ALZHEIMER’S COMMUNITY CARE

CHAMPIONS of HOPE

A HISTORY OF
Advocating for Patients and Families

alzcare.org/toolbox
WE focused this magazine on the Advocacy efforts that the Organization pursued and is pursuing for the upcoming Florida 2021/22 Appropriations Act. Unfortunately, due to the COVID-19 pandemic, there will not be a Tallahassee Campaign this session sponsored by Alzheimer’s Community Care. This will be the first year that our caregivers cannot share what it means to care for loved ones who are afflicted with Alzheimer’s Disease and other neurocognitive disorders.

WE experienced many memorable Tallahassee trips, which afforded our caregivers HOPE. Past visits connected them with Legislators who understood and listened with their hearts, showing caregivers that they were valued. Caregivers’ testimonial pleas to legislators speak of keeping their loved ones in the community and out of nursing homes, which is what the following programs provide:

- Alzheimer’s Medicaid Waiver Funding (ADI)
- Florida Silver Alert Program
- Specialized Alzheimer’s Licensed Day Care Act
- Redefining mental illness, which now excludes those afflicted with Alzheimer’s disease or those suffering from a Traumatic Brain Injury.

WE are excited that the 2021/22 Appropriations Act provides funding for a full time Director position to be hired as an Alzheimer’s Specialist at the Florida Department of Elder Affairs (DOEA). To have someone at DOEA who will solely focus on the needs and wellbeing of our caregivers and their families is deeply appreciated by our Board of Directors, staff, volunteers and supporters.

WE, are relying on virtual meetings, video messaging to our Legislators, personal letters and notes, and this magazine for our advocacy this session. A magazine that is completely dedicated to the “Hope” we have brought during our Tallahassee campaigns, which began in 2009 and “Hope” for the future.

WE could not have delivered this message of HOPE without the unselfish support from you. This support is furthered through our amazing families (our heroes) and the rich history of our small non-profit advocacy efforts. We will continue to work diligently for the betterment of all Floridians living with Alzheimer’s disease and other related disorders.

WE honor all caregivers, advocates and legislators who have made our belief “where there is help, there is hope” a reality. You have been integral in that HOPE.

Thank you.

Robert J. Gorman, Esq.
Chair of the Board of Directors

Mary M. Barnes
President & CEO
4 Questions & Answers: Dr. Karen Gilbert

6 Cover: A History of Advocating for Patients and Families
Since 1996 we have been advocating for all Florida families living with Alzheimer's disease.

8 Why We Do: From Our Legislators

9 Brain Time
Brain Time is a series of activity and art pages designed to engage the patient living with Alzheimer's disease or another form of dementia. The pages range in difficulty from Relaxing to Challenging and can be done alone or with someone.

25 Champion of Hope: Robert (Bob) J. Gorman, Esq.

26 Get to Know Us

28 Volunteer Spotlight

30 Services & Resources

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Should people living with Alzheimer's disease or any type of dementia get the COVID-19 vaccine?

Alzheimer's Disease International maintains that “people with dementia must be included in the priority groups for new COVID-19 vaccines, both in care homes, and at home.”

Worldwide, COVID-19 has proven fatal to a large percentage of people with dementia. For those that survive, the long-term effects can be serious: chest or joint pain, shortness of breath, headaches, kidney injury, smell and taste difficulties, depression, among other symptoms.

The benefits of the vaccine far outweigh any risks. A very small percentage of people may be allergic to a component in the vaccine. The primary care physician can provide guidance when the patient has a history of severe allergic reaction.

Our loved ones with a neurocognitive disorder may not be able to tell us when they start to feel ill. They may become severely ill with COVID-19 by the time symptoms are observable. This also supports vaccination as the best plan!

I am looking into a Day Center for my husband who has Alzheimer's. I noticed your centers are called “specialized”. Can you tell me what the difference is?

There are many significant differences in a specialized adult day center!

Specialized day centers must have a licensed nurse on duty at least 75% of each day. Therapeutic activities must be provided at least 70% of each day. These activities must actively engage patients cognitively and physically and must encourage social engagement. The environment must support patients emotionally and spiritually. Our day centers provide nurturing environments where patients’ preferences prevail, and every success is celebrated!

Individualized plans of care maximize focus on what the patient CAN still do! His or her job history, skills, and interests guide activities that provide the greatest opportunity for success and self-esteem. Safety interventions are unique to each patient’s needs.

Our specialized day centers must provide a greater staff to patient ratio than “standard” day centers: one staff member to every five patients.

Our website displays wonderful videos of each of our Specialized Day Centers.

If you have a question concerning Alzheimer's disease or a related neurocognitive disorder that you would like Dr. Gilbert to address in our next issue, please send an email to kgilbert@alzcare.org
EXPERTS IN COMPLEX NEUROLOGICAL CARE.

Cleveland Clinic Martin Health is the destination for complex neurological care. Specializing in spine health, epilepsy, dementia, stroke recovery and more, our neuroscience experts provide the best in patient-first health care.

MartinHealth.org/Neurosciences
A History of Advocating for Patients and Families

2002 - First trip to Tallahassee to introduce Medicaid Waiver for patients and caregivers living with a memory disorder.

2003 - Alzheimer’s Community Care designated as a service provider in the Alzheimer’s Dementia-Specific Medicaid Waiver Program by the Florida Legislature.

2004 - Florida Statutes 2005 430.502 funded and implemented by state legislature after influence from Alzheimer’s Community Care.

2005 - Gov. Rick Scott travels to West Palm Beach to sign into law, the statewide Silver Alert Program (SB664/HB513), which Alzheimer’s Community Care plays a vital role in developing.

2006 - Alzheimer’s Community Care takes 23 advocates on the first trip to Florida’s State Capital.

2008 - The Florida Silver Alert Program was written into an Executive Order by Governor Charlie Crist. The CEO of Alzheimer’s Community Care was selected to be the chair of a statewide advocacy committee called the Florida Silver Alert Support Committee.

2009 - Alzheimer’s Community Care thanks Legislative advocates.

2011 - Alzheimer’s Community Care Board President, Larry Butcher, invited to speak on the panel for the US Senate Special Committee on Aging, Alzheimer’s Study Group with Newt Gingrich, Sandra Day O’Conner and Maria Shriver.
For every dollar given to Alzheimer’s Community Care from the Legislature, the state of Florida saves $6.00 in Medicaid costs by preventing nursing home admissions in the service area.

- President and CEO of Alzheimer’s Community Care selected to serve on the 18-member Purple Ribbon Task Force.
- Alzheimer’s Community Care takes 30 Advocates to the State Capital.
- Alzheimer’s Community Care takes 35 Advocates to the State Capital to request Alzheimer’s Disease Initiative funding for the Specialized Day Centers.
- Alzheimer’s Community Care makes 7th trip with 45 advocates to the State Capital.
- 29 advocates travel to Tallahassee.
- After years of Alzheimer’s Community Care advocating, Gov. Ron DeSantis signs bill removing dementia from the classification of mental illness.
- 42 Advocates travel to Tallahassee.
- 44 Advocates travel to Tallahassee.

With considerable input from Alzheimer’s Community Care, the Specialized Alzheimer’s Services Adult Day Care Act (SB694/HB 529) is signed into law by Gov. Rick Scott.

- 31 Advocates from Alzheimer’s Community Care visit Tallahassee.
- 30 Advocates travel to Tallahassee.
- 29 advocates travel to Tallahassee.
- 47 Advocates from Alzheimer’s Community Care travel to the State Capital to request Alzheimer’s Disease Initiative funding for the Specialized Day Centers.
- With leadership from Alzheimer’s Community Care, Lost on Foot, the next phase of the Silver Alert Program, is piloted in three Florida counties.

$1.00
$6
Why We Do: From Our Legislators

**Representative Mike Caruso**
Joy in Patients

I’ve been fortunate to visit Alzheimer’s Community Care specialized day care centers and see the joy on the faces of the patients in their care. With the help of specialized, trained nurses and staff, Floridians with Alzheimer’s are benefitting from activities and exercises that keep their minds fit and their bodies safe.

**Representative Matt Willhite**
Best Investment

It can be challenging to care for a loved one living with Alzheimer’s. It can also be incredibly expensive. Alzheimer’s Community Care specialized day care centers provide a safe and affordable option for families. Their loved ones can remain under the care of certified and specially trained nurses during the day, but in the comfort of their own homes and surrounded by family at night.

**Senator Gayle Harrell**
Leading Advocates

Having worked on many issues with Alzheimer’s Community Care over the years, I appreciate how significant their voice is in the halls of Florida’s state capitol. For decades, this organization and its community of caregiver advocates have been working to pass and implement policies that protect and respect Floridians living with Alzheimer’s. We have many programs in place today, including Florida’s Silver Alert program, because of their passion and dedication.

**Commissioner Doug Smith**
Impact of COVID19

Many Florida businesses were forced to close last year or shift to virtual platforms due to the COVID-19 global health pandemic. But there are some services that we cannot live without, and the specialized day care provided by Alzheimer’s Community Care is one of them. Florida families depend on Alzheimer’s Community Care to provide hope for their loved ones, especially during difficult times. Alzheimer’s Community Care implemented safety protocols, in accordance with the CDC and local health officials, to ensure their patients could safely receive care and support while remaining safe and healthy.
What is BRAIN TIME?

Brain Time is a series of activity and art pages designed to engage the patient living with Alzheimer’s disease or another form of dementia. The pages range in difficulty from Relaxing to Challenging and can be done alone or with someone. Colored pencils work best for this activity as they are easy to hold, not messy, and can color in fine lines. The activity level is listed on the bottom of each page.

BRAIN TIME is included in Alzheimer’s Community Care’s CAREGIVER TOOLBOX.

For more information, contact us today  
(561) 683-2700  
www.alzcare.org/toolbox  
info@alzcare.org
## THIS IS YOUR LIFE

**Fill in the blank**

**Therapeutic Value**
- cognitive
- emotional
- physical (fine motor)
- social/individual

---

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you prefer orange juice or grapefruit juice?</td>
<td></td>
</tr>
<tr>
<td>Ocean or lake?</td>
<td></td>
</tr>
<tr>
<td>What is your favorite thing about going to the beach?</td>
<td></td>
</tr>
<tr>
<td>Waterskiing or snow skiing?</td>
<td></td>
</tr>
<tr>
<td>Would you rather go camping or to a theme park?</td>
<td></td>
</tr>
<tr>
<td>Do you prefer road trips or airplane travel?</td>
<td></td>
</tr>
</tbody>
</table>

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**THIS IS YOUR LIFE** is specifically designed for reminiscing and is good for creating comfortable conversation. While your loved one might not be able to remember what they had for lunch, they are very likely to remember their wedding day, the name of a favorite school teacher, or a childhood holiday. Reminiscence therapy uses this ability to recall events that happened long ago, even when short term memory is failing. It can also help boost their mood and stimulate wider conversation.

---

**Therapeutic Value**
- cognitive
- emotional
- physical (fine motor)
- social/individual

---

**RELAXING BRAIN TIME**
HOW OLD WERE YOU WHEN YOU FIRST VOTED?

WHAT DO YOU LOVE MOST ABOUT AMERICA?

WHAT DO YOU LOVE MOST ABOUT FLORIDA?
Similar to meditation, Masterpiece allows you to switch off your brain from other thoughts, which can be very satisfying, calming and relaxing for dementia patients. Patients may also have difficulty sleeping and the calming effects of coloring can help soothe patients before bed. Art therapy and coloring are also great communication tools. According to Dr. Karen Gilbert, Certified Dementia Practitioner, “Art therapy stimulates the brain, providing a form of communication unique to each individual. Communicating through art inspires creativity and personal expression, promoting joy and a sense of accomplishment.”
STATE FLOWER: ORANGE BLOSSOM
WHITE FLOWER, YELLOW-ORANGE CENTER, GREEN LEAVES

STATE TREE: SABAL PALMETTO PALM
DARK GREEN LEAVES, BROWN BARK

STATEHOOD: MARCH 3, 1845
STATE CAPITAL: TALLAHASSEE
STATE BIRD: MOCKINGBIRD

STATE FLAG: WHITE BACKGROUND, RED X SEAL: BLUE, YEL, GRN, BRN

Brain Time is included in Alzheimer's Community Care's CAREGIVER TOOLBOX
**What’s My Line?** uses common phrases, pairs, book titles and the like to allow the person with dementia to draw from their long-term memory bank. This activity is best enjoyed with someone, but can be done alone. The “lines” are designed to stimulate memories, encourage reminiscing, and spark enjoyable and therapeutic conversation. The categories will cover a wide variety of interests and life experiences. Suggested answers are below, but there are no right or wrong answers. The activity is designed for engagement and enjoyment.

**Therapeutic Value**
- cognitive
- emotional
- physical (fine motor)
- social/individual

**LIKE A FISH OUT OF**

**SEE YOU LATER,**

**AFTER A WHILE,**

**HOT DIGGITY**

**SNAKE IN THE**

**YOU HAVE BIGGER FISH**

**IT’S RAINING CATS AND**

**THAT’S A WHALE OF A**

**WATER OFF A DUCK’S**

**LIKE A MOTh TO A**

**SUGGESTED ANSWERS**

LIKE A FISH OUT OF ________________

SEE YOU LATER, ______________________

AFTER A WHILE, ______________________

HOT DIGGITY ______________________

SNAKE IN THE ______________________

YOU HAVE BIGGER FISH ______________________

IT’S RAINING CATS AND ______________________

THAT’S A WHALE OF A ______________________

WATER OFF A DUCK’S ______________________

LIKE A MOth TO A ______________________
SOME LIKE IT ________________________________

BEACH BLANKET ______________________________

THE BEST YEARS _______ _________ _________

MR. SMITH GOES TO __________________________

A STREETCAR NAMED __________________________

SWISS FAMILY _______________________________

SMOKEY AND THE ______________________________

WHERE THE BOYS ______________________________

THE SPY WHO ________________________________

RAISIN IN THE ________________________________
Focusing the mind on a simple, calming activity such as Hollywood Squares has the power to enhance brain activity, encourage positive thinking, and even foster social skills. Therapeutic coloring helps the mind to focus on the moment and promotes mindfulness. It has been proven to reduce stress as well as anxiety and feelings of hopelessness. Coloring is also an excellent activity for enhancing dexterity for dementia patients suffering from the loss of motor skills.

**DISCUSSION POINTS**
- What is your favorite animated film?
- What are your favorite activities on the water?
Discussion Points

- Are you a fan of movies with car chases?
- What is your favorite movie with Burt Reynolds?
**NAME THAT TUNE**

**Word Search**

**Therapeutic Value**
cognitive · emotional · physical
(fine motor) · social/individual

Word search is a familiar and popular pastime for many people. It is engaging and offers cognitive challenges with positive and immediate feedback. **Name That Tune** can be done by the patient alone or together with their caregiver. The concentration required and the short-term memory skills used for **Name That Tune** are all beneficial to the patient. The topics of each word search can also be used to retrieve long-term memories and create conversation.

**CELLO**

**ORGAN**

**UKULELE**

**OBOE**

**CYMBAL**

**HORN**

**BASS**

**COWBELL**

**BONGO**

---

**RELAXING**

**BRAIN TIME**
Concentration can engage the patient in completing a single task. Concentration utilizes vital fine motor skills, numerical recollections, and provides an achievable challenge. Creating something through the puzzle creates a sense of accomplishment that is often lost throughout the progression of the disease.
Brain Time is included in Alzheimer’s Community Care’s Caregiver Toolbox

Concentration
Connect the Dots

Start at the pencil
Puzzles exist to be solved, and solving a puzzle is extremely satisfying for a patient living with dementia. The Treasure Hunt maze is a puzzle that has a definite starting and ending point, offering the patient an opportunity to see a goal and reach that goal through a series of steps. This provides valuable mental stimulation. A completed maze can rekindle the satisfaction of a job well done, triggering joy and pleasure for the patient.
THE TREASURE HUNT
SOLVE THE MAZE

BRAIN TIME is included in Alzheimer's Community Care's CAREGIVER TOOLBOX

START

THE COINS LEAD TO THE TREASURE!

FINISH

CHALLENGING BRAIN TIME
We all need a break sometimes, especially caregivers. Take some time to have a laugh, share a story, and be inspired by the Caregiver Corner.

**Quote**

“We are crucial. We need support. We keep going. We are not alone. We are a force to be reckoned with.”

— Anonymous

**Caregiver Tip**

Caregivers can help someone feel more comfortable by establishing a constant daily routine. Doing this can help reinforce a sense of familiarity in the person who has Alzheimer’s.

Caregivers should try to avoid making significant changes to a routine, as this can be confusing for someone.

Sometimes, there are changes that are unavoidable, such as introducing a new care provider or switching care settings. Individuals with Alzheimer’s often require time to adjust to new people and places, so caregivers should try to implement changes gradually.

**Jokes**

What do you call the seagulls that live by the Bay?

Bagels.

Where do pianists go for vacation?

The Florida Keys.

Where does a fish go to borrow money?

The loan shark.

Why don’t clams give to charity?

Because they’re shellfish!

**WE WANT TO HEAR FROM YOU**

If you have a funny joke, story or inspirational quote to share, send it to info@alzcare.org

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Let Our Family Take Care of Your Family
Bob Gorman currently serves as the Chair of the Alzheimer’s Community Care Board of Directors. His commitment to the Organization, however, started many years ago when he led the very first group trip to the State Capital in 2011.

“The first trip of taking a busload of caregivers to the State Capital was really an experiment. Alzheimer’s Community Care wasn’t well known in Tallahassee and we wanted to change that.”

So the first group of 23 caregivers, staff and supporters descended upon the capital in matching shirts and armed with information about Alzheimer’s disease, caregiving and the impact upon the state.

“We were so warmly received that first year and we saw how much the stories from the caregivers touched the legislators that we knew we had found a secret formula to advocate for not only the patients we serve, but for all Floridians living with any form of dementia.”

Mr. Gorman has been on almost every trip since that first one and has seen the respect for Alzheimer’s Community Care grow.

“The thing we hear most every visit from the Legislators is, ‘when are you bringing this to my community?’”

The victories over the years for the Organization and for all Floridians is why he keeps going year after year.

“I have seen this Organization that only serves three counties, actually serve every single family living with Alzheimer’s disease because of our advocacy. I believe in what Alzheimer’s Community Care does and know that it should be in every state in the nation. I’ll keep advocating as long as I can. It is a pleasure and privilege for me to do so.”
William “Will” Armstead was born and raised in Brooklyn, NY, along with his seven brothers and sisters. He and his wife Rachel are proud parents of 6 sons and 4 daughters. Both Rachel and Will have been vital participants of our advocacy trips to Tallahassee.

A Veteran of the United States Army and Army National Guard, Will served 16 years including terms in two wars - Desert Storm and Operation Enduring Freedom. The Army recognized his outstanding leadership with more than a dozen awards and medals. Will's personal life mission is to serve people in need. He is a community-based leader, serving multiple non-profits including Big Brothers Big Sisters, PACE, and Safe Space. Will served on the Boys & Girls Club Board and was also Board President. He has served on the Board of Alzheimer’s Community Care since 2013.

Randy K. Johnson, Sr. is a native of Washington, D.C., father of three children who all work in the family business, and two grandchildren. Randy has 58 years of telecommunications experience, was a US Air Force veteran, an engineer with NASA and CEO/Founder of Communications by Johnson.

Randy's talents have been tapped for a number of organizations and appointments. He is Past Chairman of the Workforce Florida, was appointed to the Workforce Florida Board, Treasurer for Alzheimer’s Community Care and sits on the Board of the Criminal Justice Commission of Palm Beach County (Past Chairman). Randy served as Past Governor of the Florida District of Kiwanis International and President of the Kiwanis Club of Westside West Palm Beach, a member of 32 years.

Randy is a longtime member of Saint Francis of Assisi Catholic Church, where he serves as Eucharistic Minister, Lector, and Finance Committee, and is a past member the Parish Council, and Board of Catholic Charities.
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(Request Education Department)
Volunteer Spotlight

Mary Feacher

Mary Feacher has been a part of the Alzheimer’s Community Care family for over 20 years. She first got involved with the Organization when her mother was diagnosed with Alzheimer’s and attended the West Palm Beach Specialized Adult Day Center. “Finding Alzheimer’s Community Care was a blessing from God”, says Mary. She is now the caregiver to her husband, who also has Alzheimer’s. She believes so strongly in the cause, that she has attended the Advocacy trip seven times. Each trip has been an amazing experience for her. “It felt wonderful to have the legislators listen to our stories and most of the time, they had similar situations happening with their own loved ones.”

Mary is more than a dedicated volunteer, she is an Advocacy Superhero and Alzheimer’s Community Care is thankful to have her as a part of the family.

Margaret Matthews

Margaret Matthews has been an avid supporter and volunteer with Alzheimer’s Community Care for over a decade. She became involved when her husband was a patient at our Specialized Adult Day Center. “I was so grateful to find the Organization. It gave me such a sense of peace knowing that he was safe and happy at the day center,” says Margaret. She started volunteering because she felt that she should give back, as the Organization had given her so much. Margaret is a staple on our Advocacy trips to Tallahassee, attending all but one. She finds the trips incredibly rewarding and loves the sense of camaraderie amongst the Advocates.

“I find the Legislators are always very open to listen to what we have to say, and our work helps bring to light the issues that we are facing in our state and secure funding for what wonderful, work Alzheimer’s Community Care does”.

We are grateful to have Margaret as one of our valued Advocacy Superheroes.
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✓ A simple paragraph added to your will is all it takes

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Interested?

Amy Bromhead
Director of Development
561-683-2700/772-223-6351
abromhead@alzcare.org

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800 Northpoint Parkway
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West Palm Beach, Florida 33407
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7 Core Services

**SPECIALIZED ADULT DAY CENTERS**
Providing Dementia-Specific Adult Day Services to patients at 11 locations located throughout Palm Beach, Martin and St. Lucie Counties.

**FAMILY NURSE CONSULTANTS**
Providing licensed nurses to help families navigate and manage Alzheimer’s disease.

**ID LOCATOR SERVICES**
Providing ID Locator bracelets, education and resources to help mitigate the risk of wandering episodes in coordination with SafetyNet and Law Enforcement.

**PROFESSIONAL & COMMUNITY EDUCATION**
Providing disease-specific training and guidance to professional and family caregivers coping with Alzheimer’s disease, as well as law enforcement.

**24-HOUR CRISIS LINE**
(800) 394-1771
Connecting families in crisis to a Family Nurse Consultant 24 hours a day, 365 days a year.

**CASE MANAGEMENT**
Assisting families in accessing services and financial resources to care for their loved ones with Alzheimer’s disease.

**ADVOCACY**
Advocating on behalf of Alzheimer’s patients and their family caregivers on the state and local level to ensure the highest quality of care.
LOCATIONS & SERVICES

1. St. Peter Lutheran Church
   2900 South Jenkins Rd.
   Fort Pierce, FL 34981

2. Leo and Anne Albert
   Alzheimer’s Care & Service Center
   St. Andrew Lutheran Church
   295 N.W. Prima Vista Blvd.
   Port St. Lucie, FL 34983

3. Prince of Peace Lutheran Church
   2200 N.W. Federal Hwy.
   Stuart, FL 34994

4. Treasure Coast Office
   1111 S.E. Federal Hwy., #116
   Stuart, FL 34994

5. Nativity Lutheran Church
   4075 Holly Dr.
   Palm Beach Gardens, FL 33410

6. Headquarters
   800 Northpoint Pkwy., #101B
   West Palm Beach, FL 33407

7. John B. McCracken
   Alzheimer’s Care & Service Center
   Orthodox Zion Primitive Baptist Church
   2924 N. Australian Ave.
   West Palm Beach, FL 33407

8. Leo and Anne Albert
   Alzheimer’s Care & Service Center
   St. Michael Lutheran Church
   1925 Birkdale Dr.
   Wellington, FL 33414

9. Se Habla Español
   West Lake Worth
   3680 Lake Worth Rd.
   Palm Springs, FL 33461

10. Our Savior Lutheran Church
    1615 Lake Ave.
    Lake Worth Beach, FL 33460

11. Betty Kroll Specialized
    Alzheimer’s Care & Service Center
    Seacrest Presbyterian Church
    2703 N. Seacrest Blvd.
    Delray Beach, FL 33444

12. South County Office
    4800 Linton Blvd.
    Delray Beach, FL 33445

13. Anne Ross Albert
    Alzheimer’s Care & Service Center
    Advent Lutheran Church
    4680 North Dixie Hwy.
    Boca Raton, FL 33431

14. Leo and Anne Albert
    Alzheimer’s Care & Service Center
    Pahokee
    470 Barack Obama Blvd.
    Pahokee, FL 33476

Services Key

- Professional & Community Education
- Specialized Adult Day Center
- 24-Hour Crisis Line
- Family Nurse Consultant
- Case Management
- ID Locator Services
- Advocacy

LOCATIONS & SERVICES

[Map of Florida with locations marked and services listed]

(561) 683-2700  www.alzcare.org  info@alzcare.org

WINTER 2021 | ALZHEIMER’S COMMUNITY CARE
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