A large, stylized gold calligraphic graphic, resembling a cursive letter 'A' or a similar abstract shape, is set against a solid blue background. The graphic is composed of thick, flowing lines that curve and loop around the page.

ALZHEIMER

&
PARKINSON
ASSOCIATION
OF INDIAN RIVER COUNTY

FY 2020
ANNUAL
REPORT



Roger Holder enjoys a game of ring toss with our social respite participants

A MESSAGE FROM THE *Executive Director & Board Chair*

We are living through an unprecedented moment in time, but what gives us hope is our continued unprecedented commitment to responding to the needs of our community.

This past year, people all across Indian River County opened their hearts to sensitively recognizing and supporting those struggling with a memory and/or movement disorder. Through the efforts of the Alzheimer & Parkinson Association, many of those families and businesses reached out to us to find solutions and creative pathways that could improve the quality of life for their loved ones. We responded by continuing to provide vital supportive services to those in need – all the while lifting up the very best in all of us during this challenging time.

For almost 40 years, our organization has helped thousands of families impacted by Alzheimer's and/or Parkinson's and related neurodegenerative disorders. We've recognized our generous donors as they've paved the way and transformed their passion into positive impact on the lives of those families. We understand that this kind of philanthropic community spirit is unique and something the Alzheimer & Parkinson Association must treasure – and also nurture. When we all focus our efforts toward common goals, we can help thousands more people improve their quality of life. As we reflect on the past year, the truth of this statement becomes even more evident.

Thanks to the overwhelming support we received from our community, we were able to pivot and offer programs and services in innovative ways. As a result, many of our most vulnerable residents were “home but not alone” and they were able to digitally access our programs and services. We made thousands of personal calls to the families we serve, checking in and responding to their needs. Overall, we stayed true to our mission and remained financially stable.

While celebrating these achievements, we also realize that our work is not done. With more than 7,100 people touched by some form of dementia in Indian River County, and at least 1,000 people affected by some form of movement disorder, we know we have just scratched the surface in terms of reaching out to help these families in need. Your commitment to our mission – *to improve the quality of life for individuals and families in Indian River County who are affected by memory and movement disorders, through support, education and connection* -- is more critical than ever before as we enter the next crucial chapter in our organization’s journey.

Please know how much we appreciate your active role in inspiring us and challenging us to provide better and improved programs that serve residents of Indian River County. We are honored that you have chosen to join us as a partner, supporter and friend.

On behalf of all of us at the Alzheimer & Parkinson Association of IRC, thank you again, and we look forward to working closely with you as we pave the way for the next 40 years.



A blue ink handwritten signature of Ralph Evans.

Ralph Evans
Chair, Board of Directors



A blue ink handwritten signature of Peggy Cunningham.

Peggy Cunningham
Executive Director

2019-2020

Leadership

BOARD OF DIRECTORS

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Office Manager

Roger Holder

Social Respite

Activity Coordinator

Kathy Ricci

*Social Respite Program
Assistant*

Gabby Mishler

Program Assistant

Irene Hasuga

Development Assistant

Our Work...Our Passion

Living with a diagnosis of a neurodegenerative disorder like Alzheimer's or Parkinson's 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 challenges our caregivers and their families face on a daily basis by offering free programs that are instrumental in improving their quality of life.

Some of our key programs include:

SOCIAL RESPITE

Family members caring for someone with dementia often experience what has been called “the unexpected career of caregiver” and face multi-faceted, complex and stressful life situations that can have important consequences. While many caregivers say that they derive significant emotional and spiritual rewards from their caregiving role, many also experience physical and emotional problems directly related to the stress and demands of daily care. For caregivers needing a break, the Alzheimer & Parkinson Association continues to offer free social respite programs in several locations in Indian River County. These popular programs are a much-needed oasis for families who have a loved one with dementia. The Association gives caregivers up to six hours of daily free time while engaging their loved ones in a variety of activities that are uplifting and meaningful, all designed to help improve their quality of life: live music with sing-alongs, hands-on art classes, sensory experiences with tactile crafts, bingo, popular culture trivia, light chair exercises, and reminiscence sessions. Overall, all activities focus on one-on-one participant engagement that emphasizes social interaction and validation.

Current locations where social respite programs are offered free of charge:

Indian River Shores Community Center, 6001 N. State Road A1A
Wednesdays and Fridays from 9 AM - 3 PM

Sebastian Yacht Club, 820 Indian River Drive, Sebastian
Thursdays from 9 AM - 3 PM

Gifford Community Center, 4855 43rd Avenue, Vero Beach
Mondays and Thursdays from 1:30 PM - 4 PM

Intergenerational Center, 1590 9th Street SW, Vero Beach
Tuesdays from 9 AM - 3 PM

Alzheimer & Parkinson Assn. offices, 2300 5th Avenue, Vero Beach
Weekdays from 9 AM - 3 PM
First and third Saturdays each month from 9 AM - 3 PM

DEMENTIA FRIENDLY COMMUNITY

Our Dementia Friendly Community Initiative strives to create a community of awareness that makes it possible for caregivers to help their loved ones enjoy a better quality of life 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 designed to protect, and when necessary, quickly locate individuals with cognitive disorders who are prone to the life threatening behavior of wandering. Those whose dementia puts them at risk for wandering wear a device (resembling a sports watch) which transmits a unique tracking signal. With support from the Treasure Coast Pilot Club and the Alzheimer’s Foundation of America, we are able to purchase these tracking devices and batteries. When a person wearing this bracelet is reported missing, the Indian River Sheriff’s Office can track and locate them, usually within 30 minutes. The peace of mind that this brings to the caregiver is priceless. The program also serves the needs of parents of autistic children.





Carole Roberts leads a lively Qigong class

SUPPORT GROUPS

Caregivers are constantly seeking new information, ideas, and overall emotional support as they navigate the daily challenges of taking care of someone with a memory or movement disorder. We provide a safe, confidential and nurturing environment for family and friends who are trying to cope. Support groups provide an important and vital connection on a regular basis. We offer 11 support groups that are specifically focused, such as an *Alzheimer's Disease Caregiver Group*, *Parkinson's Caregiver Support Group*, *Men's Support Group*, and *Parkinson's Disease Support Group*.

MOVEMENT PROGRAMS

The phrase “movement is life” is a guiding mantra here at the Alzheimer & Parkinson Association as we help improve quality of life for people with movement disorders. We offer specially targeted movement programs like Qigong, Balance, and Yoga 50 hours each month. We collaborate with several organizations to make those programs happen including the VNA, The Brennity, 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 in the gym and aquatic 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

Our educational programs and classes are offered on a weekly basis and provide valuable information and guidance to families seeking help and a pathway that will lift up and improve the quality of life for their loved ones who are grappling with a memory and/or movement disorder.

Our annual Day of Hope Caregiver Conference and Parkinson's Conference are held each winter and have featured nationally-known speakers who are leading advocates and educators for people living with dementia and their caregivers. In addition, we offer the following highly interactive classes and workshops throughout the year:

Caregiving 101

This six-week class covers the basic aspects of caregiving for a loved one with dementia: activities of daily living, environment, safety, medications, and behaviors.

Stressbusting for the Caregiver™

This nine-week class teaches stress management techniques, relaxation, and coping strategies.

Total Memory Workout

For the cognitively well senior, eight easy steps to maximum memory fitness in a four-week class.

Warning Signs of Dementia

This one-hour workshop differentiates between dementia and normal signs of aging.

Compassionate Touch

A one-hour class that demonstrates a holistic approach that combines skilled touch with compassionate presence to enhance quality of life for those in the later stages of life.

At our Vero Beach office location, we have a lending library of books, DVDS, pamphlets and brochures for those families seeking timely information. A newsletter is published 3-4 times a year and is offered in hard copy and online. In addition, our professional staff is available to speak to civic groups, schools, and businesses about our organization and how it serves thousands of people in Indian River County.

Alison Kraus, PT, DPT, NCS, engages the community at our Parkinson's Conference





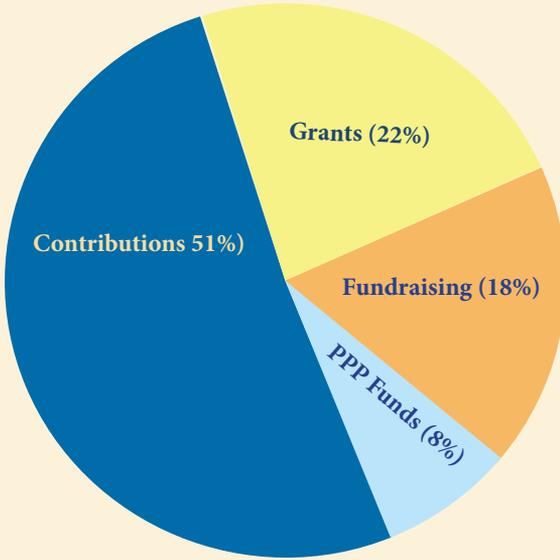
Community outreach and education with the VNA at Winn-Dixie



Peggy Cunningham gives a presentation to the Sunshine Rotary Club

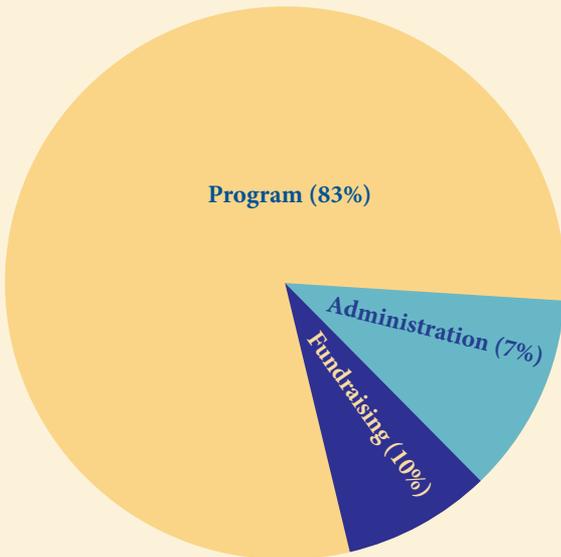
2019-2020 Financial Summary

For the most recent audited fiscal year
beginning October 1, 2019 and ending September 30, 2020.



REVENUE

Contributions	\$ 425,721
Grants	\$ 185,284
Fundraising	\$ 148,167
Investment	\$ 5,591
PPP Funds	<u>\$ 66,509</u>
	\$831,272



EXPENSES

Program	\$587,717
Administration	\$ 48,895
Fundraising	<u>\$ 68,316</u>
	\$704,928

Net Income \$126,344

Our Generous Donors

\$50,000-\$99,999

Laura M. & Peter T. Grauer Foundation
J.M. Hopwood Charitable Trust
Mrs. Frances Kirkpatrick

\$25,000-\$49,999

John's Island Community Service League
William & Helen Thomas Charitable Trust

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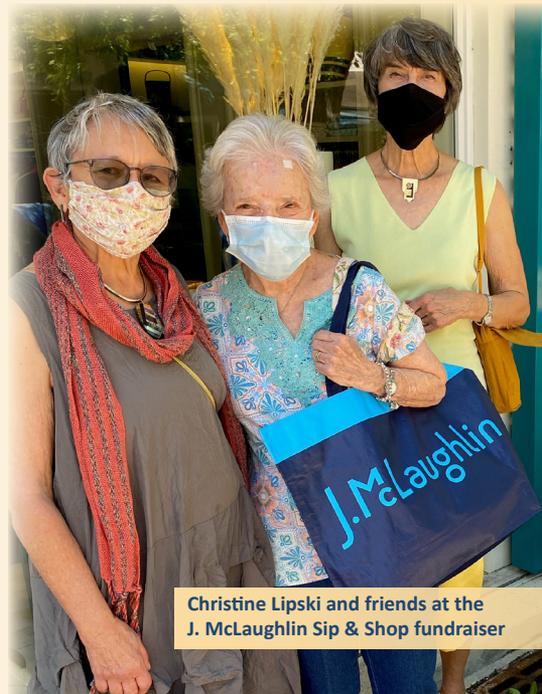
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**deceased*

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.



Christine Lipski and friends at the J. McLaughlin Sip & Shop fundraiser

Ride to Remember

Board member and longtime supporter, Bill Penney (in the yellow jersey), led a 65 mile “Ride To Remember” fundraiser that secured more than \$13,000 for our vital programs and services.



The Steggles Society



Joy Steggles

The Steggles Legacy Society is comprised of donors who have made an outright gift (a cash, check or other donation given before estate settlement proceedings) to the Alzheimer & Parkinson Association's endowment or included the Alzheimer & Parkinson Association in their will or estate plans. These donors have made a commitment that extends far beyond the needs of any one year, decade or generation. Created by the late Joy Steggles, the Society was designed to celebrate loyal supporters who have already made a planned gift, and also to make it a convenient process for those considering such a commitment. We continue to be grateful to the Steggles family for their long-term philanthropic commitment to our organization.

Volunteers

Those who can, do...those who can do more, volunteer...

Our volunteers generously give their time to make our programs and events run smoothly. We deeply appreciate their service to the Alzheimer & Parkinson Association and the more than 2,000 hours they logged last year.



The Brennity's staff and volunteers

Our Mission

We improve the quality of life for individuals and families in Indian River County who are affected by memory and movement disorders, through support, education, and connection.



Superstar Rita Moreno surrounded by staff and volunteers at our Successful Aging Luncheon

ALZHEIMER
&
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ASSOCIATION
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2300 5th Avenue
Suite 150
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Connect with us!  

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