



Care A Gram

June 2010

A SPECIAL MONTHLY NEWSLETTER FOR CAREGIVERS

VOL. 14 Issue 6

Sandwich Generation

Stacey Weiner-Varnado, Education Program Manager

The term Sandwich Generation is rather new to our language, Merriam-Webster officially added the term to its dictionary in July 2006. The Sandwich Generation is a generation of people who care for their aging parents while supporting their own children. Sandwich caregivers are all around us, you may be one yourself and you are not alone.

The Sandwich Generation is growing at an astronomical rate, in part due to people living longer and having children later in life. According to a Pew Research Center survey conducted in 2008, 16% or 49 million Americans live in a multi-generational household.

To be a Sandwich Generation caregiver you do not have to have mom or dad living with you. A Pew Research Center report from 2009 finds that among those who have at least one parent 65 or older and at least one child under 18, 29% report that they communicate with their parents every day. Among those who have older parents but no children under 18, fully 42% communicate with their parents every day.

Caring for parents and children simultaneously can have an impact on your career, social activities and of course your wallet. Dreams of an early retirement may fly out the door. Elaborate family vacations are a thing of the past, but all is not lost in the Sandwich Generation.

Caregivers who provide care to their aging parents and growing children can find ways to help the generations intersect. If possible, involve your children and make it a fun family event. Gardening can easily be done indoors with a few potted plants. Have your children and parents make a small meal together.

Research has shown that cognitive stimulation is provided for patients that watch activities if they cannot participate. Activities for Alzheimer's patients are a huge component of what your loved one experiences when enjoying a day at one of our 11 Specialized Adult Day Center's. Ask your Program Manager for some suggestions for fun stage appropriate activities.

There is help available for caregivers caught in the Sandwich Generation via support groups and respite. If your family makes special efforts to care for each other, care giving doesn't have to be a burden to the family and may even make your relationships stronger. Remember you have friends here at Alzheimer's Community Care, we are here to support you; you are not alone in this journey.

At Alzheimer's Community Care Character Counts!

The mission of Alzheimer's Community Care is to promote and provide specialized, quality, compassionate care within a community-based environment to patients and caregivers living with Alzheimer's disease and related disorders.





All Alzheimer's Community Care Specialized Adult Day Service Centers

will be closed on

Monday, July 5th, 2010

in celebration of Independence Day



2010 Caregiver Appreciation Events

The 2010 Caregiver Appreciation Events were a roaring success! Each of the Specialized Adult Day Services Centers presented very different programs.

The Boca Center presented each caregiver with a flashlight to symbolize their theme "Caregivers Light Up Our Lives" and everyone's eyes lit up when they saw the selection of 4 foot long submarine sandwiches;

Delray, Greenacres and West Palm Beach sites each had a tropical theme complete with music and, in one site, a Hawaiian dancer as well as tropical themed lunches;

The Fort Pierce Center built their event around the Cinco de Mayo holiday and the food was wonderful;

The Lake Worth Center's theme of "Our Caregivers are True Blue" was complimented by all the blue accents in the room, including blue flower centerpieces created by the patients;

The North Stuart Center's theme of "Under the Sea" was carried through the room with a surfer themed cake and live colorful fish in bowls used as centerpieces;

The Pahokee Center's theme this year was a carnival. They featured favorite carnival foods like chili dogs and popcorn as well as carnival games for all to try their luck;

The Palm Beach Gardens Center did a breakfast of sausage and eggs that was enjoyed by all;

The Stuart Center's theme this year was Italy and the lunch of spaghetti & meatballs was very good;

Our Riviera Beach Center kept their theme "There's no greater love than the love of a caregiver!" a surprise until the last minute. Entertainment included a dance, a slide show and kind words of appreciation from many of the caregivers.

Many thanks to all of our wonderful caregivers for participating in these special celebrations - You Are Our Heros!

Welcome

Changes

In recent months, many new faces have joined the Alzheimer's Community Care family. Please join us in welcoming the following people:

Lisa Boden - Program Manager, Delray Beach
Kay Ardis - Program Manager, Fort Pierce
Gustavo Mathieu-Fornet - Program Manager, Greenacres
Noelle Faggins - Program Manager, Lake Worth
Oarnisha Ferguson - Program Nurse, Lake Worth
Pam Rose - Program Nurse, North Stuart
Linda Young - Program Nurse, Palm Beach Gardens
Elizabeth Jaegersen - Program Manager, West Palm Beach
Sandra Phoenix - Program Nurse, West Palm Beach
Johansy Cano, RN - Family Nurse Consultant, Greenacres & Western Communities

Alzheimer's Community Care is pleased to announce our new community education initiative, Community OutReach Education (CORE). Community OutReach Education seeks to educate people of all ages on Alzheimer's disease and related memory disorders. Alzheimer's Community Care believes that everyone should become aware of the warning signs and symptoms of dementia.

The CORE Program is a unique service that is accessible to anyone who has the desire to listen and learn. We want our community to be an educated and informed community. We want people to take note that Alzheimer's disease and related dementias are not just a problem for the frail and elderly populations; we must look out for our friends, families and neighbors.

Alzheimer's Community Care is pleased to offer FREE information and education sessions focusing on Alzheimer's disease, related dementia's and support services in Palm Beach County and the Treasure Coast.

Alzheimer's disease is a growing concern among the world's aging population. In Florida alone there are over 5 million patients with Alzheimer's disease or a related memory disorder. The Alzheimer's Community Care CORE Program exists to answer questions about Alzheimer's disease, related dementias and offer all citizens an opportunity to learn about a rather unknown healthcare epidemic.

If you would like more information about Community OutReach Education (CORE) or have an organization/group that would like to host a session, please contact our Education Program Manager; Stacey Weiner-Varnado at (561)683-2700 X 132 or svarnado@alzcare.org.

Family Nurse Consultants



**Southern Palm
Beach County**
Janet Zweiback, RN
(561) 381-0231

**West Palm Beach
and Northern Palm
Beach County**
Jo Ellen Smith, RN
(561) 683-2700

Boynton Beach
Christina Wilson, LPN
(561) 381-0231

**Greenacres, Central
& Western Palm
Beach County**
Johansy Cano, RN
(561) 432-0668

St. Lucie County
Sarah Dale, RN
(772) 336-2573

Riviera Beach
Sharon Garrison, RN
(561) 842-0472

Martin County
Dana Forman, RN
(772) 223-6351

24 Hour Crisis Line - 1-800-394-1771

Alzheimer's Community Care - Support Group Schedule

Boca Raton
Every Wednesday
10:00 - 11:30 a.m.
Advent Square
4798 N. Dixie Hwy
Boca Raton, FL 33431
Call Janet Zweiback, RN
(561) 381-0231

Lake Worth
Every Wednesday 1:30 - 3:00 pm
Church of the Nazarene
1422 Lucerne Avenue
Lake Worth, FL 33460
Johansy Cano, RN
(561) 381-0231

Stuart
Every Thursday
1:00 - 3:00 p.m.
Towers Building
1111 S. Federal Hwy. #222
Stuart, FL 34994
Call Dana Forman, RN
Call (772) 223-6351

Boynton Beach
1st & 3rd Wednesdays
2:30 - 4:00 p.m.
Lakeside Christian Church
3560 Old Boynton Road
Boynton Beach, FL 33436
Call Christina Wilson, LPN
Call (561) 381-0231

Riviera Beach
Bi-Weekly 4:00 - 6:00 pm
Blue Heron Church of God
2600 Avenue H West
Riviera Beach, FL 33404
Call Sharon Garrison, RN
(561) 842-0472

Stuart
Every Wednesday
2:00 - 4:00 p.m.
Prince of Peace Lutheran Church
2200 N. Federal Hwy.
Stuart, FL 34994
Dana Forman, RN
Call (772) 223-6351

Jupiter
Every Wednesday
2:15 - 4:00 pm
First United Methodist Church
815 E. Indiantown Rd.
Jupiter, FL 33477
Call Jo Ellen Smith, RN
(561) 683-2700

West Palm Beach
Every Tuesday 1:30—3:30 p.m.
800 Northpoint Parkway, Ste. 101-B
West Palm Beach, FL 33407
Call Jo Ellen Smith, RN
(561) 683-2700

Fort Pierce
1st & 3rd Mondays
10:30 am - 12:00 noon
St. Peter's Lutheran Church
2900 South Jenkins Road
Fort Pierce, FL 34981
Call Sarah Dale, RN
(772) 336-2573

Port St. Lucie
2nd & 4th Fridays
1:00 - 2:30 p.m.
First Congregational Church
2401 SE Sidonia Street
Port St. Lucie, FL
Call Sarah Dale, RN
(772) 336-2573

Specialized Adult Day Service Centers

June Special Events Calendar

Boca Raton

- 2nd Karaoke with Harold
- 7th Men's Group with Ron &
Women's Group with Linda
- 8th 4th of July Crafts
- 11th 4th of July Crafts
- 18th Root Beer Floats
- 22nd Pet Therapy with Maui
- 22nd Summer Collages
- 23rd Health Focus
- 30th Welcome Summer Picnic

Delray Beach

- 2nd Rocky Road Ice Cream Social
- 8th Anniversary of the Jelly Donut -
Special Treat
- 16th Health Focus
- 21st Father's Day BBQ & Ice Cream Floats
- TBA Entertainment by Butch & Diana

Fort Pierce

- 7th Crafts - Father's Day Cards
- 9th Health Focus
- 14th Crafts - 4th of July Flags
Flag Day Tribute to our Flag
- 20th Father's Day Party
- 21st Crafts - Tissue Paper Firecrackers

Greenacres

- 7th Craft - Father's Day Cards
- 11th Craft - Father's Day Cards
- 14th Health Focus
- 18th Celebrate Father's Day with
Frozen Yogurt Ice Cream
- 29th Monthly Birthday Party

Lake Worth

- 8th Birthday of Ice Cream in the USA
Special Treat - Ice Cream Cones
- 11th Health Focus
- 14th Special Treat - Watermelon
- 15th Men's Club with Ron
- 24th Birthday Bake
- 25th Birthday Party
Entertainment by Butch & Diana
- 30th Bi-Folkal Reminiscing

North Stuart

- 4th Wii-Hab with Craig
- 11th Banana Split Party
- 18th Wii-Hab with Craig
- 24th National Bomb Pop Popsicle Day
Special Snack
- 30th Health Focus

Pahokee

- 1st Health Focus
- 14th Flag Day Trivia
- 18th Father's Day BBQ

Palm Beach Gardens

- 2nd Bingo
- 10th Fieldtrip - Lunch at One Thai Restaurant
- 11th Celebrate Flag Day -
Let's make Cupcakes
- 16th Karaoke with Harold
- 18th Celebrate Father's Day -
Make Neckties - Contest & Awards
- 28th Health Focus
- 30th Monthly Birthday Party

Riviera Beach

- 8th Health Focus
- 11th Craft - Painted Sunflowers
- 18th Fresh Fruit Platter
Father's Day Poems
- 25th Fun Friday - Special Treat Slushy Cups

Stuart

- 2nd Halfway Point of 2010 - Reminisce
- 4th Cheese & Sparkling Cider Tasting
- 10th Health Focus
- 11th Banana Split Festival
- 18th Spa & Relaxation Day
- 21st Summer Begins - Build a Bird Feeder
- 24th Bomb Pop Popsicle Day
Special Treat
- 25th Let's make S'Mores
- 29th Let's make Waffles

West Palm Beach

- 10th Karaoke with Harold
- 11th Entertainment by "In Spirit"
- 17th Ice Cream Social
- 17th & 18th Father's Day Crafts
- 25th Health Focus
- 24th, 25th, 28th & 30th - 4th of July Crafts



Creative Corner

(Activities to do with loved ones at home)

4TH OF JULY CRAFT

Patriotic Spikes to decorate your garden or indoor plants

Supplies Needed

Tacky Glue

Scissors

Fun Foam in Red, White & Blue

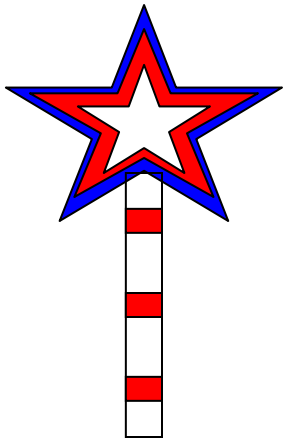
4" Star Template

Thin Dowels

Curly Ribbon in Red, White or Blue

Instructions:

1. Trace star pattern onto craft foam. 1 each in red, white & blue.
2. Keeping one star the original size, trim one slightly smaller than the first and the third slightly smaller than the second.
3. Stack the stars one on top of the other from largest to smallest and glue together.
4. Curl and tie ribbons to the dowel.
5. Glue the stacked stars on top of the ribbon. (Hot glue may hold better than tacky glue to the dowel.)
6. Poke dowel in a flower pot or garden and celebrate the season.



**Submitted by: Adela Shiner, Activity Coordinator
Lake Worth Specialized Adult Day Service Center**