



# May Care A Gram

A Special Monthly  
Newsletter for  
Caregivers

Volume 15, Issue 5

## EDUCATION CORNER

### Utilizing Aromas in Home Caregiving

Marie MacDonell, Education Program Manager

The history of aromatherapy is believed to have begun with the burning of fragrant woods, leaves, needles, and tree gums in ancient times. This practice probably arose from the discovery that some firewoods, such as cypress and cedar, filled the air with scent when they burned. In fact, our modern word *perfume* is derived from the Latin *per fumum*, which means "through smoke."

Incense was one of the first uses of fragrance. Early incense contained nothing other than ground herbs, plant gums, and honey. It was rubbed onto the body. (Only much later was messy charcoal and inedible saltpeter added so that, so once ignited, it would continue burning and producing aromatic smoke.)

The stores are filled with items that contain scent or from which scents can be made to emanate. Candles, oil warmers, incense burners, wax tart warmers, lamp rings, steam diffusers, nebulizers, liquid diffusers, smoke diffusers, and so on. Fragrances are available in essential oils, modified oils, wax, incense, soaps, powders, potpourri, infused pine cones and many other forms. Having these items makes using aromas around the home easier, but does include some added expense.

It was also noticed that aromas can affect people's energies and emotions. The ancient healers sometimes had no other treatment for their patients than an aroma wafted on smoke. We can take advantage of using aroma to influence behavior and mood with our Alzheimer's disease patients. Caregiver stress could be reduced with this 'therapy' also. A perfect time for aroma use is just before bedtime. A evening ritual that includes a calming scent could set the stage for a calmer night.

Aroma 'therapy' is not just for the ladies. Think about how the men in your life reacted to a favorite pie baking or the smell of morning coffee, or fresh cut grass, or meat-loaf. All of us benefit from our favorite aromas and the memories they trigger.

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## 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.



## Utilizing Aroma's in Home Caregiving

The time to relax is when you don't have time for it. ~Attributed to both Jim Goodwin and Sydney J. Harris

Don't underestimate the value of Doing Nothing, of just going along, listening to all the things you can't hear, and not bothering. ~*Pooh's Little Instruction Book*, inspired by A.A. Milne

Generally, the aromas that seem to ***elevate a human's mood*** are among these fragrances:

lemon, orange, grapefruit, bergamot, cinnamon, sage, cedarwood, lemongrass

Likewise, the aromas that seem to ***calm our moods*** contain the fragrances of:

lavender, rose, jasmine, mandarin, sandalwood, ylang ylang, frankincense, geranium, neroli

For ***stimulation*** of the mind & spirit, these fragrances seem to help:

hyssop, peppermint, rosemary, basil, black pepper, cypress, ginger, clove, thyme, patchouli, eucalyptus

For an inexpensive method of disbursing aromas into your home try the following methods with your choice of aroma producing substance.

If using dried spices: 1 teaspoon into the water  
If using citrus peel: As much as needed for desired fragrance  
If using oil: One to 10 drops, depending on its strength

### Stovetop:

Heat 2-3 cups water to a bubbling boil in a saucepan. Turn off heat. Add fragrance substance. Leave on stove.

### Microwave:

Place a glass casserole dish into microwave; put 1-2 cups tap water into it; run on high for 3 minutes. Add fragrance substance. Leave in microwave with door open.

### Oven:

Baking bread, cookies or a favorite recipe seems to require no added fragrance than the delicious one it already produces and the love it conveys!!

***(These methods require safety awareness! Do not move the hot containers with hot substances in them; nor allow the patient access to them.)***

Adapted from: [aromaweb.com](http://aromaweb.com)



## 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](http://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

Jo Ellen Smith, RN  
(561) 683-2700

### St. Lucie County

Jo Ellen Smith, RN  
(561) 68302700

### 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  
800 Northpoint Parkway, Ste. 101-B  
West Palm Beach, FL 33407  
Call Jo Ellen Smith, 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 Jo Ellen Smith, 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

## May Special Events



### Boca Raton

- 2nd Craft - Decorations for Caregiver Luncheon
- 6th Florida Derby (Horse Racing)
- 11th Health Focus
- 13th May Birthday Party
- 25th Karaoke with Harold
- 27th Caregiver Appreciation Luncheon  
Entertainment by *In Spirit*

### Delray Beach

- 11th Caregiver Appreciation Luncheon  
Entertainment by *In Spirit*
- 12th Nurses' Day Celebration -  
Ellen's Favorite Rootbeer Floats
- 17th Hot Dogs on the Grill
- 18th Harold "The Music Man"
- 19th Bird Feeders
- 24th Health Focus
- 27th Memorial Day Lunch

### Fort Pierce

- 2nd Craft - Stars
- 5th Health Focus
- 9th Craft - Placemats
- 16th Craft - Place Cards
- 26th Caregiver Appreciation Luncheon  
Entertainment by *Dana Matthews*

### Greenacres

- 2nd, 3rd & 6th Craft - Centerpieces
- 2nd Hawaiian Bingo
- 2nd Health Focus
- 3rd Teachers' Day Celebration
- 6th Nurses' Day Recognition  
Mother's Day Celebration
- 9th, 11th, 12th & 13th Caregiver Decorations
- 10th Kentucky Derby - Make a Hat
- 17th Caregiver Appreciation Luncheon
- 20th Plant Flowers
- 27th Memorial Day Celebration
- 31st Monthly Birthday Party

### Lake Worth

- 3rd Craft - Flowers
- 5th Karaoke with Harold
- 10th Baking Buns
- 12th Craft - Decorating Vases
- 19th Baking Cookies
- 25th Caregiver Appreciation Luncheon
- 25th Baking Cheesecake
- 27th Health Focus
- 27th Monthly Birthday Party  
Entertainment by *Butch & Diana*

### North Stuart

- 4th, 10th & 18th Caregiver Crafts
- 11th Hot Dog Lunch
- 19th Bruce & Harold Sing
- 20th Caregiver Appreciation Celebration
- 25th Health Focus

### Pahokee

- 4th Health Focus
- 8th Mother's Day Breakfast
- 12th Caregiver Appreciation Luncheon

### Palm Beach Gardens

- 2nd May Pole with Preschoolers
- 3rd Pet Therapy
- 5th Tacos for Cinco de Mayo
- 6th Mother's Day Awards
- 6th Cookie Bake
- 18th Caregiver Brunch
- 23rd Health Focus
- 31st Monthly Birthday Party
- Every Friday - Music Therapy

### Stuart

- 4th Mother's Day Delight
- 6th Mother's Day Presents
- 11th Health Focus
- 13th Let's Make Bloomin' Corsages
- 13th Caregiver Brunch  
Entertainment by *Dana Matthews*

### West Palm Beach

- 3rd Wear 2 Different Colored Shoes Today
- 3rd Karaoke with Harold
- 3rd & 20th Plant a Garden
- 6th Mother's Day Tea Party
- 11th Show & Tell - Bring your favorite item
- 13th & 26th Cooking Class
- 19th Caregiver Appreciation Luncheon
- 26th Health Focus
- 27th 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](http://www.alzcare.org)



Care A Gram



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](http://www.alzcare.org)

Find us on  
Facebook [http://  
www.facebook.c  
om/alzcareorg](http://www.facebook.com/alzcareorg) &

Join us on  
Twitter

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

### **PATRIOTIC WIND SOCK**

#### Materials

Cylindrical Cardboard Oatmeal Box  
Blue & White Construction Paper  
Red & White Crepe Paper Streamers  
Glue  
String  
Scissors  
Hole Punch

#### Directions:

1. Cut the bottom from the oatmeal box.
2. Cover the box with blue construction paper & glue on white stars.
3. Glue red & white streamers to one end, and punch 4 holes along the rim of the other end.
4. Cut 2 pieces of string about a foot long. Tie the opposite ends of a string to holes on opposite sides of the cylinder.
5. Tie a longer piece of string to the smaller pieces and hang.

Submitted by: Dawn Avarista & Kathleen Bierman,  
Activity Coordinators  
North Stuart & Palm Beach Gardens  
Specialized Adult Day Service Center

