WE ARE ALL IN THIS TOGETHER

Since February, all of our lives have been in a turbulent state and normally we would be writing about issues of hurricane preparation for our families. However, these are not normal times. In accordance with our standard procedures, our Specialized Alzheimer’s Services (SDS) were immersed in flu control practices beginning in November 2019, which means surfaces were being cleaned, sanitizing practices, respiratory precautions were in place, and temperatures were being taken when someone’s actions or appearance were what we call “a little off”, with subtle symptoms such as coughing, sneezing, runny nose, etc.

However, in the middle of February 2020, the SDS Centers started executing COVID-19 safety practices, and from that time to the present, we have not had one Coronavirus diagnosis of either staff or patients. Temperatures are being taken every morning, sanitizing starts when one enters and leaves the center and throughout the day and social distancing is followed during a fun and active full day, happening within all eleven (11) SDS Centers. Instructions written by the Center of Disease Control (CDC) are periodically sent home and will continue to do so as long as this pandemic exists.

We are advocating that social distancing be maintained, sanitizing drills be exercised, masks be worn, and other pandemic safety practices continue even during the next six (6) months of Hurricane Season. Social distancing has been requested by the Department of Health with regard to our Special Needs Shelters for our Alzheimer’s disease and other neurocognitive disorders patients when sheltering becomes the only safe alternative for our families during a hurricane. We will be doing all possible to assure sufficient area within the limits of space available in each shelter.

Please read about how the Organization carries out its mission with passion in word and deed, has humility in gratitude and purpose, and lives by the rule of integrity and dignity for our work and cause with professionalism.

We thank you for your support and trust. If it is possible, please place us as one of your three most valued charities within your traditional giving donation rituals. During these COVID-19 times, any donation made up to $300.00 can be itemized within your 2020 IRS form, no matter your income. Any gift would be deeply appreciated.

Be safe and know that we are all in this together.

Sincerely,

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

Mary M. Barnes
President & CEO

The HURRICANE READY Guide is designed specifically for caregivers of someone living with Alzheimer’s disease or a related dementia. The resources provided include county specific information as well as general hurricane preparedness tips. The pages are designed to be torn out so they can be readily available.
In the middle of a pandemic, we can hope that the predicted high storm activity won’t take place, but we know that hope is not a strategy. So let’s be prepared for the worst and hope for the best.

The Hurricane Ready Guide is designed specifically for caregivers of someone living with Alzheimer’s disease or a related dementia. The resources provided include county-specific information as well as general hurricane preparedness tips. The pages are designed to be torn out so they can be readily available.

For us, it means working with our families and patients in every way to provide them with tools, guidelines and peace of mind.

The Hurricane Ready Plan look like for an Alzheimer’s Community Care Specialized Day Center? For us, it means working with our families and patients in every way to provide them with tools, guidelines and peace of mind.

What does the Hurricane Ready Plan look like for an Alzheimer’s Community Care Specialized Day Center? For us, it means working with our families and patients in every way to provide them with tools, guidelines and peace of mind.

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Questions & Answers

Dr. Karen L. Gilbert, DNP MS RN CDP
Vice President, Education & Quality Assurance

Karen Gilbert serves as Vice President of Education and Quality Assurance for Alzheimer’s Community Care.

Karen earned her Doctor of Nursing Practice degree from Palm Beach Atlantic University. Karen received her Bachelor of Science degree from the State University of New York, Downstate Medical Center, and she holds a Master of Science degree in Health and Human Services from Nova Southeastern University in Fort Lauderdale.

Karen holds Certification in Alzheimer’s disease training from the Florida Department of Elder Affairs as well as designation as a Certified Dementia Practitioner from the National Council of Certified Dementia Practitioners.

Karen was recognized as the 2017 Palm Beach County Medical Society Hero in Medicine Award for Education.

Are Alzheimer’s patients at higher risk of catching a virus like COVID-19? If we have to go to a hurricane shelter, should I be concerned that my wife, who has Alzheimer’s, might catch it easier than I would?

You are very wise to consider that your wife can be at greater risk to contract COVID-19. Our loved ones with Alzheimer’s disease or related neurocognitive disorders may not be able to maintain hand hygiene or physical distance from others or remember not to touch their faces.

Though the risk of contracting COVID-19 is a valid consideration, the importance of physical safety during a hurricane should reasonably prevail.

Addressing a hurricane and COVID-19 at the same time is certainly a new challenge for all of us. We anticipate that routine shelter resources will be supplemented with ample hand washing stations and sanitizing gel and wipes as well as appropriate personal protective equipment (PPE). Shelter staff will be able to screen those coming into the shelter. The process will segregate anyone with symptoms of upper respiratory illness, ensuring that they are properly evaluated and needed medical care is provided.

My husband is 85 and has Alzheimer’s disease. We have struggled a LOT through the virus outbreak this spring, but now I am worried about hurricane season. We are in a mandatory evacuation zone and I don’t know what I’m going to do if we have to evacuate.

This is an excellent question and one we are certain many caregivers have.

All behavioral approaches have a “trial and error” aspect. We can never be certain that any particular approach will be successful, but here are some suggestions.

Our loved ones with Alzheimer’s disease or a related neurocognitive disorder feel successful when accomplishing tasks. In this spirit, you may give your husband a lead role in preparing for a possible evacuation during a hurricane. For example, with your guidance, he can choose from various activity supplies to pack, the clothing he would like to have, photo albums, favorite music, any other familiar, comforting item such as a favorite lap blanket or pillow, etc. Give your husband ample opportunity to verbalize his thoughts and feelings and assure him that you understand his concerns. This will assure him that he has some aspect of control in an uncertain situation.

Relocation stress syndrome is a true phenomenon that can affect our loved ones as we prepare for an evacuation. Involving your husband in the planning to the greatest degree possible will help to minimize this risk.

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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THRIVING IN THE MIDST OF A PERFECT STORM

What you need to know to be prepared when the Pandemic meets Hurricane Season

2020 has been a stormy year already and this was BEFORE we even thought about Hurricane Season. But now, here we are, and while we all hope that the predicted high storm activity won't take place, we also know that hope is not a strategy. So, let's be prepared for the worst and hope for the best.

1. Recheck your hurricane supplies, as they may have been depleted during the last couple of months during the “stay at home” orders. This includes paper products, non-perishable food items, batteries, etc. For a full list, check out our HURRICANE READY Guide on page 9.

2. If you live in a mandatory evacuation zone, make your plan now. If you have a hotel you normally go to, make sure it is still open. The pandemic has changed so much that we can't be certain our normal places are the same.

3. Go “old school” and have a map or atlas ready for your evacuation route. GPS might not be working if nearby towers are damaged or even overloaded.

4. Make sure you have a supply of medical masks, gloves
While this list is not exhaustive, it can certainly get you started. Being prepared takes some of the fear of the unknown away. As a caregiver for someone with dementia, you know the importance of planning for the worst so you can live your best.

Pandemic + Hurricane doesn’t have to mean disaster at your home. Plan for the worst and hope for the best….that is our strategy.

1. If you have a shelter that you would normally go to, confirm that it is the same as the past. Many shelters are limiting the number of people they can take in, which requires different locations to open up. Don’t leave this until last minute. As a caregiver of someone living with dementia, you qualify for a special needs shelter, which requires pre-registration; use this time to confirm the location.

2. Don’t forget to have a supply of “normal” activities for your loved one who is living with some form of dementia. They will be confused when you lose power and can’t watch their favorite TV shows. Distracting them with books, puzzles, games and household activities like matching socks and organizing the silverware drawer can provide fulfillment and entertainment. Keep a box of activities and a list of things they can do to keep their minds and hands busy.

3. Download music they would enjoy and have headphones for them so they can escape and reminisce with good music.

4. When you do have power, don’t keep the news on constantly with Hurricane or Pandemic updates. Your family member probably won’t know how to process this type of information and it will probably agitate and confuse them more.

5. If you normally have hurricane shutters put on professionally, now is the time to reach out to them to make sure they are still operating and make alternate plans if necessary.

6. Monitor closely any symptoms for yourself or your loved one (fever, dry cough, shortness of breath) that may be related to COVID-19 and go immediately to the hospital or to your doctor as soon as you notice them and follow all recommended CDC guidelines.

and sanitizing wipes. If you stay home, you may not need them, but if you are forced to go to a shelter or any other location outside your home, they would be crucial.

While this list is not exhaustive, it can certainly get you started. Being prepared takes some of the fear of the unknown away. As a caregiver for someone with dementia, you know the importance of planning for the worst so you can live your best.

Pandemic + Hurricane doesn't have to mean disaster at your home. Plan for the worst and hope for the best....that is our strategy.

24 HOUR CRISIS LINE
Our 24-hour crisis line is still up and running and our Family Nurse Consultants are standing by to provide guidance and a listening ear:

(800) 394-1771
www.alzcare.org/crisis-line
PROVIDING SUPPORT AT THE SPECIAL NEEDS SHELTER

“Never discount the power of a soft word of encouragement, a slight touch of the hand, or a warm smile. These simple expressions of caring can be just enough to turn a confusing moment into an endearing one. This moment is never lost, even if the memory fades. We want every family living with Alzheimer’s disease that we encounter to feel safe and cared for. This is why we do what we do; working at the Special Needs Shelters as advocates and friends for this vulnerable population.”

— Mary M. Barnes, CEO

Walking into the Special Needs Shelter is confusing to Elizabeth. There are so many new faces, there is a lot of activity and none of it is familiar to her.

“Why am I here when I want to be home?” she wonders. “Why would my husband Hank even bring me here?”

Elizabeth is living with Alzheimer’s disease and it is hurricane season in Florida. Hank, her husband of 60 years is her caregiver and they are in a mandatory evacuation zone. Because of the advancement of her disease, traveling very far is no longer an option. A hotel used to work fine, but Elizabeth kept finding ways to leave. That, along with her diabetes, has led them here.

Hank feels he has no choice. He doubts his decision and wonders if anybody here is actually equipped to deal with someone living with Alzheimer’s disease. As his wife grips his hand more tightly, he holds back his tears. “I am here to protect her and right now this just feels scary to her. I don’t know how to give her comfort.”

Once they are registered, he walks Elizabeth over to their assigned area. They sit down on the cot together and look around, taking everything in. After a couple of minutes, a lady walks over to them and bends down so that she is face to face with Elizabeth. She places her hand on top of Elizabeth’s hand. “Hello there” she says in a calm and comforting voice, “My name is Mary, what is your name?”

A pleasant and warm dialog between the two ladies begins and Hank feels the pressure of anxiety release just a little. Here is someone who knows how to speak to his wife. In a matter of minutes, Mary has arranged for the privacy dividers to be put up and has a little box of activities designed to distract Elizabeth from the confusion around her. He doesn’t have to speak to show Mary his appreciation when their eyes meet. He knows that she knows...

And she should know, because Mary is Mary M. Barnes, President and CEO of Alzheimer’s Community Care. She is working a 24-hour shift at the Special Needs Shelter in Palm Beach County. Mary, along with other staff from Alzheimer’s Community Care, work in the Special Needs Shelter every time it is open.

Hank and Elizabeth are just one family of many who find that the extra touch of care and concern provided by ACC in the shelter helps make a frightening experience a little less intimidating and more manageable. Hank and Elizabeth are Why We Do what we do every Hurricane Season: Going above and beyond to provide help to our most vulnerable population in this most vulnerable season.

SPECIAL NEEDS SHELTERS

To learn more about Special Needs Shelters in your community, please refer to the Alzheimer’s Community Care Hurricane Ready Guide.
Hurricane Ready is included in Alzheimer’s Community Care’s Caregiver Toolbox.

For more information, contact us today Info alzcare.org 561-683-2700 www.alzcare.org/toolbox

Included in this guide:
• Know Your Hurricanes
• Evacuate vs. Stay Worksheet
• Caregiver To-Do Lists
• Special Needs Shelter Checklist
• County Resources & Contacts
& More

What is Hurricane Ready?
The Hurricane Ready Guide is designed specifically for caregivers of someone living with Alzheimer’s disease or related dementia. The resources provided include county specific information as well as general hurricane preparedness tips. The pages are designed to be torn out so they can be readily available.

Hurricane Ready is included in Alzheimer’s Community Care’s Caregiver Toolbox.
ARE YOU HURRICANE READY?

Alzheimer’s Community Care has become proficient in helping families prepare for Hurricane Season; however, this year will pose greater challenges because of COVID-19. This means that we have to think a little differently and consider additional infection control precautions.

As you go through the HURRICANE READY Guide, please consider these additional items and considerations.

For a Special Needs Shelter, please add the following essentials to your list:

- Face masks
- Gloves
- Surface cleaning and disinfecting products
- Up-to-date flu and pneumonia immunizations
- If possible, confirm that the shelter is arranging for social distancing of evacuees

It is the hope of all of us that we will never again have to deal with these additional considerations during Hurricane Season, but until that time, stay safe, be prepared, and let Alzheimer’s Community Care know how we can help you.

Sincerely,

Dr. Karen L. Gilbert DNP MS RN
Infection Preventivist
Vice President, Education & Quality Assurance

2020 HURRICANE SEASON PREDICTIONS

Hurricane season officially runs from June 1st through November 30th. For 2020, the National Oceanic and Atmospheric Administration (NOAA) predicts a likely range of 14 to 18 named storms (winds of 39 mph or higher), of which 7 to 9 could become hurricanes (winds of 74 mph or higher), including 2 to 4 major hurricanes (category 3, 4 or 5 with winds of 111 mph or higher).
Know Your Hurricanes

Hurricane Watch vs. Hurricane Warning
Part of being prepared is knowing what you are preparing for. Understanding the difference between a watch and a warning is step one in being Hurricane Ready.

Hurricane watches and warnings are issued to give people time to prepare their homes and businesses for hurricane conditions. They are issued 48 and 36 hours, respectively, before the tropical storm-force winds—typically the fringes of a storm—are expected to hit the area. Tropical storm-force winds are weaker than those of a Category 1 hurricane, but at 39 to 73 mph, they still make it difficult (and potentially dangerous) to ready buildings and areas for a hurricane.

When a hurricane watch is issued for your area, be on guard—learn more about the storm and follow weather updates closely. Prepare your home and review your evacuation plan in case a hurricane or tropical storm warning is issued.

If or when a hurricane warning is issued, some 12 hours later, act. Finish your storm preparations and be prepared to leave the area if directed by local officials.

It’s best to be prepared with a hurricane plan and hurricane kit well before a hurricane is issued. A watch should not be the first you hear of a hurricane, and it should not come as a surprise to you, but should serve as a not-so-gentle nudge to ensure you are prepared.

When hurricane conditions are nearing your area, pay attention to and follow all directions from local officials. Even if national reports say only a watch is expected, your local officials will be closer to the action and more familiar with how hurricane conditions will affect your community specifically.

The Saffir-Simpson Hurricane Scale

<table>
<thead>
<tr>
<th>Category</th>
<th>Wind Speed</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Category 1</td>
<td>74 - 95 mph</td>
<td>Very dangerous winds will produce some damage: frame homes could have damage to roof, vinyl siding and gutters. Extensive damage to power lines and poles likely will result in power outages that could last a few to several days.</td>
</tr>
<tr>
<td>Category 2</td>
<td>96 - 110 mph</td>
<td>Extremely dangerous winds will cause extensive damage: frame homes could sustain major roof and siding damage. Many trees will be snapped or uprooted and block numerous roads. Near-total power loss is expected with outages that could last several days.</td>
</tr>
<tr>
<td>Category 3</td>
<td>111 - 129 mph</td>
<td>Devastating damage will occur: Well-built framed homes may incur major damage or removal of roof decking andgable ends. Electricity and water will be unavailable for several days to weeks after the storm passes.</td>
</tr>
<tr>
<td>Category 4</td>
<td>130 - 156 mph</td>
<td>Major</td>
</tr>
<tr>
<td>Category 5</td>
<td>157 mph +</td>
<td>Major</td>
</tr>
</tbody>
</table>
**To Evacuate or Stay?**

**Evacuating**

- **Make a Plan** – Identify several places you could go in an emergency. Look into pet friendly options if needed.

- **Develop a family communication and re-unification plan** – Ensure you can maintain contact and take the best actions for each of you and re-unite if you are separated.

- **Secure your Home** – Put shutters or plywood on all windows. Make sure doors are securely locked. Bring in all outdoor furniture / items.

- **Unplug electrical equipment** – Computers, radios, televisions and small appliances. Leave freezers and refrigerators plugged in unless there is a risk of flooding. **Shut off water and gas before leaving.**

- **What to Wear** – Sturdy shoes and clothing that provides some protection such as long pants, long-sleeved shirts and a hat.

- **Gas up** – Make sure you have a full tank of gas before you go.

- **Pack your emergency kit** – Include a first aid kit, food, water and medicines.

- **Bring important documents** – Put passports, birth certificates, legal papers for all family members in a waterproof bag / container and bring with you.

**Staying Put**

- **Stay informed** – Keep listening to the radio or TV for updates on the hurricane.

- **Stock up** – Have at least 1 gallon of water per person per day and a 10-day nonperishable food supply. Get extra batteries for radios & flashlights.

- **Secure your Home** – Put shutters or plywood on all windows. Make sure doors are securely locked. Bring in all outdoor furniture / items.

- **Stay healthy & safe** – Make sure you have at least a month’s supply of all your prescription medicines. Put together a complete first aid kit.

- **Secure your pets** – Bring pets inside and make sure you have a supply of food and water for them.

- **Stay away from windows** – If a window becomes exposed, you could get hurt by pieces of broken glass during a storm. Stay in a room with no windows or go inside a closet.

- **Stay inside** – Even if it looks calm, don’t go outside. Wait until you hear or see an official message that the hurricane is over. Sometimes, weather gets calm during the eye of a storm but then gets worse again quickly.

- **Protect your electrical equipment** – In an event of power loss, turn off major appliances such as the air conditioner and water heater to reduce damage.
SPECIAL CONSIDERATIONS FOR THOSE WITH DEMENTIA

- Notify your loved one’s health agency and/or Alzheimer’s Community Care where you will be during a hurricane and when care can be re-established.
- If your loved one requires oxygen, check with your supplier about emergency plans.
- If you evacuate, remember to take your loved one’s medications, written instructions regarding their care, bedding and any walker, wheelchair, cane or other special equipment that is needed.
- If your loved one requires hospitalization, you must make prior arrangements through their physician.
- Determine if and when you would have to evacuate. REMEMBER: All mobile/manufactured and sub-standard home residents must evacuate, regardless of location. Please see TO EVACUATE OR STAY included in this HURRICANE READY Guide.
- Decide NOW where you would go if ordered to evacuate (a friend or relative, a hotel, or the Special Needs Shelter). Determine your route and leave as early as possible or arrange transportation ahead of time.
- If needed, seek out assistance now so that you can effectively provide for your loved one with dementia.

STAY INFORMED

- Listen for the most up-to-date information before, during and after a storm.
- Local media will provide evacuation orders, details about evacuation routes and shelter locations.
- If you have a smart phone, download the FEMA App at www.fema.gov/mobile-app to receive severe weather alerts, safety tips and much more.

Make a Family Communications Plan
As roads may be impassable and cell phone service may be disrupted, identify alternate ways of staying in touch with loved ones.
- Choose an out-of-town friend or relative as a point of contact.
- Decide on a meeting place in case you cannot return home.
- Keep important documents and phone numbers with you at all times.
- Ensure children are included in preparedness conversations and make sure they have emergency contacts memorized or saved in a secure place.
- Pre-register for Special Needs Shelter in case you are ordered to leave your home, and let your family know its location.
### Shelter-in-Place Checklist

Families and individuals need to consider their specific needs to ensure they have the right supplies to manage by themselves during the first 10 days following a disaster.

- [ ] Water: at least one gallon, per person, per day
- [ ] Food and water for your pet
- [ ] Supply of non-perishable foods: (canned meat or fish, peanut butter, boxed milk, etc., including special dietary items), disposable plates, cups and utensils. Manual can opener.
- [ ] Battery-operated radio, flashlights and extra batteries
- [ ] First aid kit
- [ ] Hand sanitizer, liquid and/or wipes
- [ ] Disposable briefs
- [ ] Large plastic bags or tubs for important documents; consider a bank safe deposit box
- [ ] Adequate supply of prescription and over-the-counter medications
- [ ] Activity supplies for your loved one based on his/her likes and capacities
- [ ] Written list of phone numbers for utility companies

### IMPORTANT TIPS:

- Wash linens, towels and clothing to ensure adequate supplies if power is lost. Keep rechargeable electronics (phones, e-readers, tablets, music devices) fully charged.
- Let family members and friends know that you are staying home. Plan for a specified time each day when you can speak to each other. Create a family communication plan.
- The risk that your loved one will wander also increases. It is vital that he/she wear an identification bracelet. Always have a current photo available.
- Be sure your pet is wearing a collar with updated identification tags with the pet’s name, owner’s name, address and phone number.
- Keep enough cash to hold you over for several days, as credit card machines may not be working.
Special Considerations for Those with Dementia

Special Needs Shelter Checklist
Special Needs Shelters are a refuge of last resort; a place to go if you can’t stay at home or with a relative, friend, co-worker or nearby hotel. The timing of their opening and locations will be chosen based on the circumstances of the storm. **Not all shelters are opened for every storm.** Monitor local media for current shelter openings and locations. The Special Needs Shelters only provide the basics: food, electricity and medical supervision. **All patients MUST be accompanied by a caregiver.** Contact your county to learn status of Pet Friendly Shelters. If you must go to a Special Needs Shelter, you will want to bring the following:

- Current photo of you and your loved one (at least one photo with both of you shown).
- 3-day supply of water per person (i.e., 3 gallons per person).
- Special-diet foods and basic non-perishable snacks and drinks.
- 7-day supply of prescription and emergency medications for both you and your loved one.
- Bedding materials (i.e. pillows, blankets, sleeping bags, cots, air mattresses, etc.) for the caregiver. Cots are provided for patients and caregivers when possible.
- Comfortable clothing and undergarments (at least three changes).
- Collapsible/folding beach chair or camp chair.
- Eyeglasses, hearing aids, dentures, assistive devices including cane and walkers. Specialized medical equipment (i.e. oxygen, diabetes supplies, wound care).
- Flashlight, extra batteries.
- Cellphone, with a battery-operated charger. Radio, CD or MP3 players with extra batteries and headphones.
- Important documents. (See the **Important Documents** Checklist for more details)
- Toiletries and personal hygiene items, including hand sanitizer, body wipes and soap.
- Quiet games, books, playing cards or other items for entertainment for your loved one with dementia.

**IMPORTANT TIPS:**
- Learn your surroundings at the shelter upon arrival: toileting access, sleeping cots, handwashing stations, etc.
- Plan a specific time of contact each day with family members, (i.e. 2:00pm/8:00pm)
- Bring a warm blanket, jacket, coat, etc. Shelters are air conditioned and sometimes very cold.
## Important Documents to Print Checklist

Preparing for storm season means preparing for an event during which you may lose power. Print out or make copies of important documents and keep them in a waterproof container or sleeve.

### Important Documents
- Family Contact Information Form
- Family Medication Form
- Copies of health insurance cards for your family
- Birth Certificates and Social Security Cards
- A copy of your homeowner’s insurance policy
- Copies of major credit cards (front and back)
- Bank account and contact numbers
- Photographs and inventory of valuables in your home
- Recent service or utility bill with your home address

### Hurricane Documents & Phone Numbers
- Local and state highway maps
- Local emergency management office phone number
- Local law enforcement phone numbers
- Local utilities phone numbers
- County and City government phone numbers
- Local hospital address and phone number
- Local American Red Cross shelter phone number
- Local radio station frequencies and phone numbers
- Maps to your local shelter

## Keep An Updated Inventory

- Keep your insurance policy information on hand and save your insurer’s claims department number in your phone.
- Keep a list of expensive items, along with any proof of purchase or serial numbers as well as the items’ worth.
- Keep prints/photocopies of all important documents in a waterproof container.
Family Contact Worksheet
When the storm has knocked out power, it is harder to guarantee access to important contact information. Use this worksheet to document your Out-of-Town and Family contacts and keep this worksheet with other important documents (see Important Documents Checklist).

### Out-of-Town Contact

<table>
<thead>
<tr>
<th>Name:</th>
<th>Contact Phone:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Local Meeting Spot:</td>
<td>Phone Number:</td>
</tr>
<tr>
<td>Evacuation Shelter:</td>
<td>Phone Number:</td>
</tr>
</tbody>
</table>

### Family Members

Provide the following for each family member and update with any changes

<table>
<thead>
<tr>
<th>Name:</th>
<th>Date of Birth:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
<tr>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

### Family Locations

Create a list of where people may be found through the day and how to reach them

<table>
<thead>
<tr>
<th>Family Member:</th>
<th>Contact Phone:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location 1:</td>
<td>Street City State ZIP</td>
</tr>
<tr>
<td>Location 2:</td>
<td>Street City State ZIP</td>
</tr>
<tr>
<td>Family Member:</td>
<td>Contact Phone:</td>
</tr>
<tr>
<td>Location 1:</td>
<td>Street City State ZIP</td>
</tr>
<tr>
<td>Location 2:</td>
<td>Street City State ZIP</td>
</tr>
<tr>
<td>Family Member:</td>
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<td>Street City State ZIP</td>
</tr>
<tr>
<td>Location 2:</td>
<td>Street City State ZIP</td>
</tr>
</tbody>
</table>
Family Medical Information Worksheet

It is always good to have your medications and other supplements with you during a storm. Use this worksheet to document your medical details and keep this worksheet with other important documents (see IMPORTANT DOCUMENTS Checklist).

This form is for: __________________________________________

<table>
<thead>
<tr>
<th>Medical Allergies</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Medication Name</strong></td>
<td><strong>Reaction (Swelling, Difficulty Breathing, etc.)</strong></td>
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<table>
<thead>
<tr>
<th>Current Prescriptions</th>
<th></th>
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<tbody>
<tr>
<td>Use your prescription bottles to fill out this information for every medication you take</td>
<td></td>
</tr>
<tr>
<td><strong>Medication Name</strong></td>
<td><strong>Reason for Treatment</strong></td>
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<table>
<thead>
<tr>
<th>Non-Prescription Medications (including Vitamins &amp; Supplements)</th>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>Name</strong></td>
<td><strong>Reason for Treatment</strong></td>
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DON’T FORGET REFILLS

Pharmacies may not be open immediately after a storm, so when a hurricane is announced, make sure you have refills handy. Ask your doctor for an extra refill if you believe you will run out.
Special Needs Shelter Worksheet

Each county requires pre-registration for a Special Needs Shelter. Regardless of which county you live in, you will need the information in the worksheet below. Use this page as reference when completing the applications (see reverse side for more details).

<table>
<thead>
<tr>
<th>Information Needed for Applications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patient Name: _____________________ First MI Last</td>
</tr>
<tr>
<td>Date of Birth: ___________ Height: _______ Weight: _______</td>
</tr>
<tr>
<td>Address: __________________________ City State ZIP</td>
</tr>
<tr>
<td>Gate Code (if relevant): ________________</td>
</tr>
<tr>
<td>Home Phone: _______________________ Mobile Phone: __________</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Caregiver Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caregiver Name: ____ First MI Last</td>
</tr>
<tr>
<td>Address: ______________ City State ZIP</td>
</tr>
<tr>
<td>Home Phone: ____________ Mobile Phone: __________</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Emergency Contacts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary Doctor: __________________________</td>
</tr>
<tr>
<td>Medical Support Suppliers: __________________________</td>
</tr>
<tr>
<td>(e.g. Oxygen, Dialysis, Medical Equip.)</td>
</tr>
<tr>
<td>Home Health Agency: __________________________</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Special Needs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you need:</td>
</tr>
<tr>
<td>☐ Electricity ☐ Feeding Tube ☐ Dressing Changes</td>
</tr>
<tr>
<td>☐ Wheelchair ☐ IV Equipment ☐ Other ___________________</td>
</tr>
</tbody>
</table>

Worksheet
Complete the page below to collect important information
County Specific Contact Information
Each county requires pre-registration for a Special Needs Shelter. You can use the references below to contact your officials or follow county-specific notifications. See the SPECIAL NEEDS SHELTER worksheet to help complete pre-registration.

Palm Beach County
Special Needs Shelter requires registration ahead of time; call (561) 712-6400 or go online: www.discover.pbcgov.org/publicsafety
Palm Beach County does have an owner and pet-friendly shelter; you must pre-register yourself and your pets. If you have questions, please call (561) 233-1200, ext. 0 and reference the Pet Friendly Shelter or e-mail pbcacc@pbcgov.org.
During a declared emergency, residents can obtain Palm Beach County-specific information by tuning to local TV and radio stations, or the information is also available on PBCTV on Comcast Channel 20 and on U-verse Channel 99.

St. Lucie County
Special Needs Shelter requires registration ahead of time; call (772) 287-1652 or go online: www.martin.fl.us/hurricane
St. Lucie County DOES NOT have a pet-friendly shelter; contact the Humane Society of St. Lucie County for a list of pet shelters at (772) 466-7387.
During a declared emergency, residents can obtain St. Lucie County-specific information by tuning to WQCS-88.9 FM at 9AM, 1PM, and 6:30PM.
Residents can also listen to WSTU 1450 AM throughout the day. Local information is also available on SLCTV on Comcast Channel 21 and on U-verse Channel 99.

Martin County
Special Needs Shelter requires registration ahead of time; call (772) 246-8100 or go online: www.stlucieco.gov
Martin County DOES NOT have a pet-friendly shelter; contact the Treasure Coast Humane Society at (772) 223-8822 to register your pet.
During a declared emergency, residents can obtain Martin County-specific information by tuning to WQCS-88.9 FM at 9AM, 1PM, and 6:30PM.
Residents can also listen to WSTU 1450 AM throughout the day. Local information is also available on MCTV on Comcast Channel 20 and on U-verse Channel 99.
HEAT STRESS & HEATSTROKE
A DEADLY COMBINATION

Although Florida is known as the Sunshine State, it could also qualify as the “Hot State”, especially during summer which is also Hurricane Season. The tropical temperatures can be troublesome for older adults, especially if the power goes out for an extended time.

Because older adults are more likely to have chronic medical conditions or take prescription medicines that impair the body’s ability to regulate its temperature, many older adults are not able to adjust well to sudden changes in temperature.

HEAT STROKE

Heat stroke is the most serious heat-related illness anyone can face. It occurs when the body becomes unable to control its temperature and is marked by the following symptoms:

• The individual loses the ability to sweat and, therefore, is unable to cool down; and
• Body temperature rises to 106°F or higher within 10 to 15 minutes.

COMMON WARNING SIGNS OF HEAT STROKE

- An extremely high body temperature (above 103°F)
- Throbbing headache
- Dizziness

- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Nausea

HEAT EXHAUSTION

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

COMMON WARNING SIGNS OF HEAT STROKE EXHAUSTION

- Heavy sweating
- Headache
- Paleness
- Nausea or vomiting
- Muscle cramps
- Fainting

- Fatigue
- Moist, cool skin
- Weakness
- Fast, weak pulse
- Dizziness
- Fast, shallow breaths

WHAT ACTIONS SHOULD YOU TAKE TO BE PREPARED?

Slow down. Strenuous activities should be reduced, eliminated, or rescheduled to the coolest time of the day. Individuals at risk should stay in the coolest available place, not necessarily indoors.

Dress for summer. Lightweight, light-colored clothing reflects heat and sunlight, and helps your body maintain normal temperatures.

Drink plenty of water. Your body needs water to keep cool. Drink plenty of fluids even if you don’t feel thirsty. People who have epilepsy or heart, kidney, or liver disease, are on fluid restrictive diets, or have a problem with fluid retention should consult a physician before increasing their consumption of fluids.

DO NOT DRINK ALCOHOLIC BEVERAGES!

Don’t take salt tablets unless specified by a physician. People on salt restrictive diets should consult a physician before increasing their salt intake.

Spend more time in air conditioned places. Air conditioning in homes and other buildings markedly reduces danger from the heat. If you cannot afford an air conditioner, spending some time each day (during hot weather) in an air conditioned environment affords some protection.

Don’t get too much sun. Sunburn makes the job of heat dissipation that much more difficult.

If you see any signs of severe heat stress, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance.

Cool the affected person by using any of the following steps:

• Get the person to a shady area.
• Immerse them in a tub of cool water, under a cool shower or sponge with cool water.
• Monitor body temperature and continue cooling efforts until the body temperature drops to 101°F.

If emergency medical personnel are delayed, call the hospital emergency room for further instructions. Do not give the person alcohol to drink. Get medical assistance as soon as possible.
G. Mark Shalloway is certified as an Elder Law Attorney and is an Accredited Veteran's Administration. In 1992, he co-founded Shalloway and Shalloway, P.A. Elder & Special Needs Law Attorneys. Mr. Shalloway is a Fellow and Past President of the National Academy of Elder Law Attorneys, Past President of the Academy of Florida Elder Law Attorneys, and Past Chair of the Medicaid Section of the Florida Bar Elder Law Section. Florida Governors Chiles and Bush appointed him as the Attorney for the Palm Beach County Long-Term-Care Ombudsman Council program, inspecting and advocating for residents in nursing homes and assisted living facilities. Mr. Shalloway has been on the board of Alzheimer’s Community Care since 1996 and has served as a Past Chair.

William “Will” Armstead was born and raised in Brooklyn, NY, along with his seven brothers and sisters. A Veteran of the United States Army and Army National Guard, Mr. Armstead served 16 years including terms in two wars - Desert Storm and Operation Enduring Freedom. As a civilian, Mr. Armstead has worked as a Regional General Manager for Aramark and Director of Operations for Aviands. Will’s personal mission is to serve people in need, especially disadvantaged children. In 2015 Will became Chief Executive Officer of Boys & Girls Clubs of St. Lucie County.

Will and his wife Rachel are the proud parents of 6 sons and 4 daughters. They also serve as foster parents. They attend First Baptist Church of Lake Park where Will serves as a Deacon. Mr. Armstead joined the Alzheimer’s Community Care Board of Directors in 2013.

“I’ve always been a fan of non-profits who do all they can to protect our most vulnerable population. The work done by Alzheimer’s Community Care warms my heart.”

“My parents raised me in my Jewish faith tradition to “tikkun olam” (act to repair the world). ACC is one of the rare nonprofits whose founders visioned a mission to provide care until a cure for those who suffer from the scourge of Alzheimer’s disease.”
2020 Education Conference Moved to 2021

2021 EDUCATION CONFERENCE

PGA National Resort & Spa - Tuesday, May 11, 2021

With careful consideration, we have decided to move the Conference to 2021. Our first and foremost concern is always the safety and comfort of those attending. The program and location will remain as planned.

The 23rd Alzheimer’s Community Care Education Conference theme 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.

Seating is limited and early registration is encouraged. Scholarships available for those who qualify.

Registration is now open. Visit www.alzcare.org/educonf2021 to register or call (561) 683-2700 and request Education.

ACC OUTREACH

This is what your Hurricane Ready plan may look like. But what does the Hurricane Ready Plan look like for an Alzheimer’s Community Care Specialized Day Center? For us, it means working with our families and patients in every way to provide them with tools, guidelines and peace of mind. Here is an inside look at our Hurricane Ready Plan.

- Program Managers and Nurses will be placing teal bracelets on those in the Day Center who are at-risk, vulnerable or live alone. As the bracelets are placed, the name of the patient is documented.
- Program Managers and Nurses will take a picture of that patient (if allowed) and store it in the proper hurricane file.
- The completed list of those with teal bracelets will be distributed to key staff.
- Program Managers and Nurses will speak with caregivers individually to address any concerns or questions.
- Program Managers and Nurses will document caregiver plans for family evacuation to maintain proper patient/staff ratios leading up to and immediately after the hurricane.
- Program Managers and Nurses will have a travel letter and a badge.
- The Facilities Department will make deliveries of water and dry food (peanut butter and bread).
- Program Managers and Nurses will ensure that there are enough bins to secure files and that they are delivered to a safe location.
- Caregiver surveys will be conducted following the storm.

Hurricane Kit
Evacuation Plan
Hurricane Supplies

Register now for the 2021 Education Conference. Early registrants receive a free copy of The End of Old Age by Marc E. Agronin, MD.

www.alzcare.org/educonf2021
SUE RIDDELL
VOLUNTEER

Sue Riddell's father was diagnosed with Alzheimer's disease when she was in 6th grade. It was a devastating experience for her family as they lived in a Michigan community with no organizations or resources to provide them with any help. This shaped her desire to pursue a career in nursing. After receiving her Bachelor's Degree in Nursing, she went on to receive a Certificate in Hospice Education and a Master's Degree in Health Care Administration. While serving as the Executive Director for Palm City Nursing and Rehab, she became acquainted with Alzheimer's Community Care and began serving on its Advisory Council. "It was at this time that I saw all that Alzheimer's Community Care did and was so impressed with the care the patients received in the Adult Day Centers and the support given to the families." She and her husband Ray also served as co-chairs for the Treasure Coast Annual Luncheon for two years in a row.

"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.”

SHERIKA RALLIFORD
CAREGIVER, VOLUNTEER

Sherika Ralliford is a Financial Advisor with Merrill Lynch based in Florida. Sherika carries the quarterback role to her current and new clients, with the intent to achieve financial success. An alumnus of Florida Agricultural and Mechanical University, Sherika received Bachelor of Science degrees in Psychology and Criminal Justice. She is also an alumnus of Lynn University, where she earned her Master of Business Administration Degree. Sherika is also a caregiver for her mother living with Alzheimer’s disease and is attending Alzheimer’s Community Care’s Palm Beach Gardens Day Center. Since beginning her career within the financial services industry in 2017, Sherika has restructured her immediate family’s finances to achieve financial success even through the detrimental diagnosis of Alzheimer’s disease. Sherika was the featured speaker at the 2020 Palm Beach Seasons of Life Luncheon.

"Alzheimer’s Community Care is the standard of what impact should be. Coming across an organization so instrumental and committed to helping both sides affected by a cause is why they set the tone. I can be impactful sharing my story and provide encouragement to others through the organization. This journey is a blessing and I’m grateful to be a volunteer.”
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.

“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

“Very kind and caring people. They go above and beyond to make your loved one happy. Our grandmother is 91 years old and was very happy to be there.” – John B.

“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.
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.

For more information, visit [www.alzcare.org/supportgroups](http://www.alzcare.org/supportgroups)

For more information, visit [www.alzcare.org/bracelets](http://www.alzcare.org/bracelets)
Marshall's 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