

ALZHEIMER
&
PARKINSON
ASSOCIATION
OF INDIAN RIVER COUNTY

**FY 2018
ANNUAL
REPORT**

A MESSAGE FROM THE



Executive Director & Board Chair

We recently celebrated 36 years of service to the families of Indian River County – a remarkable milestone for the Alzheimer & Parkinson Association! We are proud to say that in the past year we have touched the lives of thousands of individuals who are grappling with Alzheimer’s or Parkinson’s or other related neurodegenerative disorders. We have helped hundreds of caregivers find moments of peace and, yes, joy in their daily routines. To be able to improve the quality of life for someone with dementia while giving their caregiver a much-needed break makes our work meaningful and purposeful. In addition, to be able to serve individuals with Parkinson’s by offering movement classes each weekday afternoon, underscores the importance of our dedication to overall wellness and helping people live their best lives. As we move forward with our new programs and address the many challenges that come with growth and change, we find we have many reasons to celebrate.

This year we will begin creating a new three-year Strategic Plan that will serve as a blueprint for how we navigate the many ways we should be serving our community. Our organization has grown from a small community support group back in 1982 to the multi-service professional organization we have become today. With more than 6,000 people in Indian River County touched by some form of dementia, and with more than 1,000 people struggling with movement disorders, we have just begun our journey. As the number of individuals walking through our doors seeking help increases, so do the costs of running our organization. Your financial commitment last year truly made a difference and allowed us to take a deep breath and plan for the future. We hope you will consider supporting us again as we enter yet another phase of growth.

We do have milestones to celebrate but we also have mountains to climb! In other words, we deeply appreciate your commitment to our mission which is *to serve community residents with disorders affecting memory and movement by promoting quality of life and choice through advocacy, support, empowerment, education and research connections*, but there are more crucial steps we must take in the coming years to accomplish the goals that will be set out in our new Strategic Plan. This will take time, talent and financial resources from people just like you – our constituents and supporters.

On behalf of the board and staff of the Alzheimer & Parkinson Association of IRC, thank you for your enthusiastic support. We look forward to joining hands with you as we begin our ambitious “climb” to the next chapter in our organization’s growth.



Bruce McEvoy
Chair, Board of Directors



Peggy Cunningham
Executive Director



Bruce McEvoy joins Carole Roberts and a lively group twice a week for Qigong classes.

Who We Are

2018-2019 BOARD OF DIRECTORS

Bruce McEvoy, *Chair*
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Bob Puff
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Peggy Cunningham, *Executive Director*
Judith Lemoncelli, CFRE, *Senior Director, Development & Communications*
Courtney Sanchez, *Director of Programs*
Cheryl Coutu, *Administrative Assistant*
Roger Holder, *Social Respite Activity Coordinator*
Susan Micheel, *Education Coordinator*
Kathy Ricci, *Program Assistant*

Our Work...Our Passion

Living with the diagnosis of a neurodegenerative disorder like Alzheimer's or Parkinson's disease can be overwhelming without the appropriate supports in place. Here at the Alzheimer & Parkinson Association of Indian River County, we are dedicated to serving local residents who are grappling with issues affecting memory and/or movement. Our goal is to help minimize the daily challenges our clients, caregivers and families face.

We believe in compassionate support. Here at our 4,000 square foot facility we host several programs including social respite and support groups. We offer a comprehensive resource library and private consultation services.

Some of our key programs include:

SOCIAL RESPITE

The Social Group Respite program is designed for individuals with memory disorders to participate in activities that flow easily from social, to light exercise, to games or entertainment, to refreshments, and back to social activity. As caregivers return from their period of respite, they are relaxed and refreshed, ready to pick up their loved ones. Presently the program is held Monday through Friday and at least two Saturdays a month. The program is six hours a day during the week and on the first and third Saturday. Participation levels vary per day, with group sizes averaging 12 – 26 per day. We also offer social respite in Sebastian and Gifford for a total of more than 165 hours a month which includes in-home respite.

Betty Barcus enjoying "It's Never Too Late" a special interactive computer program made possible by a grant from John's Island Foundation





Hester Denniston from the Vero Beach Museum's Art for Health's Sake program guides caregivers and loved ones through a peaceful and uplifting artmaking program

IN-HOME AND EMERGENCY RESPITE

In-home respite care is provided through partnerships with professional home care agencies. Participants are given up to four hours of respite per week. This format is suitable for caregivers whose loved ones are housebound. Companions may provide oversight of grooming, personal care, preparation of light meals, and activities for the loved one; they may also assist the caregiver with errands and related tasks. Special one-time assistance may be available to a family having a short term need of a critical nature. A family crisis which takes the caregiver away, such as a hospitalization or a family funeral, will qualify for this as funding allows.

Our respite program is designed to allow caregivers to have time for appointments, social outings, exercise, or just some quality down time. Having a period of time they can depend on for respite care is crucial to a caregiver's well-being. It helps not only for that four hour period each week, but also assists in reducing the build-up of anxiety that caregiving produces day in and day out.

SUPPORT GROUPS

Our support groups are led by trained facilitators and are held on-site and throughout the county for both Alzheimer's and Parkinson's caregivers. The purpose is to provide a network of understanding and friendship that offers practical solutions and informed advice. Many support groups (11 are offered monthly) are specifically focused, such as a Parkinson's caregiver group, a Parkinson's Disease Group for Individuals with Parkinson's, and a Men's Caregiver Group.

MOVEMENT PROGRAMS

More than 50 hours of classes are offered each month in balance, gait, breathing and overall movement. We collaborate with several organizations to make these programs happen including the VNA, The Brenntity, Advanced Motion Therapeutic, and the Vero Beach Museum of Art.

- **Qigong** classes offer energizing exercise and serenity of spirit.
- **Tremble Clefs** offers voice, diaphragm and facial muscle strengthening for Parkinson's clients in a rambunctious sing-a-long class.
- **Movin' & Groovin'** addresses balance and gait through a variety of uplifting and energizing exercises.
- **Yoga and Balance** classes are specifically designed for individuals with movement disorders, and for caregivers as well.
- **Land & Sea**, held at the Brenntity, combines "land" exercises on ground and "sea" exercises in a large indoor heated saltwater therapy pool.
- **Movement at the Museum** is a program held at the Vero Beach Museum of Art, which is designed to increase flexibility as well as awareness of the mind-body connection.



Tania Ortega-Cowan leads our Tremble Clefs class each Friday



Judy Cornell leads our weekly balance class

EDUCATION

Educational seminars such as our annual “Day of Hope” Caregiver Conference and Parkinson’s Awareness Conference, provide caregivers – professional and family – the opportunity to learn about services available and to hear from top experts in the field.

The Association houses a lending library of books, DVD’s, pamphlets and brochures for those seeking more information. A quarterly newsletter is published featuring timely and newsworthy articles and program offerings, which is distributed to our donors and community partners, including the Indian River County Library, assisted living facilities, and doctor’s offices. A speaker’s bureau is also maintained which is available to civic groups, schools and businesses.

Alison Kraus, PT, DPT, NCS from UF Health Rehab at Fixel Center for Neurological Diseases leads a session at our annual Parkinson’s Awareness Conference.





Courtney Sanchez leads a lively group through stress management techniques

DEMENTIA FRIENDLY COMMUNITY

A dementia friendly community is a place where people living with dementia are supported to live a high quality life with meaning, purpose, and value. The goal of the Dementia Friendly Community Initiative is to create a community of awareness that allows individuals with dementia to interact with their community as much as possible for as long as possible. To achieve this goal, we are working with all aspects of the community such as banks, restaurants, skilled nursing facilities, schools, churches and police and fire departments for comprehensive staff training that involves participation in a virtual dementia experience, a scientifically proven method of training designed to build sensitivity and awareness for those caregiving for and/or engaging with someone with dementia. In other words, we are taking this program to their doorsteps. Through an Impact 100 grant, we were able to purchase an RV that serves as our “rolling classroom” that enables us to reach out more efficiently with this educational program.

PROJECT LIFESAVER

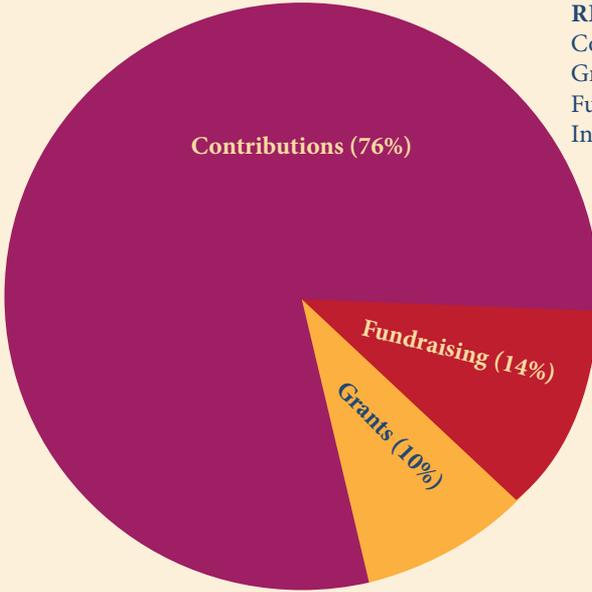
Project Lifesaver is a program which is designed to track and locate lost individuals. Those whose dementia puts them at risk for wandering wear a device (resembling a sports watch) which transmits a unique tracking signal. This program enables the Indian River County Sheriff’s Office to successfully accomplish a search and rescue operation in minutes, rather than hours or days. The peace of mind that this brings to the caregiver is priceless. The program also serves the needs of parents of autistic children.

MEMORY SCREENING

Memory screening is available at the Alzheimer & Parkinson Association. The process is confidential and takes approximately 30 minutes to complete and provide a baseline that may encourage discussion with family and/or physicians. Memory screenings are not official diagnoses.

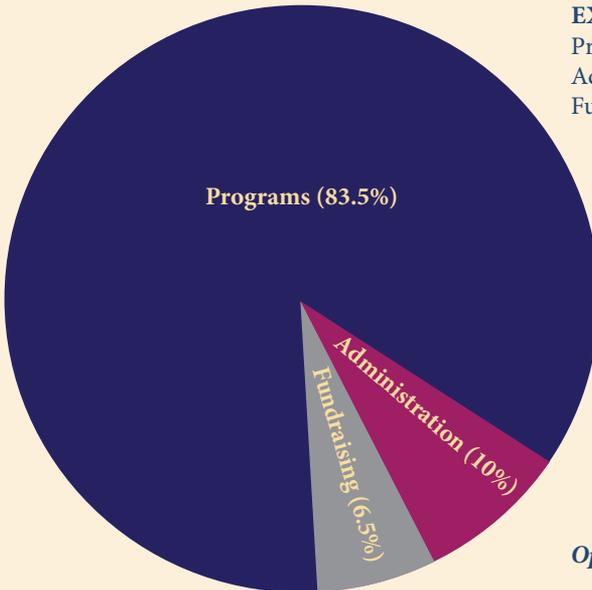
Financial Summary, 2017-2018

For the most recent audited fiscal year
beginning October 1, 2017 and ending September 30, 2018.



REVENUE

Contributions	\$667,284
Grants	\$ 86,000
Fundraising	\$125,668
Investment	<u>\$ 3,978</u>
	\$882,930



EXPENSES

Program	\$523,971
Administration	\$ 42,083
Fundraising	<u>\$ 64,819</u>
	\$630,873

Operating Reserve \$252,057

Our Generous Donors

\$100,000+

Joyce McKay Steggles Trust
Windsor Charitable Foundation

\$50,000-\$99,999

Laura M. & Peter T. Grauer Foundation

\$25,000-\$49,999

John's Island Community Service League
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Every effort has been made to ensure the accuracy of this list,
and we sincerely regret any errors or omissions.

Please contact Judith Lemoncelli at 772-563-0505 or judy@alzpark.org
if a correction should be made in our donor files.



Super volunteers Bob Schlitt and Linda DuBois helping
with the Walk To Remember and many other tasks

The Steggles Society

Honoring John and Joy Steggles as inaugural members of our planned giving society, and for their long-term philanthropic commitment to the Alzheimer & Parkinson Association of IRC, The Steggles Society recognizes those who include us in their estate plans.

As a local organization that relies solely on private donations, it is imperative that we prepare for the future. With your help, we will continue our good work in providing hope, dignity and compassionate support to those living with memory and/or movement disorders and their caregivers.

Please contact Judith Lemoncelli, Senior Director, Development & Communications, at judy1@alzpark.org or 772-563-0505 ext. 107 to learn more about including the Alzheimer & Parkinson Association of IRC in your estate plans.



Our Mission Statement

Serving community residents with disorders affecting memory and movement by promoting quality of life and choice through advocacy, support, empowerment, education and research connections.



The Merrill Lynch team raises crucial funds for our programs and services during the annual Walk To Remember

Alzheimer & Parkinson Association of IRC

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Connect with us!