ALZHEIMER’S COMMUNITY CARE

TEN WAYS to Care for Yourself as a Caregiver PAGE 7

LIGHTEN YOUR LOAD
LIGHTEN YOUR LOAD

Until you have walked a day in the shoes of a full-time caregiver, it is hard to appreciate the demands, sacrifice and selflessness required. Being there for someone 365/24/7 requires love and fortitude like nothing else. Capturing a moment for yourself is almost unheard of and overcoming feelings of isolation and loneliness which is when you must think of Alzheimer’s Community Care.

The Founders of Alzheimer’s Community Care envisioned that it would be a safe harbor for both caregivers and patients. A place to feel understood, find help and a listening ear and a caring heart. Listening to our caregivers is what brought about this issue. Spring boarding from our “Lighten Your Load Caregiver Forums” is this Lighten Your Load issue.

All our magazines are written with the intent of providing help, and this issue is no different except if is focused on the busy and hectic schedule with a caregiver in mind. We have organized our content for caregivers in the form of “Lists of Ten.” Lists that can be absorbed quickly, at once, or easily in pieces, whatever works to fit the needs of a caregiver for whom he/she were intended. These lists were written by caregivers who are currently in the middle of the rigorous demands of caring for a loved one living with Alzheimer’s disease. The research they did for the content is their daily life. We wanted to share with you the valuable nuggets they have been able to capture so that you cannot just survive, but thrive, as a caregiver. The topics are right in line with our goal of keeping your loved one in the home and in the community for as long as possible which translates “We Stand with You.”

If you are a caregiver, you must give yourself permission to take a moment for yourself. You and your loved one will be better off for it; we promise. Please let us help you to “Lighten Your Load.”

Sincerely,

Robert J. Gorman, Esq.  Mary M. Barnes
Chair of the Board of Directors  President & CEO

For the person living with Alzheimer’s disease, these types of activities provide them with joy, normalcy, a sense of accomplishment, companionship, mental stimulation, and fulfillment. This is what BRAIN TIME is all about. Each activity in BRAIN TIME has been carefully selected and varied to allow the patient to do them alone or with someone. The range of activities varies from relaxing to challenging and are designed to engage the mind and allow reflection in a comfortable way. These activities are more about the process than the result and can be used as a part of a daily routine for the dementia patient. Cognitive and physical stimulation are paramount in managing Alzheimer’s disease and dementia, and BRAIN TIME was created to be a part of your care plan. When applicable, suggested answers are provided, and each page can be torn out if desired.
Companion Cards are a simple way to discreetly explain to others the impact of living with dementia in public settings. This wallet-sized card is available in English or Spanish and is free for caregivers. Turn to page 27 to find out how to get your free companion card today.

Brain Time is a series of activity and coloring 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.

Ellyn Stevenson, retired social worker and current caregiver, provides her ten ways to care for yourself as a caregiver.

Why We Do: Dance Therapy

Brain Time

Living with Alzheimer’s: Staying Active

Get to know ACC

ACC Outreach: Companion Card

My Companion Has Alzheimer’s Disease

Any unusual behavior from my companion is due to this brain disease. I appreciate your patience and understanding.

Volunteer Spotlight

Services & Resources
PROUD SUPPORTERS OF ALZHEIMER’S COMMUNITY CARE®

HairClub® salutes Alzheimer’s Community Care and the important services they provide throughout Palm Beach County. Your impassioned dedication to limiting the life-disrupting impact of Alzheimer’s Disease for thousands of people diagnosed with the disease and their families is needed more today than ever. Whether it’s clinical support, education or advocacy, we share your commitment to removing obstacles so everyone can achieve as many life and living goals as possible.

www.HairClub.com
Caring for Patients Throughout the Treasure Coast

Now providing care for patients and families in Okeechobee, Martin and St. Lucie counties. VITAS® Healthcare has the resources, expertise and experience to improve quality of life for patients near the end of life and their families.

VITAS looks forward to serving your patients who are eligible for compassionate hospice care. Call 800.93.VITAS now for information.

VITAS Healthcare
SINCE 1980
VITAS.com
Q&A

Karen L. Gilbert, DNP MS RN CDP

My wife was recently diagnosed with Alzheimer’s disease. She seems fairly normal. Is there a way to find out what stage of the disease she is in? Also, what can I expect?

It appears that your wife has been diagnosed early in the disease process. There is no single indicator for identifying disease stage. However, observing changes in her memory and ability to execute activities of daily living can provide insight as to disease progression.

In early stage, your wife should retain good motor skills and the ability to perform personal care activities with little to no assistance. In middle stage, the need for assistance will increase. She may need help choosing clothing to wear, dressing, and bathing. In late stage, she is likely to need total assistance for these activities.

In early stage, your wife will be able to verbalize her needs, telling you if she is hungry, tired, bored, in pain, etc. As the disease progresses through middle stage, she may no longer be able to do so; a change in behavior may be your only indication that she has an unmet need, is developing an illness, or is experiencing a medication side effect.

Your Family Nurse Consultant can assist with tips for maximizing your wife’s independence in activities of daily living, as well as hints and resources for reducing the stress and burden you experience as her needs increase.

My husband has been prescribed Aricept for his Alzheimer’s disease. Additionally, he also takes over the counter medicine for his seasonal allergies, and a daily aspirin. Is it OK for him to continue taking these medications while on Aricept?

This is such an important consideration! According to Drugs.com and WebMD.com, there are numerous medications that may interact negatively with Aricept. The daily aspirin you mention is one of those, potentially resulting in bleeding in the gastrointestinal tract. The dosage of aspirin is integral to the degree of risk, as low-dose aspirin may not pose a potential problem. The specific allergy medication would need to be identified to see if there is a possible interaction; Benadryl, for instance, is recognized as having the potential for reducing the effectiveness of Aricept.

We encourage you to take all medication bottles to all medical appointments. This includes prescription and over the counter medications, as well as any vitamins, herbal supplements, etc. that your husband takes. There is much more important information on the product labels than we would typically include in a handwritten list. Viewing all medications and supplements with their complete labeling provides the opportunity for the physician or nurse practitioner to identify potential drug interactions and adjust the regimen to minimize such risks.

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.
1. FIND MOMENTS OF JOY AND GRATITUDE
   It can be done and it will save you.

2. PUT ON YOUR OWN MASK FIRST
   Take care of yourself before all others or you will take care of no one.

3. BE KIND TO YOURSELF
   Learn all aspects of self-care.

4. DON’T DWELL. DELETE POP-UPS
   Just do it and get it over with.

5. ASK FOR HELP WHEN NEEDED, ACCEPT HELP WHEN OFFERED
   No one can get through this without a little help... or a lot of help.

6. SOCIALIZE WITH OTHER CAREGIVERS AND THEIR LOVED ONES
   Form a new circle of support and friendship.

7. ORGANIZE! USE LISTS, CALENDARS AND REMINDERS
   Don’t add to your stress by missing appointments, or having to dose out pills throughout the day.

8. LEARN AS MUCH AS YOU CAN
   The more you know, the better equipped you will be and the less often you will think you are failing.

9. MAINTAIN YOUR LIFE OUTSIDE OF CAREGIVING
   Caregiving is what you do... it’s not who you are.

10. LET GO OF THE GUILT AND FIND THE HUMOR
    Let’s face it...sometimes things are just funny! It’s OK to laugh, and laughter really is the best medicine.

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"A diamond is a piece of coal under pressure. If you are feeling pressure today, you are about to shine.

"I am so calm, happy & well-rested" said no caregiver ever.

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TEN WAYS TO CARE FOR YOURSELF
- Ellyn Stevenson
Caregiver

ALZHEIMER’S COMMUNITY CARE | SPRING 2020
As the ability to communicate deteriorates in Alzheimer's patients, we must find new and creative ways to reach them. One of these methods is dance. Dance can stimulate social interaction, enhance mood, reduce anxiety and depression, increase self-awareness and self-expression. Bringing happiness to our Alzheimer's Patients is Why We Do: Dance Therapy.

Once a month, the skilled professional dancers from Fred Astaire Studio in Wellington treat patients at the Specialized Adult Day Center in Wellington to a fun filled dance performance. The minute Doreen and her team walk in, the eyes of the patients light up, as they know that good times are in store. Once the sounds of familiar music from the golden age of the 50's and 60's fill the room, the patients become even more engaged and involved. The instructors invite everyone to participate in a “free dance” and all the patients get up out of their seats and boogie! It is a beautiful moment in time where everyone feels free to let loose and be themselves again. The dancing also provides a moderate cardio workout that is incredibly beneficial for our patients' physical and mental health.

Thank you to Fred Astaire Dance Studio for bringing joy to the patients at our center and providing help to our patients. This is Why We Do: Dance Therapy.

“Dance is the hidden language of the soul”
– Martha Graham
What is BRAIN TIME?

Brain Time is a series of activity and coloring 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 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

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**WHAT IS YOUR FAVORITE SONG?** ____________________

**WHAT IS YOUR FAVORITE MOVIE?** ____________________

**WHAT IS YOUR FAVORITE FOOD?** ____________________

**WHAT IS YOUR FAVORITE SEASON?** ____________________

**WHAT IS YOUR FAVORITE PLACE YOU EVER LIVED?** ____________________

**WHAT WAS YOUR FAVORITE VACATION?** _____________

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**RELAXING BRAIN TIME**
WHAT WERE SOME OF THE CHORES YOU HAD TO DO WHEN YOU WERE A CHILD?

WHAT WAS THE MOST VALUABLE LESSON THAT YOUR PARENTS EVER TAUGHT YOU?

WHAT DID YOU DO FOR FUN WHEN YOU WERE A TEENAGER?
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, Florida-based dementia specialist, “Art therapy is helpful for dementia and Alzheimer’s patients because it enables an individual who is having trouble communicating to bypass the language problems they may be having, allowing them to communicate and express themselves in a different way.”
**WHAT’S MY LINE?**

**Fill in the blank**

Therapeutic Value

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

*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.

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**SUGGESTED ANSWERS**

- BALL AND ______________
- COAT AND ______________
- WASHER AND ______________
- HAMMER AND ______________
- OPEN AND ______________
- SINK OR ______________
- MOM AND ______________
- AUNT AND ______________
- NUTS AND ______________

---

**RELAXING BRAIN TIME**

- OPEN AND SHUT
- HAMMER AND NAIL
- WASHER AND DRYER
- COAT AND TIE
- BALL AND CHAIN
- SINK OR SWIM
- NUTS AND BOLTS
- AUNT AND UNCLE
- MOM AND DAD
ARE YOU LONESOME __________?

WHY DO FOOLS _______ _______ ______

SOMEBEHWE PR OV _______ _______ ______

SPLISH, SPLASH I WAS _______ _______ ______

OH BEAUTIFUL, FOR __________ _______

I COULD HAVE DANCED ______ ______

I FOUND MY THRILL ______ ______ ______ ______

FLY ME TO ______ ______

FOR IT’S 1, 2, 3 STRIKES ______ ______
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 are your favorite movie snacks?
What is your favorite movie?
DISCUSSION POINTS
What is your favorite scene from Casablanca?
Can you name another Humphrey Bogart movie?
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.

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

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**NAME THAT TUNE**

---

**Word search**

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V P M M Y Y K U C Z
P S O L O N N Z C W
W S O U V E R S E Y
E D Y P D U E T O M
F O R T E U K N C B
F P D T R I O Y O C
N C H O R D P Z X G
E C S A L T O G U K
O B A S S H K E Y I
O E E C H O R U S H
ALTO  BASS  CHORD
CHORUS  DUET  FORTE
KEY  SOLO  TRIO
VERSE
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.

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

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

Start

The Coins Lead to the Treasure!

Finish

Relaxing 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**

“Life is short. Break the rules, forgive quickly, kiss slowly, love truly, laugh uncontrollably, and never regret anything that made you smile.”

— Nitisha Boiri, author

**Caregiver Tip**

Find a support group! The sooner in your caregiving journey that you seek the support of others, the better off you will be. Having a group of people who understand your daily struggles, frustrations and who offer a safe place to share these is invaluable. The hard decisions to come are easier when you know you are surrounded by a team of other caregivers. If you are looking for a support group, contact Alzheimer’s Community Care to find one in your area; 561-683-2700.

**Jokes**

What did the fish say when he hit a wall? Dam!

What do you call a man with a rubber toe? Roberto

My wife told me to take the spider out instead of killing him. Went out. Had a few drinks. Nice guy. He is a web designer.

What do you call a man who can’t stand? Neil

Why didn’t the melons get married? Because they cantaloupe.

Wanted: A man has been stealing wheels off police cars. Police are working tirelessly to catch him.

**WE WANT TO HEAR FROM YOU**

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

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

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We offer services 24-hours a day, 7 days a week including assistance with all activities of daily living.

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Call today (561) 630-1620 in Palm Beach County and (772) 584-2416 on the Treasure Coast

Serving Boca Raton to Vero Beach

Let Our Family Take Care of Your Family
# Ten Ways to Stay Active in the Community

- **Ann Young**  
  Caregiver

<table>
<thead>
<tr>
<th>Number</th>
<th>Idea</th>
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| 1      | **Keep It Simple**  
  When you go to restaurants and events, keep it to a simple menu. Take photos of their favorite orders to show them. Prepare a simple weekly schedule for your activities that they can keep. |
| 2      | **Oldies But Goodies**  
  This is not the time of life to introduce new restaurants and new places. Going to familiar restaurants, listening to music from the past, and watching old movies are all comfortable and familiar. New is different and confusing. |
| 3      | **Destinations**  
  If they are still able to drive, keep their destinations to a few familiar places, i.e., the bank, post office, local diner, etc. Consider a tracking device for the automobile they drive. |
| 4      | **Revise Bucket List**  
  Life has taken a turn, so make your bucket list not about exploring new and exciting, but finding ways to enjoy today...together. For example, a simple trip to see family. |
| 5      | **Adapt and Adjust**  
  Be willing to change directions when a planned outing or activity is frustrating and scary for them. Nothing you can say about the event will ease their mind, so adjust. You will feel better when they do. |
| 6      | **One More Step**  
  If they can take 10 steps to the mailbox, then have them take 11, then 12. Keeping your loved one active as possible makes them feel better and subsequently you will feel better. |
| 7      | **Date Night**  
  Invite them out to a date night. Relive past dates. Make the most of every moment and allow them to enjoy date night in their own way. |
| 8      | **Guess Who?**  
  Don’t make them guess when you run into friends and acquaintances. “Here comes our friend George and his wife Marie. You used to golf with him all the time.” Set them up for success, not failure. |
| 9      | **Help Others Understand**  
  Have companion cards on hand when you are at public places to quietly diffuse any possible uncomfortable situations. [Turn to page 27](#) to find out how to get a companion card. |
| 10     | **Have Fun**  
  They can still enjoy their life and have fun. A joyful heart is truly good medicine. Find your own way to make the things you do fun. Be silly and playful; you will never regret bringing a smile to their face. |
Eric Jablin moved with his wife and two children to Palm Beach Gardens in 1987. Eric has been a business owner in New York and Florida and has always been active in public service. He was elected to the Palm Beach Gardens City Council in 1991 and served as Mayor in 2002, 2003, 2004, 2008 and 2015. He retired from the Council in April 2017 after twenty-six years of service. During his tenure as a council member and Mayor, Eric saw the population grow from 18,000 residents to more than 55,000. He continues his public service even in retirement as he serves on the Alzheimer's Community Care Board of Directors.

“After the passing of my mother to Alzheimer’s, I developed a passion for the mission of Alzheimer’s Community Care, which provides Specialized Day Care services and a safety net for patients and caregivers, providing care until the cure.”

Eric’s first exposure to Alzheimer’s Community Care was through his role as a Council Member, approving the opening of the Palm Beach Gardens Specialized Adult Day Center. He has seen first-hand the good work done at the Day Center and knows the growing need for Alzheimer’s Community Care.

David Dangerfield grew up in Miami, FL and graduated from Pacific Lutheran University, Tacoma, WA and Trinity Lutheran Seminary, Columbus, OH. His first call was to Advent Lutheran Church in Boca Raton, FL. It was at Advent that Pastor Dangerfield first learned of Alzheimer’s Community Care (ACC) and Mary Barnes. After 26 years, he moved to St. Andrew Lutheran Church in Port St Lucie. Again, his relationship with ACC bore fruit when the second Adult Day Center in St. Lucie County opened at St. Andrew.

Dave is married to Kathy Roberts, a science teacher at Palm Beach Gardens High School. Dave has 3 children, Philip of Cleveland, OH, Megan of Boca Raton, FL and Stefan of Salt Lake City, UT, and 6 grandchildren.

“I am excited about the future of ACC and its growth in helping to make life better for patients and caregivers and the possibility of reaching more communities with the hope that ACC brings! I also am honored to be involved with an organization that wants to strive to be the best it can be in providing care for those that are often forgotten in our society!”

“After the passing of my mother to Alzheimer’s, I developed a passion for the mission of Alzheimer’s Community Care, which provides Specialized Day Care services and a safety net for patients and caregivers, providing care until the cure.”

Mayor Eric Jablin presents an update on the City of Palm Beach Gardens (2015)
The 23rd Annual Alzheimer’s Community Care Education Conference theme for 2020 is Influencing Change. Experts in the field will offer innovative approaches for the care of patients with Alzheimer’s disease or related neurocognitive disorders, as well as ways to protect brain health.

### Featured Speakers

- **Marc Agronin, MD**
  - Geniatric Psychiatrist and author of *The End of Old Age*

- **Greg Unguru**
  - Deputy Secretary of the Florida Dept. of Elder Affairs

- **Stuart Zola, PhD**
  - Neuroscientist, Cofounder & Chief Science Officer of MapHabit

**Only a few copies left!** Register today to receive a **free copy** of *The End of Old Age* by Marc E. Agronin, MD

### COMPANION CARDS

"MY COMPANION HAS ALZHEIMER’S DISEASE"

COMPANION CARDS ARE A SIMPLE WAY TO DISCREETLY EXPLAIN TO OTHERS THE IMPACT OF LIVING WITH DEMENTIA IN PUBLIC SETTINGS. THIS WALLET-SIZED CARD IS AVAILABLE IN ENGLISH OR SPANISH AND IS FREE FOR CAREGIVERS.

For more information please call: (561) 683-2700 or visit our website www.alzcare.org

**CONTACT A FAMILY NURSE CONSULTANT TO RECEIVE YOUR FREE COMPANION CARD.**

Serving You Since 1996
Melanie Fenner has served as co-chair of the Treasure Coast Seasons of Life Luncheon for three years. She has been a resident of Florida since 1999 when her husband, Hal, retired from Exxon Corporation in Dallas, Texas. Melanie and Hal both have been actively involved with the United Way in North Carolina and Florida communities. Melanie served for five years on the board of Children’s Hope Alliance of Banner Elk, North Carolina. In Florida, she actively serves in her church, holds Bible studies in her community, and also works with Place of Hope and Alzheimer’s Community Care. Melanie’s connection to Alzheimer’s Community Care comes from her personal connection to the disease through family members.

“My concern and desire to be involved with Alzheimer’s Community Care was precipitated by watching family members and many friends ‘navigate’ the rough road of caregiving for loved ones with dementia and Alzheimer’s disease. Having someone to go to who understands the family’s needs and having a place to send their loved one each day is so important. I am happy to have found a way to help these families through Alzheimer’s Community Care.”

Dolores Lashkevich has served as co-chair of the Alzheimer’s Community Care Treasure Coast Luncheon for three years. She has lived in Palm City since 2003. She has been an active volunteer for Treasure Coast Hospice and the Chrysanthemum Ball benefiting the Martin Health Foundation. Dolores has served as a volunteer and event planner at Harbour Ridge Yacht and Country Club for the Commodore Ball and the Gentleman’s Wine Tasting Dinner.

Dolores’ involvement with Alzheimer’s Community Care began after caring for her aging grandmother while still working. When Dolores moved to Florida and learned of Alzheimer’s Community Care, she immediately identified with their model of care and wanted to take part in making others aware of this service.

“My grandmother lived with me for 25 years. There was a point where I needed a place for her to go that allowed me to continue working, and that provided her with safe therapeutic care. After I moved to Florida and learned of Alzheimer’s Community Care, I felt an immediate connection and have been happy to be a part of the care they provide.”
Alzheimer’s Community Care’s Caregiver Support Groups establish a collaboration and partnership with each family to preserve their safety and security, well-being and welfare, and to ensure that their dignity and integrity are never compromised or diminished throughout the duration of the disease process.

**Support Group Mission Statement**

Alzheimer’s Community Care’s Caregiver Support Groups establish a collaboration and partnership with each family to preserve their safety and security, well-being and welfare, and to ensure that their dignity and integrity are never compromised or diminished throughout the duration of the disease process.

- **Our Cognitive Therapeutics Method™** is designed to keep aging minds sharp.
- **Home Care Assistance clients** engage in cognitive activities to improve mental acuity and slow progression of symptoms in individuals with mild to moderate cognitive decline.
- **Our holistic approach** includes cognitive engagement, stress management, physical exercise, social interaction, recreation, sensory stimulation and a healthy diet.

**Call to schedule your free assessment today!**

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www.HomeCareAssistanceBoyntonBeach.com

**Leader in Alzheimer’s and Dementia Care**

We are active supporters of brain health and consistently thrive to be the #1 resource for brain health education.

**Brain health is just as important as physical health.** As a home care provider, we ensure our clients keep their minds active and engaged.

- **Our Cognitive Therapeutics Method™** is designed to keep aging minds sharp.
- **Home Care Assistance clients** engage in cognitive activities to improve mental acuity and slow progression of symptoms in individuals with mild to moderate cognitive decline.
- **Our holistic approach** includes cognitive engagement, stress management, physical exercise, social interaction, recreation, sensory stimulation and a healthy diet.

For more information, or to pre-register for our Caregiver Support Groups, please call: (561) 683-2700 or visit our website: www.alzcare.org/supportgroups
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 other neurocognitive disorders, please contact us today. Help is here.

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.

**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 one 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)
For services including:

- Specialized Adult Day Center
- Family Nurse Consultant
- Caregiver Support Groups
- ID Locator Services
- Education & Training
- Case Management
- Advocacy

Locations & Services

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

2. Tiger 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.
   Lake Worth, FL 33461

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

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

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

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

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

Services Key

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

Contact Information:

(561) 683-2700
www.alzcare.org
info@alzcare.org
Marshalls is proud to support causes that make a difference. For over 40 years, we’ve been dedicated to helping our local communities through in-store fundraising programs, special events, corporate donations and more. We’re proud to help raise funds – and awareness – for various charities that work to improve the lives of others.

We invite you to learn more at marshalls.com/social-responsibility