How a Caregiver and a Congregation Put Compassion into Action
OF HOPE

We pledge ourselves to maintain a leadership role in providing resources and services for families with Alzheimer’s disease and related disorders.

We pledge ourselves to be the ultimate resource that specializes in dementia-specific care throughout the disease process, and to provide a safe haven for both caregivers and patients.

We pledge ourselves to be change-agents, so that human dignity becomes a fundamental aspect of all dementia-specific treatment.

The most prominent word in our name is “Community” and community is what this magazine is all about. The definition of community is “a unified body of individuals” which describes our founders to a “t” and is in our DNA.

We are truly unified in the opening of our 12th Specialized Alzheimer’s Licensed Day Service Center. This center was conceived, nurtured and fostered by a Pastor and his congregation’s communal spirit who together listened to a caregiver who was personally touched by Alzheimer’s disease through the love of his life, his wife. As the congregation searched for a way to reach the community, this caregiver asked if they would consider providing a service such as an Alzheimer’s Community Care Day Center. A meeting of minds was quick to form, and the idea was born. The Leo and Anne Albert Charitable Trust, William and Helen Thomas Charitable Trust and the Theodore Boulle bequest have all made a substantial contribution to Alzheimer’s Community Care for building this beautiful center, which is a gift of love that will continue giving to afflicted families for many generations to come.

This publication is our way of saying “Thank you” to our Founders, to our visionary donors who support our work, to the congregation of Grace Lutheran Church for being unified in purpose with us in this endeavor, and to all those who made this new center possible and allow us to continue serving families every day.

Thank you.

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

Mary M. Barnes
President & CEO

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”

- MARGARET MEAD
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SociAlz® is Alzheimer’s Community Care’s digital initiative to educate our most important stakeholders – YOU! SociAlz® allows us to connect directly with the public so we can share the latest news, tips, tools, ideas, images and activities. SociAlz® gives you the ability to customize your digital communication with Alzheimer’s Community Care so that you only get the information that you need. Subscribe or verify your preference at www.alzcare.org/socialz
My grandmother and my mother have both been affected by Alzheimer’s. Does this mean that I am going to get it and what can I do to prevent it?

The APOE-e4 gene is said to increase risk of Alzheimer’s, but it does just that – increases the risk. It does not necessarily mean that one will develop the disease!

This is good news, as research has shown that developing Alzheimer’s may be far more dependent on our lifestyle choices. Risk-reducing strategies include: exercising 2.5 hours per week (walking is fine); seeking new learning opportunities (a new skill or craft, type of puzzle, new language or topic of interest, etc.); getting quality sleep of 7 to 8 hours nightly; eating a Mediterranean-type diet, (emphasizing fruits, vegetables, fish such as salmon or tuna); staying socially active; addressing hearing loss; and taking a few quiet minutes each day to meditate. Even using your non-dominant hand for everyday tasks will exercise the brain!

My wife was going to a senior center a couple times a week before the pandemic and I haven’t been able to take her back. She is restless and confused more now. Do you have any suggestions about things I could do with her or for her?

This is a good time to focus on your wife’s specific interests to redirect her to purposeful activities. These will engage her and provide opportunities for success. Think back to what she most enjoyed when she planned her day, those activities that made her smile. She may also find purpose in accomplishing household tasks, such as folding laundry, setting the table, “organizing” magazines and newspapers. How well each task is done is not important; the therapeutic value is in the “doing.”

Tap into her remaining skills for activities you can do together. You may enjoy the same music, dance, work on a puzzle, play board games, etc.

It is suggested that you avoid news programs covering the pandemic and its impact. This will help to avoid undue anxiety and stress.

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.
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Cleveland Clinic Martin Health

Spring 2021 | Alzheimer's Community Care
HOW A CAREGIVER AND A CONGREGATION PUT COMPASSION INTO ACTION
Being a firefighter for 25 years, Ed was used to helping people and putting their health and safety above his own. It was who he was. But when his wife was diagnosed with Alzheimer’s in 2012, he learned about a whole new kind of help. Ed had been caring for his wife for almost 10 years and was determined not to put his beloved Barbara in a nursing home, so when a friend recommended the Alzheimer’s Community Care Day Center at the St. Andrew Lutheran Church in Port St. Lucie, he was very interested. He made an appointment and soon his wife began regularly attending her “club” every day. “She loved going to her club and I loved that it made her happy to be there”. Ed was finally able to have some time to himself to take care of their home and relax, knowing that Barbara had a place and a purpose each day.

Fast forward to 2018 and a conversation that started at Ed’s home church, Grace Lutheran in Port St. Lucie. The small church had just paid off all their loans, were sitting on six beautiful acres and trying to decide what to do with it. “The congregation didn’t want a bigger building for themselves, they wanted it for our community”, said Cris Escher, Pastor of Grace Lutheran. The church leadership began investigating several opportunities when Ed suggested Alzheimer’s Community Care. He shared how much the day center meant to him and his wife and how it had allowed him to keep her at home instead of a nursing home. The committee called CEO, Mary Barnes, who then met with the church leadership. An independent study group confirmed that there was a need. The committee then recommended the idea to the congregation. This, along with Barbara and Ed’s inspirational story, led to a unanimous vote for a partnership with Alzheimer’s Community Care.

Ed’s wife Barbara passed away in the fall of 2020 and Ed said that one of the greatest gifts Alzheimer’s Community Care gave him was the ability to sit beside her in their home and hold her hand as she passed.

“It is my hope that hundreds and even thousands of families in our community can receive the same help and hope that Barbara and I received from Alzheimer’s Community Care.”

— Ed Bock
Community is at the core of who we are and why we do what we do. We are blessed to have partners throughout the communities we serve who are unified with us in the belief that all deserve dignity and purpose, and that for Alzheimer’s families in particular, “where there is help, there is hope”.

It is because of these foundational principles that we partner with churches for 10 of our 12 Alzheimer’s Specialized Day Service Centers. We stand together with our congregations to serve the most vulnerable of our citizens.

“We believe in being a culturally relevant church that transforms the community, one life at a time. Our partnership with Alzheimer’s Community Care is an extension of this mission. We also believe that the haven of acceptance and dignity provided at this Day Center for our neighbors living with Alzheimer’s disease, deepen our connection to the community we seek to serve and transform for good.”

- Dr. James Chester, Senior Pastor Orthodox Zion Primitive Baptist Church, West Palm Beach, FL.

I was once told “Ministering to others is not an option for a Christian; it’s a privilege.” The partnership and privilege between St. Andrew Lutheran Church and Alzheimer’s Community Care is a relationship based on putting others first. Their great effort comes naturally from their great hearts.”

--Rev. Randy R. Kennedy Pastor of St. Andrew Lutheran Church, Port St. Lucie, FL.

“Better together is a theme that runs throughout the Bible. Alzheimer’s Community Care reflects that important belief as they partner with churches to bring hope to communities and families afflicted with Alzheimer’s and associated diseases. Without this relationship this mission would be far poorer in its ability to reach the community!”

- Pastor David E. Dangerfield, Alzheimer’s Community Care Board of Directors and former pastor of St. Andrew Lutheran Church
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
What is your favorite flower? ________________

What is your favorite season, winter, spring, summer or fall? ____________________________

What is your favorite baseball team? ____________________________

Would you rather bird watch or watch it rain? ____________________________

What is your favorite jellybean flavor? ____________________________

What is your favorite spring-cleaning chore? ____________________________

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 recent events, 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

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WHAT WAS YOUR FUNNIEST APRIL FOOL’S DAY JOKES?

WHAT DO YOU LOVE MOST ABOUT SPRINGTIME?

WHAT WAS SPRING LIKE WHERE YOU GREW UP?
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, DNP, MS, RN, “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.”
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

**SUGGESTED ANSWERS**
- APRIL SHOWERS BRING _______ _________
- SPRING HAS ________________________
- WHEN IT RAINS _________ _____________
- BIRDS OF A FEATHER _________ _____________
- PRACTICE WHAT YOU ______________________
- PLEASED AS ______________________
- TWO PEAS IN A ______________________
- SOMEWHERE OVER THE ______________________
- WALKING ON ______________________
- STOP AND SMELL THE ______________________
DON’T PUT ALL YOUR EGGS ______________________

EVERY CLOUD HAS A _________________________

DON’T COUNT YOUR CHICKENS _________________________

TIPTOE THROUGH _________________________

HERE COMES PETER COTTONTAIL _________________________

_______________________________

THE EARLY BIRD _________________________

WHAT’S GOOD FOR THE GOOSE IS _________________________

MARY, MARY QUITE CONTRARY _________________________

RAIN, RAIN GO AWAY _________________________

BRIGHT EYED AND _________________________
Therapeutic Value

cognitive · emotional · physical
(fine motor) · social/individual

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 movie?
• Have you ever seen a deer in the wild?
DISCUSSION POINTS

• What is your favorite vegetable?
• Do you enjoy gardening?
Name That Tune

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.

Cloudy Breezy Windy Bloom
Foggy Rain Hot Humid
Sun

RAIN
SUN
CLOUDY
WINDY
BREEZY
BLOOM
HOT
HUMID
FOGGY

BRAIN TIME
NAME THAT TUNE

Brain Time is included in Alzheimer’s Community Care’s Caregiver Toolbox

Word Search!

Find and circle each of the words from the list below. Words may appear forwards or backwards, horizontally, vertically or diagonally in the grid.

Word Search!

Name: Date:

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UMBRELLA
MISTY
HONEY
RAINDROPS
SUNNY
BUTTERFLY
MOCKINGBIRD
RAINBOW
SUGAR
BLACKBIRD
WINDY
DAYDREAM

Challenging Brain Time
Alzheimer's disease and related dementias can reduce one's ability to focus, but games like 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.
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.

Therapeutic Value

cognitive · emotional · physical
(fine motor) · social/individual
THE TREASURE HUNT
SOLVE THE MAZE

START

THE COINS LEAD TO THE TREASURE!

FINISH

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

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**

“Remember that in the long run you will benefit from caregiving...because you will have no regrets knowing that you did what you could and what was right.”

- Anonymous

**Caregiver Tip**

There’s no way around it: caregiving can be an incredibly lonely role to play. You may feel isolated, sad, frustrated, exhausted... And on top of it all, you may feel guilty about feeling those things!

Don’t underestimate both the physical and emotional toll it can take on you, and make sure to lean on others for your own support. Grab a coffee with a friend and talk to them about how you feel. Join a support group so you can share and vent with people in a similar situation as yourself.

For information on Alzheimer’s Community Care Support groups contact us at 561-683-2700.

**Jokes**

Does February like March?
No, but April May

How excited was the gardener about spring?
He was so excited he wet his plants.

Can bees fly in the rain?
Not without their yellow jackets.

Why couldn’t the flower ride its bike?
It lost its petals.

**It’s the quality of care, not the severity of one’s condition, that determines their quality of life.**

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Building a DREAM

The story of a little church who wanted to do big things.

Though small in number, Grace Lutheran Church of Port St. Lucie is big on compassion and service to its community. So, when all their debts were paid, a discussion started about getting back into debt. “Why?”, so together they could make their community a better place. “How?”, by committing to the dream and finding the right partner. “We did not want to build something just for us,” shared Pastor Cris Escher, “we wanted whatever we were going to do, to benefit the community around us.”

The congregation found out about Alzheimer’s Community Care and the need for another Alzheimer’s Adult Day Center and the rest, as they say, is history. Since then, a wonderful partnership has been forged between our two groups who share the common goal of giving help and hope to the community.
Kevin Wrenne is a respected businessman in Southern Palm Beach County. For the last 7 years he has been the Executive Director of Banyan Place, an independent assisted living facility.

Prior to that he acted as the COO of Advent Ministries in Boca Raton, Florida for over 10 years.

Since 2012, Mr. Wrenne has been a very active member of the Board of Directors for Alzheimer’s Community Care and serves on the Audit Standing Committee and as Secretary for the Executive Standing Committee. As a Certified Dementia Practitioner, Mr. Wrenne brings a wealth of knowledge and understanding to the Board.

He is always helpful in forging key relationships throughout Palm Beach County and is an avid supported all of Alzheimer’s Community Care’s fundraising events.

When not in the office or heading up the Advent Lutheran Early Response Team, you can find him enjoying a round of golf on one of South Florida’s beautiful golf courses.

“As a professional in the world of senior care, I understand the importance of an organization like Alzheimer’s Community Care. Caring for the patient and the caregiver is a unique and invaluable service they provide. I have been honored to serve on the Board for many years and am proud that I can be a part of the good and necessary work they do for the families living with Alzheimer’s disease in our community.”

We are very honored to welcome Tenna Wiles back to our Board of Directors. She previously served as a Board Member from 2011 to 2018.

Recently retired as the CEO of the Palm Beach County Medical Society, after holding the position for 23 years, she now has more time to devote to the many charities she supports. During her time at PBCMS, Ms. Wiles was also responsible for leading the development of Palm Beach County Medical Society Services, a 501(c)3 organization dedicated to expanding physicians’ services in the community. Prior to this, she worked as Vice President of the United Way of Palm Beach County for over 10 years. Ms. Wiles brings a great deal of support and experience to the Board and we are grateful to have her back.

“There is nothing that can prepare you for the loss of your mother to Alzheimer’s. I was blessed that Alzheimer’s Community Care was there every step of the way to support my mother and my family. I am committed to advocating for and raising the awareness of the incredible community-based services provided by ACC.”
Thank you for making a difference in 2020!

You brought **HOPE** to our families.
Let’s Give Together in 2021!
Your impact can begin now!

Visit alzcare.org/givetogther to start giving today.

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**VIRTUAL**

**2021 EDUCATION CONFERENCE**

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**Sponsorship Opportunities are Available**

For specific sponsorship levels and benefits, email: development@alzcare.org or call (561) 683-2700

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**Register for the 2021 Education Conference**

Visit: www.alzcare.org/educon2021
Call: (561) 683-2700
Pilot Club

For 17 years, the Pilot Club of Fort Pierce has been raising money and supporting Alzheimer’s Community Care with the annual Birdies for Bracelets Golf Tournament. They have worked tirelessly to make the tournament a wonderful event each year to support the ID Locator Service in St. Lucie County. Many of the members have been to every tournament throughout the years and have secured thousands of dollars in donations. They worked in 2020 to secure funding from a Dyer Chevrolet grant for Alzheimer’s Community Care, and in 2021 secured another grant for the Organization from 100 Women Who Care. We are thankful for friends and are better equipped to serve the families of St. Lucie County because of our partnership with the Pilot Club of Fort Pierce.

“The mission of the Pilot Club of Fort Pierce is to influence positive change in St. Lucie county in friendship and service by focusing on brain safety and health by supporting those who care for others. Our long-standing support of the ID Locator Service with Alzheimer’s Community Care is a wonderful way for us to fulfill our mission and be a positive force for good here in St. Lucie County.”

- Barbara McKenzie, President, Pilot Club of Fort Pierce
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Interested?

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

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Since 1996, Alzheimer’s Community Care has been providing services and hope to Alzheimer’s patients and their family caregivers, allowing them to stay safely at home and in the community. If you or someone you know is living with Alzheimer’s disease or any other neurocognitive disorder, please contact us today. Hope is here.

7 Core Services

**SPECIALIZED ADULT DAY CENTERS**
Providing Dementia-Specific Adult Day Services to patients at 12 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.

FNCs also run Caregiver Support Groups twice a month at most Specialized Day Center locations. For more information, visit [www.alzcare.org/supportgroups](http://www.alzcare.org/supportgroups).

The ID Locator Service Department offers several safety tools, including a customized Medical ID Bracelet. For more information, visit [www.alzcare.org/bracelets](http://www.alzcare.org/bracelets).
Locations & Services

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

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

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

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

**St. Andrew Lutheran Church**
295 N.W. Prima Vista Blvd.,
Port St. Lucie, FL 34983

**St. Michael Lutheran Church**
1925 Birkdale Dr.,
Wellington, FL 34414

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

**Leo and Anne Albert Alzheimer’s Care & Service Center**
Grace Lutheran Church
555 SW Cashmere Blvd.,
Port St. Lucie, FL 34986

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

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

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

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

**Advent Lutheran Church**
4680 North Dixie Hwy.,
Boca Raton, FL 33431

**Pahokee**
470 Barack Obama Blvd.,
Pahokee, FL 33476

**Leo and Anne Albert Alzheimer’s Care & Service Center**
Nativity Lutheran Church
4075 Holly Dr.,
Palm Beach Gardens, FL 33410

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

All locations are equipped with UV Air Sanitizers

(561) 683-2700  www.alzcare.org  info@alzcare.org
“My 94-year-old mother believes the cat is almost real. It gives her so much joy and brightens her day. It gives her purpose in her life, and both the cat and my mother have come to life.” – Mary B.

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