



Care A Gram

May 2010

A SPECIAL MONTHLY NEWSLETTER FOR CAREGIVERS

VOL. 14 Issue 5

SHARING MEMORIES AND TELLING YOUR STORY

Stacey Weiner-Varnado, Education Program Manager

Who knows you and your family best? You are the expert of your own life experiences. You have stories to tell and generations after you will want to hear the remarkable life you led. This is your story, your legacy and no one can tell it better than you.

Our families need to know the stories of the good times and the bad times in our lives – but even more than that, they need to know the lessons we've learned from the speed bumps. Your family and friends are going to tell your story, but it may not be accurate, and it won't be interpreted the way you might want it to be.

Have you ever played the game gossip? Or telegraph? You whisper something in someone's ear, and they whisper it in the next, and then it goes to the next – and what happens to it? Is it the same at the end? No. It changes. It's like the fish stories – the fish always gets bigger. The snow always gets deeper – the person either becomes a saint or the devil himself. If you want the story told right, tell it your way.

Methods of telling and recording your story

Journaling

A written record of your personal thoughts, opinions, feelings and activities. This is similar to writing a book. You write down your story in a narrative form. It's kind of like a diary but others will read your personal thoughts, opinions, and feelings.

Scrapbooking

A way to record your story that includes photos, journaling, and other memorabilia placed into a scrapbook. Scrapbooking can record a period of time – an event – or the life or portions of life of members of your family and friends. The important thing to remember is you are telling a story that will be read many years from now.

Memory Box

A personalized treasure chest to open and share with family members. Decorate a box in a way that would identify the contents, i.e. birthdays, holidays, etc. Identify the objects by journaling the stories behind the objects – or recording them on a tape. Keep the contents safe and secure for someone of any age to look at and touch – for example, no sharp objects. The sharing is what passes on the legacy.

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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.

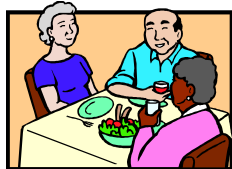


Recording and telling your story is a worthwhile and fun way to:

- Help us identify our values and beliefs and share them with the significant people in our lives.
- Pass on our experience to family members.
- Preserve family history for future generations.
- Offer an opportunity to share your life's lessons with, impart love to, and ask forgiveness of family members.
- Give us a sense of closure when we come to the end days of our journey through life.

Take the time now to reminisce and record your loved ones story. If you are a couple you can do this as a bonding activity together or with family and friends. For caregivers that are caring for parents, siblings and/or grandparents take a few moments around the Sunday dinner table or at the next holiday get together to go through old photo albums or watch some videos. Ask you loved one to record their memories as video or audio or begin writing a journal. Be sure to let your home health care assistants and/or our day center staff know what you are working on as they may be able to assist your loved one with the activity.

Alzheimer's Community Care encourages you to get creative in this journey of documenting your loved ones life story, if I can be of any assistance, please let me know.



**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 - 12:00 noon (time change)

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

Keynote Speaker: Newt Gingrich
Friday, June 4th

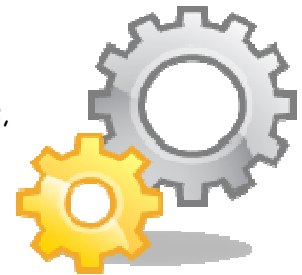
Two Full Days

Family Caregiver \$30

Healthcare Professional \$125

Price includes free parking, breakfasts, breaks, lunches,
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



Alzheimer's Community Care is pleased to announce our new community education initiative, Community OutReach Education (CORE). Community OutReach Education seeks to educate people of all ages on Alzheimer's disease and related memory disorders. Alzheimer's Community Care believes that everyone should become aware of the warning signs and symptoms of dementia.

The CORE Program is a unique service that is accessible to anyone who has the desire to listen and learn. We want our community to be an educated and informed community. We want people to take note that Alzheimer's disease and related dementias are not just a problem for the frail and elderly populations; we must look out for our friends, families and neighbors.

Alzheimer's Community Care is pleased to offer FREE information and education sessions focusing on Alzheimer's disease, related dementia's and support services in Palm Beach County and the Treasure Coast.

Alzheimer's disease is a growing concern among the world's aging population. In Florida alone there are over 5 million patients with Alzheimer's disease or a related memory disorder. The Alzheimer's Community Care CORE Program exists to answer questions about Alzheimer's disease, related dementias and offer all citizens an opportunity to learn about a rather unknown healthcare epidemic.

If you would like more information about Community OutReach Education (CORE) or have an organization/group that would like to host a session, please contact our Education Program Manager; Stacey Weiner-Varnado at (561)683-2700 X 132 or svarnado@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

May Special Events Calendar

Boca Raton

- 3rd Men's Group with Ron & Ladies Group with Linda
- 7th Pet Therapy - Maui the Labrador
- 11th Violin Practice
- 14th Caregiver Appreciation Luncheon with Entertainment
- 18th Health Focus
- 20th Discussion - "Shavuot"
- 21st Birthday Party
- 28th Sing Patriotic Songs
- TBA - Sing & Dance to Jack's Music

Delray Beach

- 5th Hot Dog Social
- 11th Caregiver Appreciation Celebration
- 19th Health Focus
- 28th Cake Bake
- 28th May Birthday Party

Fort Pierce

- 3rd Craft - Mother's Day Cards
- 5th Caregiver Appreciation Luncheon
- 7th Mother's Day Party
- 11th Health Focus
- 17th Craft - Father's Day Cards
- 24th Craft - Memorial Day Flags
- 29th Memorial Day Party

Greenacres

- 3rd Caregiver Appreciation Luncheon
- 5th Cinco de Mayo Party
- 7th Mother's Day Celebration
- 13th Health Focus

Lake Worth

- 3rd & 4th Mother's Day Bouquets
- 5th Mother's Day Poster
- 12th Harold's Karaoke
- 14th Health Focus
- 18th Baking
- 21st Caregiver Appreciation Luncheon with Entertainment by "In Spirit"
- 27th Birthday Bake
- 28th Birthday Party

North Stuart

- 5th Cinco de Mayo - Special Snack
- 12th Caregiver Appreciation Luncheon
- 20th Bruce & Harold Sing
- 25th Health Focus
- 27th Wii-hab

Pahokee

- 3rd Health Focus
- 3rd, 4th & 5th Craft - Placemats & Napkin Rings
- 6th Mother's Day Hat Decorating
- 7th Mother's Day Barbeque
- 28th Caregivers Appreciation Luncheon

Palm Beach Gardens

- 5th Pet Therapy
- 5th Cinco de Mayo Celebration & Taco Bake
- 5th Harold's Karaoke
- 7th Celebrate Mother's Day
- 12th Caregiver Appreciation Breakfast
- 24th Health Focus
- 28th Monthly Birthday Party
- Music Therapy - Every Friday

Riviera Beach

- 4th Health Focus
- 7th What's Cooking? Cake
- 7th Craft - Mother Collage
- 18th Let's Bake Oatmeal Cookies
- 26th Caregiver Appreciation Luncheon

Stuart

- 3rd Craft - Cheerios
- 5th Cinco de Mayo
- 7th Caregiver Appreciation Luncheon
- 13th Health Focus
- 17th Craft - Palm Trees

West Palm Beach

- 7th Health Focus
- 19th Caregivers Appreciation Luncheon
- 27th Karaoke with Harold
- 28th Memorial Day Barbeque
- Music Therapy every Wednesday

Please Note:



All Alzheimer's Community Care
Specialized Adult Day Service Centers
will be closed on
Monday, May 31st
For Memorial Day

All Centers will re-open on
Tuesday, June 1st.

Creative Corner

(Activities to do with loved ones at home)

PLANT AN INDOOR HERB GARDEN

Here is a great activity for spring and a wonderful activity for or all those who have ever enjoyed gardening and cooking.

Supplies Needed

A few 6" pots - either plastic or terra cotta

Potting Soil

Coffee Filters

2 or 3 types of herbs - either seeds or an already started plant

Instructions:

1. Put a coffee filter in the bottom of each pot to hold in the soil.
2. Fill the pot 3/4 full of potting soil.
3. Spread the seeds or add the seedling.
4. Fill the remainder of the pot with soil. If you are planting a seedling work the soil carefully around the seedling.
5. Water

While planting talk about their favorite memories of gardening or cooking using the herbs being planted. You can also talk about their favorite herbs, fruits and vegetables.

As you watch the herbs grow, the senses of sight, smell & touch and eventually taste will continue to be stimulated.

**Submitted by: Adela Shiner, Activity Coordinator
Lake Worth Specialized Adult Day Service Center**