

Friendship and Your Health

- A study of over 1,000 heart patients reported in The Journal of the American Medical Association showed that those who lacked a spouse or close friend were three times more likely to die within five years than those who were married or had a close friend. Dean Ornish, M.D. has found that a feeling of isolation is one of the best predictors of heart disease.
- A study in Alameda County, California that followed thousands of people over a nine year period found that those with social and family ties lived longer.
- At the University of Nebraska School of Medicine a study of 256 elderly healthy people found that those with close interpersonal relationships not only had a stronger immune system, but lower levels of both cholesterol and uric acid.

It's pretty clear - friendship is good for your health! But, you say, with caring for my loved one and all of the other things I have to do, I don't have time for friends; or perhaps your friends live in other parts of the country, or connection with them has been lost for other reasons. That doesn't change the fact that you need friends.

Here are some things you can do to establish new relationships and maximize those friendships you currently have.

1. **Make friendships a priority.**

Continued on Page 2...

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.



2. Be Selective

When Jacques Soustelle was governor-general of Algeria in the 1950's, he wrote to French President Charles de Gaulle complaining that all his friends were attacking him because he supported De Gaulle's Algerian policies. The French president responded: "Change your friends." Surround yourself with people who are supportive, affirming, encouraging and truthful!

3. Keep Communication Lines Open

Pick up the phone and call someone you haven't talked to in a while, or get a stack of note cards and write someone you've been thinking about.

4. Be Generous with Praise and Stingy with Criticism

Learn the art of affirmation. Look for the positives in the people around you. Don't expect perfection. Before offering any criticism, follow this guideline: If it is painful and awkward for you to criticize a friend, your motive is probably pure and you're generally safe in speaking; however, if the criticism brings you the slightest pleasure, you would be wiser to say nothing.

5. Practice Loyalty

People with friends know how to be loyal, weathering stormy times and staying close when one is experiencing difficulty.

6. Show Your Love

Nothing strengthens a friendship more than a practical act of loving-kindness, especially during a hard time.

To make a friend, be a friend!

And remember ... you have many friends here at Alzheimer's Community Care. You never have to go through this along.

Adapted from *Vibrant Life*, Nov-Dec 1993 v9n6 p4(2) *Are your friendships good for your health?* Victor M. Parachin. Herald Publishing Association

Reprinted from an original article by
Marla Buettner, June 2006



**2010 Treasure Coast
Caregiver Conference**

February 25th, 2010

10:00 a.m. - 3:30 p.m.

Treasure Coast Hospice

FREE for Caregivers

**Pre-Register by Thursday, February 18th, 2010
by calling 1-877-683-2701**

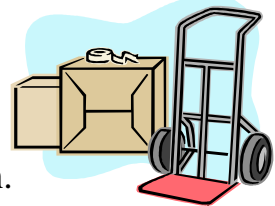


Our Boynton Beach Specialized Adult Day Service Center
is moving to Seacrest Presbyterian Church in Delray Beach,
2703 Seacrest Blvd., Delray Beach 33444

While inspections are being completed
the staff and patients have relocated to the
Lake Worth Specialized Adult Day Service Center.

If you would like more information on the new location
please call 561-585-7781.

We thank the caregivers and patients from the
Boynton Center for their patience,
understanding and support during this transition.



Family Nurse Consultants



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

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

Boynton Beach
Janet Zweiback, RN
(561) 381-0231

**Greenacres, Central
& Western Palm
Beach County**
Miriam Aviles, RN
(561) 432-0668

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

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

Martin County
Dana Forman
(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

Riviera Beach
2nd & 4th Sunday 4:00 - 6:00 p.m.
800 Northpoint Parkway, Ste. 101-A
West Palm Beach, FL 33407
Call Sharon Garrison, RN
(561) 842-0472

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

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

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

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

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

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 February Calendar of Special Events

Boca Raton

- 3rd Karaoke with Harold Silverman
- 5th Valentine Decorations
- 8th Men's & Lady's Groups with Ron & Linda
- 10th Black History - "Unsung Heroes"
- 11th Discussion - Vancouver & Winter Olympics
- 18th Reader's Digest - Humor in Uniform
- 23rd Health Focus
- 26th Discussion - Purim
- TBA Jack Silverstein plays is 40's music

Delray Beach

- 5th Valentine's Day Decorations
- 11th Bake Valentine's Day Cake
- 11th Valentine Bingo
- 16th Entertainment by Butch & Diana
- 17th Health Focus

Fort Pierce

- 1st Craft - Valentine Cards
- 8th Craft - Hearts
- 9th Health Focus
- 12th Valentine's Party
- 16th Pancake Breakfast
- 26th Birthday Party

Greenacres

- 12th Valentine's Party
- 22nd Remembering George Washington
- 23rd Health Focus
- 24th Birthday Party
- 26th History of the Grand Canyon

Lake Worth

- 3rd American Painter's Day - Activity
- 12th Lake Worth Olympics
Health Focus
- 15th Valentine's Day Picnic
- 15th Entertainment by "In Spirit"
- 23rd African American History
- 24th Karaoke with Harold
- 25th Birthday Bake
- 26th Birthday Party
- TBA Music by Jack

North Stuart

- 3rd National Carrot Cake Day
Let's make Carrot Cake
- 4th National Soup Day - Special Lunch
- 5th RSVP Singers

North Stuart (cont'd)

- 11th National Peppermint Patty Day -
Special Snack
- 12th Nail Salon
- 16th International Pancake Day -
Pancake Breakfast
- 18th Entertainment by *Bruce & Harold*
- 22nd Wii-Hab
- 23rd Health Focus
- 25th National Chili Day - Special Lunch

Pahokee

- 10th Black History Trivia
- 11th Let's Make Jello
- 12th St. Valentine's Celebration
- 23rd Health Focus
- Every Monday - Craft - Placemats
- Every Tuesday - Gospel Group

Palm Beach Gardens

- 3rd The Beauty of Birds -
Make a Bird Necklace
- 12th Valentine's Celebration - Crown the
King & Queen of Hearts
- 15th Presidents' Day - Make Lincoln &
Washington Pins
- 17th Sing Karaoke with Harold Silverman
- 22nd Health Focus
- 26th Culinary Cake Bake
- Every Friday - Music Therapy

Riviera Beach

- 2nd Health Focus
- 5th Craft - Love Banner
- 12th Let's Decorate Valentine Cupcakes
- 26th Ice Cream Social

Stuart

- 11th Craft - Party Placemats
- 12th Valentine's Party - Decorate Cupcakes
- 15th Pet Therapy by the Humane Society
- 26th Health Focus - Dance for Health

West Palm Beach

- 1st - 12th Valentine Crafts
- 11th Dance Party with Harold Silverman
- 12th Special Snack - Valentine Cookies
- 15th Health Focus
- 19th Discussion - Black History
- Every Wednesday - Music Therapy

REMINDER

All Alzheimer's Community Care
Specialized Adult Day Service Centers
will be OPEN
Monday, February 15th (Presidents' Day)





Creative Corner

(Activities to do with loved ones at home)

Hugs in a Box

Materials Needed:

Small Box
Tissue Paper
Glue
Tissue Paper
Ribbon

Instructions:

1. Cut many 2" x 2" squares from the tissue paper. You will be covering the whole box.
2. Water down the glue - 2 parts glue to 1 part water. Lightly brush some of the glue mix on the box and stick on the tissue paper squares you cut out. You want them to overlap so you do not see the box. Work in small sections until the entire box is covered. Set aside to dry.
3. Once the box is dry, you can lightly brush over your box with the glue and water mixture to make it more durable and shiny. (this is optional)
4. Once dry, tie with curly ribbon as you would a wrapped present and attach a gift tag which reads ...

This is a very special gift,
That you can never see.
The reason it's so special is,
It's just for you from me.

Whenever you are lonely,
Or are every feeling blue.
You only have to hold this gift,
And know I'm hugging you.

You never can unwrap it,
Please leave the ribbon tied.
Just hold the box close to your heart,
It's filled with hugs inside.

**Submitted by Sharhonda Brown, Activity Coordinator
Pahokee Specialized Adult Day Service Center**