort Pierce: Thursday, May 26th - 1:00 pm

Greenacres: Tuesday, May 17th - 10:00 am Breakfast

Lake Worth: Wednesday, May 25th - 1:00 pm

North Stuart: Friday, May 20th - 1:00 pm

Pahokee: Thursday, May 12th - 12:30 pm

Palm Beach Gardens: Wednesday, May 18th - 10:00 am Breakfast

Stuart: Friday, May 13th - 10:00 am Breakfast

West Palm Beach: Thursday, May 19th - 1:00 p.m.

Please RSVP to the Program Manager at your Respective Center

2011 Alzheimer's EDUCATIONAL Conference



LIFE AFTER THE DIAGNOSIS

Featuring New York Times best-selling author, Gailly Sheehy,
Author of "Passages" and "Passages in Caregiving"

MAY 5TH & 6TH

PALM BEACH COUNTY CONVENTION CENTER

Alzheimer's Disease affects more than one-half million Floridians,
And 828,000 caregivers in Florida are currently
caring for a person with a memory disorder.

Never has there been a greater need for well-informed caregivers!
Join us at the 2011 Alzheimer's Educational Conference as we focus
on the caregiver's journey after the diagnosis has been made.

Caregivers and healthcare professionals will have the
opportunity to learn from nationally-renowned experts
on Alzheimer's Disease and related disorders.

The conference of the year is coming!

Register online at www.alzcare.org or by calling (561) 683-2700



Family Nurse Consultants

Southern Palm Beach County

Janet Zweiback, RN
(561) 381-0231



Greenacres & Lake Worth (Spanish Speaking)

Johansy Cano, RN
(561) 432-0668

Boynton Beach, Wellington & Royal Palm Beach

Christina Wilson, LPN
(561) 381-0231

Belle Glade, South Bay & Pahokee

Tammy Griffith, RN
(561) 924-7283

West Palm Beach & Northern Palm Beach County

Jo Ellen Smith, RN
(561) 683-2700

Riviera Beach

Sharon Garrison, RN
(561) 683-2700

St. Lucie County

Sarah Dale, RN
(772) 460-9166

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

Boca Raton (men only)

1st & 3rd Thursdays
10:00—11:30 am
Advent Square (Dining Room)
4798 North Dixie Highway
Boca Raton, FL
Call Janet Zweiback, RN
(561) 381-0231

Delray Beach

1st, 3rd & 5th Wednesdays
2:00 - 4:00 p.m.
Seacrest Presbyterian Church
2703 N. Seacrest Blvd.
Delray Beach, FL 33444
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

Lantana/Lake Worth

Every Wednesday
1:30 - 3:00 pm
Our Savior Lutheran Church
1615 Lake Avenue
Lake Worth, FL 33160
Johansy Cano, RN

Riviera Beach (new location)

2nd & 4th Sundays
4:00 - 6:00 pm
Mount Olive Missionary Baptist Church
3700 Avenue "O"
Riviera Beach, FL 33404
Call Sharon Garrison, RN
(561) 683-2700

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 Wednesdays
10:30 am - 12:00 noon
St. Peter's Lutheran Church
2900 South Jenkins Road
Fort Pierce, FL 34981
Call Sarah Dale, RN
(772) 460-9166

Stuart

Every Thursday
1:00 - 3:00 p.m.
Stuart Congregational Church
3110 SE Aster Lane
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) 460-9166



Specialized Adult Day Service Centers

April Special Events



Boca Raton

- 1st Knock, Knock Jokes & Limericks
- 4th - 8th Work on Decorations for Caregiver Event
- 11th Make Easter Hats
- 18th April Birthday Party
- 21st Color Easter Eggs with Preschoolers
- 22nd Easter Parade
- 27th Health Focus
- 28th Chair Yoga

Delray Beach

- 5th Entertainment by Butch & Diana
- 6th Special Snack - Twinkies
- 8th Health Focus
- 13th Craft - Bunny Pins
- 13th Harold the "Music Man"
- 19th Dye Easter Eggs
- 20th Bake Pineapple Upside Down Cake
- 22nd Pizza Party
- 28th Bake Brownies



Fort Pierce

- 4th Craft - Stars
- 7th Health Focus
- 11th Craft - Placemats
- 14th Entertainment by Dana Matthews
- 18th Craft - Place Cards
- 25th Craft - Name Tags

Greenacres

- 1st Humor is Good Therapy - Tell Jokes
- 4th Health Focus
- 15th Talent & Comedy Show
- 20th Recycling Day
- 28th Great Poetry Reading
- 29th Monthly Birthday Party



Lake Worth

- 5th Baking Raisin Buns
- 5th Craft - Paper Flowers
- 13th Karaoke with Harold
- 15th Craft - Bunnies
- 21st Blending a Fruit Punch
- 22nd Health Focus
- 22nd Monthly Birthday Party
- Entertainment by Butch & Diana
- 25th Easter Party



North Stuart

- 6th Special Snack - Twinkies
- 13th Volunteer Appreciation Celebration
- 21st Bruce & Harold Sing
- 25th Egg Salad Sandwiches for Lunch
- 27th Health Focus
- 28th Guitar with Dana

Pahokee

- 1st Health Focus
- 5th & 6th Craft - Decorate Placemats
- 7th & 8th Craft - Napkin Rings
- 22nd Field Trip - Picnic in the Park
- 25th Wall Hanging
- Every Tuesday - Gospel Group



Palm Beach Gardens

- 5th Pet Therapy
- 14th Culinary - Easter Cookies
- 15th Decorate Easter Bonnets
- 18th Passover Presentation
- 22nd Easter Egg Hunt & Bonnet Contest
- 25th Health Focus
- 27th Karaoke with Harold
- 29th Monthly Birthday Party
- Every Friday - Music Therapy

Stuart

- 15th Brush to Canvas
- 19th Health Focus
- 20th Green Thumb Painting
- 22nd Bunny Door Decorations

West Palm Beach

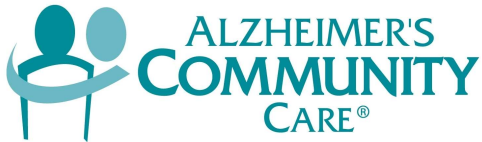
- 1st Special Snack - PB&J Sandwiches
- 22nd Easter Egg Hunt
- 22nd Special Snack - Pigs in a Blanket
- 27th Health Focus
- 29th Monthly Birthday Party
- Every Wednesday - Music Therapy



Did you know

You can access this publication as well as our Adult Day Service Center Calendars, Menus and Wish Lists on our web-site

www.alzcare.org



As always, we encourage you to contact us with any feedback that you may have regarding our service. You can direct your comments to:

Ron Radcliffe, Vice-President of Community Care Services

800 Northpoint Parkway
Ste. 101-B
West Palm Beach, FL 33407
Phone: 561-683-2700
Fax: 561-683-7600
E-mail: rradcliffe@alzcare.org

We place a safety net around patients and caregivers every day.™

We're on the Web!

www.alzcare.org

Find us on Facebook <http://www.facebook.com/alzcareorg> &

Join us on Twitter

Creative Corner (Activities to do with loved ones at home)

SEASHELL FLOWERPOTS

Materials

Terra-Cotta Flower Pots
Grout and/or Hot Glue
Spatula
Paint
Paintbrush
Glue
Varnish

Directions:

1. (Optional) Paint your Flowerpot or paint on any type of design you wish to the outside of the pot.
2. Use a spatula to layer grout around the rim of the pot.
3. Immediately press the shells into the grout. Allow to dry.
4. When grout is dry you can apply a coat of varnish to bring out the color of the shells.
5. A hot glue gun can be used to attach shells to the outside of the pot if you do not wish to use the grout.

**Submitted by: Tally Moore - Activity Coordinator
Delray Beach Specialized Adult Day Service Center**

