



March Care A Gram

A Special Monthly
Newsletter for
Caregivers

Volume 15, Issue 3

EDUCATION CORNER

MEMORIES

Marie MacDonell, Education Program Manager

This story by Mark Matteson reminds us of what is truly important.

The King had a modest kingdom. He was Danish. This meant he was proud, tall, and athletic and he enjoyed a quick wit. He was married to a wise & beautiful princess from Great Britain at a very young age. They had three children, two boys and a girl.

The children all shared one common aim, to make the King proud. Each child vied for the King's attention and love, each using a different strategy. The eldest son used music to make his father proud. The middle child, the daughter used humor and dancing. The youngest chose sports, knowing his father had once been a great athlete, a champion in several sports.

They lived in a modest castle, the King always worked hard to provide for his family. Demonstrating affection wasn't something he was ever comfortable with. So, in his own way, he captured treasured moments by making or collecting trinkets. Each little symbol represented a special family moment. Some were made of fabric, some of carved wood, some shiny & golden; still others were different little bells or coins from many lands. There was a story for each trinket..

You see the King was a gifted storyteller. At dinner he would open up the box, hold up a trinket, and smile. He would tell a wonderful story that would have the children laughing, crying or shaking their head in disbelief. Telling stories became a family tradition. He encouraged the children to begin collecting their own trinkets and stories. As it is with most children, they obeyed their father and began filling up their own boxes with symbols.

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Special points of interest:

- We would like to take this opportunity to welcome Latoya Gillette who has joined us as the Program Manager for our Delray Beach 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.

**MEMORIES (cont'd)**

Though the children were never very close, there were many moments of family joy. They were all very busy trying to please the King with their respective gifts.

As the years went by, the King's Box grew to a giant chest full of trinkets. As the King grew older the quality and quantity of the contents of the chest improved. Soon the children had children of their own and they maintained the ritual of the stories at the dinner table & the love they found in doing so.

One day, the King reached in his box for a specific trinket and found it missing. Thinking this somewhat odd, he thought perhaps he might have given it to his youngest son. He forgot about it. The next day, the same thing happened; a specific trinket was not to be found.

What the King did not know was a thief had snuck in the night and stolen the shiniest trinket. The thief liked the trinket so much, the next night he returned for a different one. Because there were so many in the chest, the King often didn't notice. But this thief in the night was relentless, insidious, crafty and brutal. He continued to quietly take the King's most treasured possessions & his memories.

One night the Queen heard a noise that startled her. She lit a candle beside the bed. Holding it up high she saw the thief...it was a raccoon! He had something in his paws from the chest. The light scared him and he scurried off with a bell. The queen had long suspected something was wrong, now she knew. She gave it a name. 'Terrible Raccoon'. The King wasn't crazy and neither was she! Something really was taking the King's most treasured gifts.

The next day they put a slide lock on the chest. 'Terrible Raccoon' was crafty and picked the lock. The queen tried an alarm, a special light, and guard dogs, nothing worked. Each night 'Terrible Raccoon' kept stealing the King's memory trinkets. One day the box was empty! It was a sad day in the castle. The children and grandchildren sat at dinner and cried. They did not know what to do.

All the memories were gone. The King had no more stories to tell. He was silent. He just sat there with a far away look. That was how it was going to be for the King; his chest and life were empty.

After a time, when the pain of the empty box came a little easier to accept, the Queen said to her children: Go home, look in your boxes of trinkets. Choose the best ones. Each time you come to visit the King, bring a trinket and we shall put it in your father's box. We shall tell that story, and laugh, cry and enjoy it as something special. I shall keep a constant vigil. In this way, 'Terrible Raccoon' can never take your stories & memories. When we get together we shall honor the King in this special way.

Kindness gives birth
to kindness.

Sophocles

Love cures people --
both the ones who
give it and the ones
who receive it.

Karl Menninger



MEMORIES (cont'd)

So it was, the children would bring their children for a visit and drop a trinket in the box. The King & Queen were happy. The children were brought together in a way they had not been before.

'Terrible Raccoon' was very unhappy about all this. He still scurried about the castle and tried to get in the chest, but the love & support of the family kept him from hurting them.

Love does that. It's something even the most clever thief in the world cannot take. That was the lesson learned in the King's family.

The King's box grew full and the memories and love flowed in the family. When the King finally passed away, he was surrounded by children, grandchildren, stories, trinkets, love & memories.

The moral of the story is ... make the most of your memories. Record your stories – in whatever way with which you feel comfortable. Take time to put some trinkets in your family's memory treasure box. Nothing is lost when it is passed on.

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LIFE AFTER THE DIAGNOSIS

Featuring New York Times best-selling author, Gaily 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



**Boynton Beach,
Wellington &
Royal Palm Beach**
Christina Wilson, LPN
(561) 381-0231

**Belle Glade,
South Bay & Pahokee**
Tammy Griffith, RN
(561) 924-7283

St. Lucie County
Sarah Dale, RN
(772) 460-9166

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

**Greenacres,
Lake Worth
(Spanish Speaking)**
Johansy Cano, RN
(561) 432-0668

Riviera Beach
Sharon Garrison, RN
(561) 683-2700

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

Lantana/Lake Worth

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

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

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

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

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

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

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

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

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

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

March Special Events



Boca Raton

- 1st - 4th Work on St. Patrick's Decorations
- 9th Health Focus
- 16th Bi-Folkal Kit - Remembering Music
- 17th St. Patrick's Day Party
- 21st Enjoy Hamantaschen to celebrate Purim
- 22nd Welcome Spring with Vivaldi & Streamers
- 23rd Karaoke with Harold
- 31st Make Baseball Banners

Delray Beach

- 1st Pizza Party - Entertainment by Butch & Diana
- 11th Pigs in a Blanket for Lunch
- 16th Health Focus
- 16th Entertainment by Harold the Music Man
- 17th Wear Green Today!
Special Treat - Shamrock Parfaits
- 30th Entertainment by Butch & Diana

Fort Pierce

- 3rd Health Focus
- 7th Craft - Rainbows & Clover
- 14th Craft - Corral
- 17th St. Patty's Day Party
- 21st Craft - Tumbleweed
- 28th Craft - Saloon

Greenacres

- 1st, 2nd, 4th, 15th & 18th Spring Arts & Crafts
- 4th Florida Day Celebration -
Let's Make Hats
- 7th Health Focus
- 8th & 16th St. Patrick's Crafts
- 17th Wear Green!
History of St. Patrick's Day
- 30th National Hot Dog Day - Special Snack
- 31st Monthly Birthday Party

Lake Worth

- 2nd Karaoke with Harold
- 7th Craft - St. Patrick's Door Hanger
- 10th Baking Blueberry Muffins
- 15th St. Patrick's Craft
- 18th Health Focus
- 22nd Baking Coconut Buns
- 25th Birthday Party
Entertainment by Butch & Diana
- 29th Baking Lemon Cake



North Stuart

- 4th Ice Cream Sundaes
- 8th Pancake Breakfast
- 15th Wii Games
- 17th Bruce & Harold Sing
- 18th RSVP Singers
- 21st First Day of Spring - Spring Games
- 23rd Hot Dog Lunch
- 30th Health Focus



Pahokee

- 1st Health Focus
- 17th St. Patrick's Day Shamrock Hunt & Lucky Charm Party
- Gospel Group Every Tuesday

Palm Beach Gardens

- 1st Pet Therapy
Let's Make Peanut Butter Fudge
- 11th History of Jello - Let's Make Jello
- 17th Celebrate St. Patrick's Day with Green Floats
- 25th Culinary Cake Bake
- 28th Health Focus
- 30th Karaoke with Harold
- Music Therapy Every Friday

Stuart

- 4th Let's Make Sweet Shamrock Pins
- 17th Let's Make Bread Pudding
- 22nd Health Focus
- 25th Let's Make Bird Picks
- 31st "Out Like a Lamb" Craft

West Palm Beach

- 1st Make Kites
- 14th Entertainment by the Morning Glories
- 17th St. Patrick's Day Party
- 18th Health Focus
- 25th Special Breakfast
- 28th Go Fly a Kite
- 30th Monthly Birthday Party
- Music Therapy Every Wednesday
- Time Slips Every Thursday



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)

LUCKY SHAMROCK BOOKMARK

Materials

Shamrock Foam Stickers
Green Ribbon

Directions:

1. Cut the green ribbon to approximately 12 inches.
2. Place a foam sticker on one end of the ribbon so the end of the ribbon is in the middle of the sticker
3. Place a foam sticker on top of the first one so the sticky sides are together and the ribbon is sandwiched between them.
4. Repeat this on the other end of the ribbon and as many times along the ribbon as desired.



Submitted by: Dawn Avarista - Activity Coordinator
North Stuart Specialized Adult Day Service Center

EGG CARTON TULIPS

Supplies

6 - 12 Foam Egg Carton Sections
Green Pipe Cleaners
Tempera Paint and/or Markers
Hot Glue or White Glue

Directions:

1. Take each egg carton section and cut to look like a tulip.
2. Using Tempera Paint, decorate the sections to look like tulips.
3. Twirl one end of a green pipe cleaner into a spiral shape.
4. Glue the spiral to the tulip (if using white glue, let it set for a couple of hours).

Found on www.enchantedlearning.com

