



ALZHEIMER  
&  
PARKINSON  
ASSOCIATION  
OF INDIAN RIVER COUNTY

FY 2019  
ANNUAL  
REPORT



Movin' & Groovin' Class  
with Moreen Burkhart

## A MESSAGE FROM THE *Executive Director & Board Chair*

The year 2019 brought many positive changes to the Alzheimer & Parkinson Association, and we have reason to celebrate, marking 37 years of service to the families of Indian River County! This milestone spotlights the growth of our organization from a small community support group back in 1982 to the multi-service professional organization we have become today.

This 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.

We have begun work on our new three-year Strategic Plan and hope to complete that crucial working document by summer of 2020. We are proud to say that we have seen dramatic growth with all of our programs which are offered free of charge. Each month, we now have more than 50 hours of movement classes, more than 250 hours of social respite, and hundreds of hours of education and community outreach. But, statistically, with more than 6,500 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 and our work is not done. Your commitment to our mission – 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 – is critical as we enter the next chapter in our organization’s growth.

On behalf of the board, staff and volunteers of the Alzheimer & Parkinson Association of IRC, thank you for being there for us all these years, and for helping us chart a path for new growth and innovation in 2020!



*Bruce*  
Bruce McEvoy  
*Chair, Board of Directors*



*Peggy*  
Peggy Cunningham  
*Executive Director*

# Who We Are

## 2018-2019 BOARD OF DIRECTORS

Bruce McEvoy, *Chair*

W. Andrew White, *Treasurer*

Ralph Evans, *Secretary*

### *Directors*

Becky Allen

Denise Battaglini

Michelle Borisenok

John Campione

Kay Campione

Bill Penney

Trudie Rainone

Sandy Rolf

Dr. Roberta Rose

## M&M ADVISORY COUNCIL

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Sam Block

Este Brashears

Nancy Bryant

Marie Conforti

Nancy Fichthorn

Sandy Kahle

Alma Lee Loy\*

Buzz MacWilliam

Karen Penney

Bob Puff

Lenora Ritchie

Lynda Stinson

## STAFF

Peggy Cunningham, *Executive Director*

Judith Lemoncelli, CFRE, *Senior Director, Development & Communications*

Courtney Sanchez, *Director of Programs*

Susan Micheel, *Education Coordinator*

Roger Holder, *Social Respite Activity Coordinator*

Cheryl Coutu, *Office Manager*

Kathy Ricci, *Program Assistant*

*\*deceased*

# Our Work...Our Passion

Here at the Alzheimer & Parkinson Association, we are dedicated to making sure that the families who walk through our doors never feel alone. We strive for excellence in our work as we open our arms to those who are seeking guidance, support programs, information and, perhaps most importantly, hope and a trusted pathway that will help them navigate the uncertain waters that go hand-in-hand with a diagnosis of a serious disease.

Our goal is to be a convener, a collaborator, and a vital partner who leads the way in helping ensure that the daily challenges our families in need face are met. Our small but dedicated professional staff (6 full time employees) and engaged volunteers (more than 100 logging more than 3,000 hours this past year) work hand-in-hand to improve quality of life for people with Alzheimer's and/or Parkinson's and related neurodegenerative diseases.

We are proud to say that we are the only local comprehensive resource center in Indian River County that serves residents struggling with these diseases... and because of the dedication of our staff and volunteers, along with the trust put in us by the community we serve, we have been able to keep vital programs alive and thriving, giving families peace of mind and a trusted open door.

*Some of our key programs include:*

## **SOCIAL RESPITE**

For caregivers needing a break, we have the perfect program: our popular social respite initiative that has grown and thrived over the years, making it a bright spot and much-needed outlet for families who have a loved one with dementia. While caregivers



have up to six hours of daily free time, we engage their loved ones with a variety of activities that are uplifting and meaningful: live music with sing-alongs, art classes, group “sports” like golf and ring toss, bingo, reminiscence sessions, light chair exercises, holiday and birthday celebrations, and overall, one-on-one participant engagement that emphasizes social interaction and validation. Our social respite program is now offered Monday-Friday from 9 AM – 3 PM, and two Saturdays at month, at our main facility in Vero Beach. In addition, we offer this program at the Gifford Community Center, Sebastian Yacht Club, and at the Indian River Shore Community Center on the island.

## **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, hospitals, restaurants, skilled nursing facilities, schools, churches and police and fire departments for comprehensive staff training that involves participation in a 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.

## **MEMORY SCREENING**

Memory screening is a simple and safe evaluation tool that checks memory and other cognitive skills. A screening consists of a series of questions and/or tasks designed to test memory, language skills, thinking ability and other intellectual functions. The process is confidential and takes approximately thirty minutes to complete. Participants will then have a baseline that may encourage discussion with family and/or their physicians. Memory screenings are not official diagnoses.

## **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. We collaborate with the Indian River County Sheriff’s Office and they can 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.





Judy Cornell leads our weekly balance class

## SUPPORT GROUPS

Support groups provide an important and vital connection for caregivers who are seeking timely information, new ideas, and overall emotional support that will help them cope with their daily challenges. We provide a safe, confidential and supportive environment for family and friends who are trying to balance their many responsibilities as they care for loved ones who have memory and/or movement disorders.

More than a dozen support groups are offered monthly and are specifically focused, such as a Parkinson’s caregiver group, Men’s Caregiver group; Alzheimer’s Disease caregiver support group; and a Parkinson’s Disease group for individuals with movement disorders. Groups range in size from three to twenty.

## MOVEMENT PROGRAMS

More than 50 hours of classes are offered each month at various locations in balance, gait, breathing and overall movement. We collaborate with several organizations to make these programs happen including the VNA, The Brennity, 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 Brennity, 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.

## EDUCATION

Educational seminars, workshops and wellness events such as our Day of Hope Caregiver Conference and Parkinson's Disease Awareness Conference, are led by specialists in the fields of dementia care and movement disorders. We offer these learning opportunities to professional and family caregivers, as well as to people with Parkinson's and related diseases, so they can learn about services, treatments and care options available locally and regionally, and to interact with our nationally-recognized speakers.

This past year our addition of new educational opportunities has been timely and impactful to families in need. In sync with our regular roster of class offerings, we now have sessions and workshops in multiple locations that are focused on improving quality of life for caregivers and for people suffering with memory and/or movement issues.

Our *Caregiving 101* classes explore the comprehensive caregiver role, whether it be as spouse, partner, friend, adult children, or other relatives. These sessions help caregivers navigate the uncertain and ever-changing path that they must navigate in order to access the best resources and support. *Total Memory Workout* uses a memory wellness approach where participants learn that memory is not merely an intellectual skill, but rather an integral part of ourselves, affected by many aspects of our daily lives. Our *Warning Signs of Dementia* workshop is designed to help identify those who might be at risk for Alzheimer's or a related disease. *Stressbusters* classes take a holistic approach to addressing the emotional, physical, spiritual, and cognitive needs of family caregivers. Our *Compassionate Touch* workshop, offered in conjunction with AGE-U-CATE Training Institute®, spotlights an approach that combines skilled touch and specialized communication to assist with behavioral expression in people with dementia, while at the same time, helping to reduce stress in caregivers.



In addition, the Association houses a lending library of books, DVD's, pamphlets and brochures for those seeking more information. A newsletter is published three times a year 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.

Teepa Snow leads session for caregivers at the 2020 Day of Hope Caregiver Conference



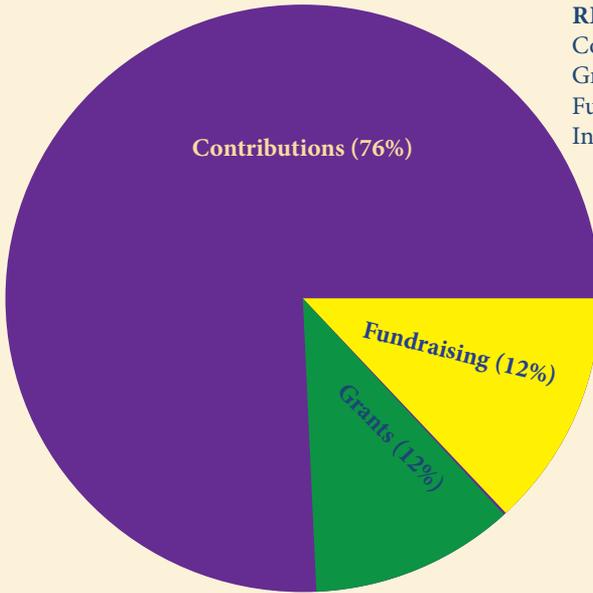
Social respite families and friends celebrate Valentine's Day



Our rolling classroom for dementia education made possible by a grant from IMPACT 100

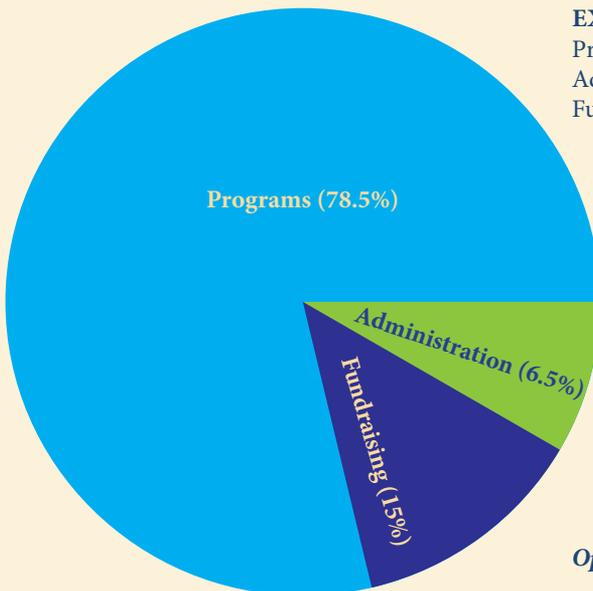
# Financial Summary 2018-2019

For the most recent audited fiscal year  
beginning October 1, 2018 and ending September 30, 2019.



## REVENUE

Contributions	\$643,033
Grants	\$101,377
Fundraising	\$103,907
Investment	<u>\$ 11,377</u>
	\$859,694



## EXPENSES

Program	\$555,729
Administration	\$ 44,703
Fundraising	<u>\$106,044</u>
	\$706,476

Operating Reserve \$153,218

# Our Generous Donors

## **\$50,000-\$99,999**

Laura M. & Peter T. Grauer Foundation

## **\$25,000-\$49,999**

John's Island Community Service League  
Tommy and Simonetta Steyer

## **\$10,000-\$24,999**

Mr. and Mrs. Walter Borisenok  
B. Faye Doolittle  
Grand Harbor Community Outreach  
J.M. Hopwood Charitable Trust  
Indian River Club  
John's Island Foundation  
Francine Kirkpatrick  
L & G Fund  
Christine Lipski  
Trudie Rainone  
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William and Helen Thomas Charitable Trust  
Robert and Elizabeth Van Dyk  
Myra Webber  
Lauren Williams  
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## **\$5,000-\$9,999**

A Caring Family Fund  
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## **\$1,000-\$2,499**

Alex MacWilliam Real Estate  
Angerman Foundation  
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Denise Battaglini  
John and Susan Bankston  
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Vicki Drumheller  
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Ralph and Roslyn Evans  
Eileen Finestone  
Five Star Home Care  
Fraternal Order of Eagles  
Mr. and Mrs. Robert Gibson  
Grace Healthcare  
Byron and Deanna Himelick  
Holy Cross Catholic Church  
Harold and Dona Jenson  
Dr. Peter and Naomi Kennedy  
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Sebastian River Medical Center  
Shambo-Ashdown Wealth Management  
David and Anica Smith  
Elizabeth Smith  
Robert Theis  
Treasure Coast Pilot Club  
Carolyn and Jack Veeneman  
VNA of Treasure Coast  
Kenneth Wessel  
W. Andrew White  
Floyd York

**\$500-\$999**

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Campione, Campione & Leonard P.A.  
Kay Campione  
Joseph and Denise Corr  
Sallie Brooke  
Dental Partners of Vero Beach  
Elizabeth Fallon  
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Mary Ginn  
Griffin Laboratories Limited  
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HealthSouth  
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The Prentice Foundation  
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E. Lawrence Bottiger  
Renaissance Senior Living  
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Mori Serpa  
Ray and Beth Smith  
Mr. and Mrs. Fritz Spitzmiller  
Terry Stinson and Lynda Bates-Stinson  
Jesse Thompson  
Rawleigh Tremain  
Sally Vanderleest  
John Walker

*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 judyl@alzpark.org if a correction should be made in our donor files.*

New cabinet installation for our social respite activity room courtesy of John's Island Foundation



Social Respite with Emma, Dee and Roger



# Volunteers

In the last year, more than 100 volunteers logged more than 3,000 hours of service to help the Alzheimer & Parkinson Association achieve its goals.



Denise and Keith Sanderson



Joan Edward and Tammy Bursick



Barbara Dichter



Bob Schlitt and Linda Dubois

# The Steggles Society



Joy Steggles

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](mailto: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.



Walk To Remember Team Coastal Cupids

ALZHEIMER

  
PARKINSON  
ASSOCIATION  
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