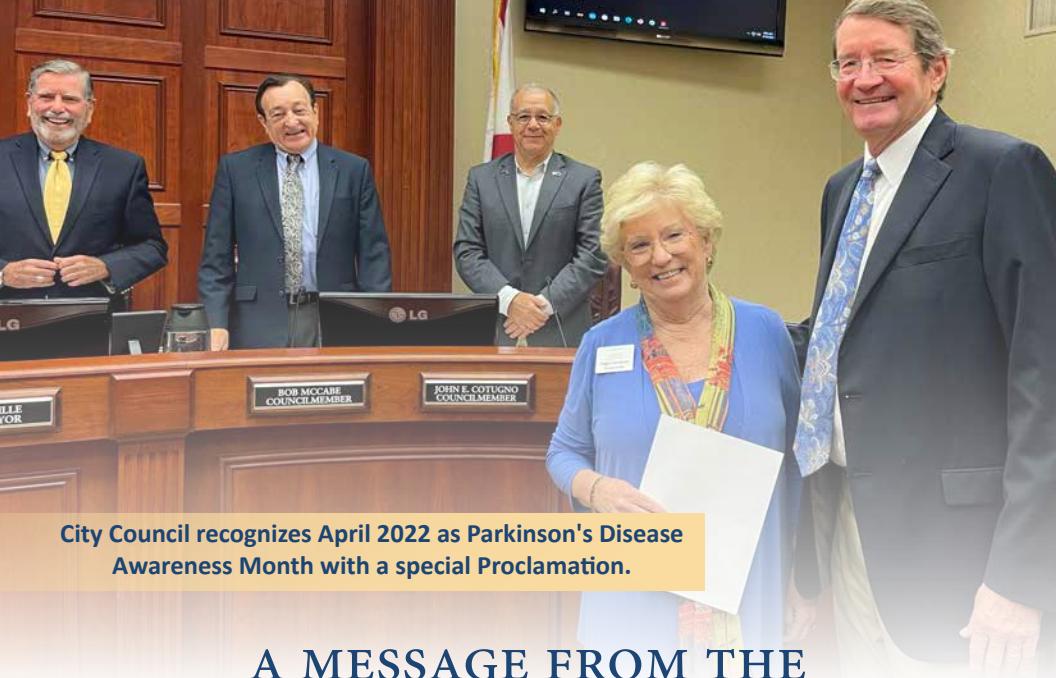


ALZHEIMER
&
PARKINSON
ASSOCIATION
OF INDIAN RIVER COUNTY

FY 2021
ANNUAL
REPORT



City Council recognizes April 2022 as Parkinson's Disease Awareness Month with a special Proclamation.

A MESSAGE FROM THE *Executive Director & Board Chair*

Nimble. Resilient. Those are the two words that best describe the Alzheimer & Parkinson Association in 2021. While 2020 was the year of redefining how to deliver our services to our community's most vulnerable in the midst of a pandemic, 2021 was the year of accepting the "new normal" and continuing to be creative with our programs.

It feels a little like we are a ship that has made it through the storm, but are still continuing to navigate uncertain waters at times. We are riding the waves, and we are ready. We were very diligent in how we handled the constrictions we had to face with Covid, building an entirely new side of our program to reach out virtually to be sure that our participants continued receiving services, even if not in person. When we re-opened our doors and welcomed back those who were ready for congregate gatherings, we continued to offer many of our programs virtually, to meet people on their terms and at their comfort level.

2021 was a year of learning what we could do. We learned a lot about our resiliency as an organization. Our business model allowed us to be creative and nimble, responding to the ebb and flow. We approved a five-year strategic plan in April 2021 which clearly outlined goals in the areas of program strategy, fund development, strategic partnerships, marketing, and board governance. Our mission, vision and core values are at the very foundation of every aspect of the plan.

Our strategic plan is not a one-time project that sits on the shelf. It is a living and breathing guidebook that is constantly referenced. In it, we defined what success looks like over the next five years: engaging more families who need access to our programs, all of which continue to be offered free of charge. We know that there are 7,100 people touched by some form of dementia in Indian River County, and over 1,000 people affected by some form of movement disorder. Those numbers will only continue to increase as baby boomers approach that age where symptoms start to occur.

We have measurable goals and have established progress indicators which are reviewed quarterly with our board of directors. And what a board it is! Over the past several years we have made a concerted effort to develop our board, with great success. Their leadership and passion are evident, and they bring a very forward-thinking approach on how to position our organization to offer even more support and services to the community.

In spite of the tremendous progress we have made this past year, the reality is that our work is not done. 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 critical as we celebrate our 40th year of serving our community.

As you know, we are not affiliated with any national organization, so 100% of every dollar donated stays right here in Indian River County. We never lose sight of the fact that we could not reach even one goal of our strategic plan if it weren't for the continued generosity of our donors. Thank you for your continued trust and support as we navigate the waters before us.




Ralph Evans
Chair, Board of Directors




Peggy Cunningham
Executive Director

2020-2021

Leadership

BOARD OF DIRECTORS

| | |
|-------------------|-----------------------|
| Ralph Evans | Michelle Borisenok |
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| Robert C. Puff | Trudie Rainone |
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| Este Brashears | Buzz MacWilliam |
| Nancy Bryant | Karen Penney |
| Marie Conforti | Lenora Ritchie |
| Nancy Fichthorn | Lynda Stinson |
| Sandy Kahle | Elizabeth Van Dyk |

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| | |
|---|--|
| Peggy Cunningham <i>Executive Director</i> | Roger Holder <i>Social Respite</i> <i>Activity Coordinator</i> |
| Judith Lemoncelli, CFRE <i>Senior Director,</i> <i>Development &</i> <i>Communications</i> | Kathy Ricci <i>Social Respite Program</i> <i>Assistant</i> |
| Courtney Sanchez <i>Director of Programs</i> | Gabby Mishler <i>Program Assistant</i> |
| Susan Micheel <i>Education Coordinator</i> | Irene Hasuga <i>Development Assistant</i> |
| Cheryl Coutu <i>Office Manager</i> | |

Our Work...Our Passion

The Alzheimer & Parkinson Association of Indian River County is dedicated to making sure that the families who use our services never feel alone. We strive for excellence in our work as we open our arms -- and our hearts -- to those who are seeking guidance, support programs, activities, 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 such as Alzheimer's or Parkinson's.

Our goal is to be a partner, a collaborator, and even a trusted friend who leads the way in helping ensure that the daily challenges our families in need face are met. Whether it's through providing much-needed respite for caregivers, support, education, opportunities for exercise and socialization, or even confidential memory screenings, our dedicated staff, our volunteers, and community partners, all have a singular focus: to improve the quality of life for people with a memory or movement disorder.

We are the only local comprehensive resource center in Indian River County that serves residents struggling with these diseases. Offering all of our programs and services free of charge is critical to our mission, and it is through the tremendous community support we receive that we are able to keep vital programs alive and thriving, giving families peace of mind and a trusted open door.

Some of our key programs include:

(* indicates the program is offered both in-person and virtually)

SOCIAL RESPITE

Offered throughout the county in several locations, our social respite programs provide caregivers temporary relief as they face the overwhelming challenges of caring for someone with dementia. While many caregivers say they derive significant emotional and spiritual rewards taking care of their loved one, many also experience physical and emotional distress from the demands of daily care. Our social respite program allows the caregiver free time to be used for weekly errands, special projects, or just to relax. During that six hours, their loved one is engaged in a variety of activities that are uplifting and meaningful, such as: live music with sing-alongs, art classes, group "sports" like golf and ring toss, bingo, reminiscence sessions, light chair exercises, holiday and birthday celebrations, even fishing on the dock at our Sebastian location! The caregiver can feel confident that their loved one is being well taken care of and can return from their time of respite re-charged.

Our social respite programs are free of charge and are offered Monday – Friday from 9 am to 3 pm, plus the first and third Saturday at our main facility in Vero Beach. In addition, we offer weekly programs 9 am to 3 pm, as follows: Monday- Gifford Community Center; Tuesday- IG Center; Wednesday and Friday - Indian River Shores Community Center; Thursday - Sebastian Yacht Club.

DEMEN TIA EXPERIENCE

The dementia experience is a high impact dementia simulation and training that immerses participants into life with dementia, resulting in a deeper understanding of the challenges that people with cognitive impairment and sensory change face on a daily basis. The dementia experience offers a way to momentarily step into the shoes of someone living with Alzheimer's disease or a related memory disorder. Participants meet with certified trainers who guide them through a series of steps or "exercises" that illustrate how difficult it is to navigate everyday life when you have Alzheimer's or a related neurodegenerative disorder.

The Alzheimer & Parkinson Association is working collaboratively with all aspects of the community, such as banks, hospitals, restaurants, skilled nursing facilities, schools, churches, law enforcement and first responders, providing them with comprehensive staff training. The organization uses its RV, which serves as a "rolling classroom" for most of the dementia experiences. The RV was purchased with funds from an IMPACT 100 grant.

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. Anyone over the age of 50 is encouraged to have a baseline memory screening, which can then be shared with family and/or their physician. Memory screenings are not official diagnoses.

PROJECT LIFESAVER

Project Lifesaver is a program designed to quickly locate individuals with cognitive disorders who are prone to wandering. Those who are at risk for wandering, such as those with dementia and autism, wear a device (resembling a sports watch) which transmits a unique tracking signal. When a person wearing this bracelet is reported missing, the Indian River Sheriff's Office can track and locate them, usually within 30 minutes. 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, offering it free of charge. The peace of mind that Project Lifesaver gives to the caregiver is truly priceless.



Vicki Drumheller leads a support group.

SUPPORT GROUPS

Led by trained facilitators, our support groups provide an important and vital connection for caregivers who are seeking timely information, new 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. Available throughout the community with day, evening and virtual options, we offer several support groups that are specifically focused, such as caregiver support groups for those with Alzheimer's or Parkinson's; for those with a loved one in a facility; a support group offering ongoing practical education, even one just for male caregivers. Groups may range in size from three to twenty.

MOVEMENT PROGRAMS

The phrase "movement is life" is a guiding mantra here at the Alzheimer & Parkinson Association. Offering approximately 50 hours of movement programs a month, we are constantly evolving our programs to help improve quality of life for people with movement disorders. 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.
- **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 in collaboration with the Vero Beach Museum of Art, which is designed to increase flexibility as well as awareness of the mind-body connection.

EDUCATION

Our classes and workshops are offered on a weekly basis in various locations throughout the community, providing much-needed information and guidance to families seeking help. Whether it's a one-hour workshop or a nine-week class, our educational programs are designed to give valuable hands-on tools, both for those who are already grappling with memory and/or movement disorders, as well as for those who do not yet otherwise need our services.

Our annual Day of Hope Caregiver Conference and Parkinson's Conference are held over the course of two consecutive days each winter and have featured nationally-known speakers who are leading advocates and educators for people living with dementia or Parkinson's, and for caregivers seeking information on a memory or movement disorder.



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 adult, 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.

Dementia Experience*

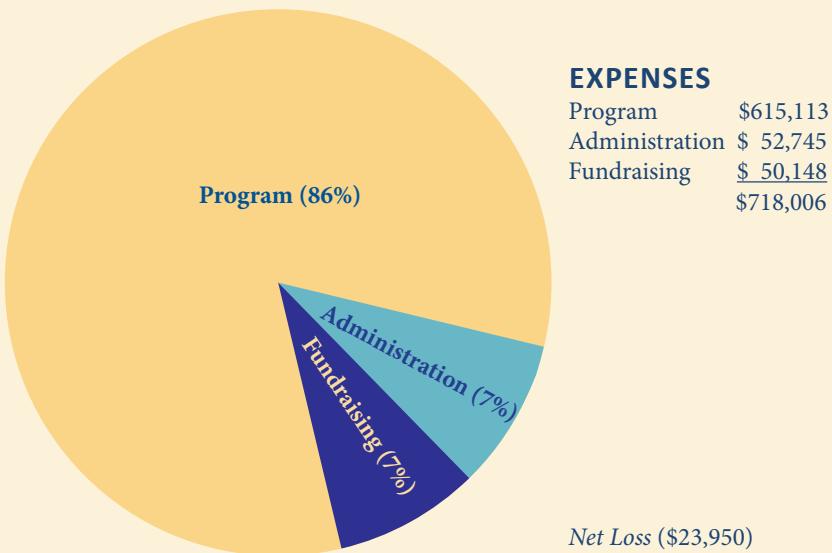
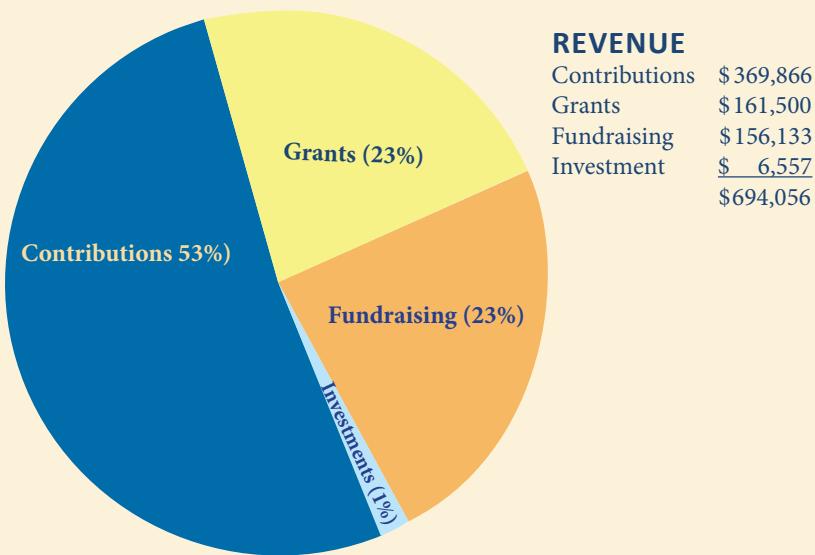
This training will aid family and professionals alike to become sensitized to the needs of those suffering with dementia or other memory issues.

Additionally, our Vero Beach location offers 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. But our message extends beyond those who are already in need of our services. Our professional staff is available to speak to civic groups, homeowners associations, and businesses, sharing helpful, real-world information in a practical and impactful way, further educating the community and further creating a dementia friendly community.



2020-2021 Financial Summary

*For the most recent audited fiscal year
beginning October 1, 2020 and ending September 30, 2021.*



Our Generous Donors

\$50,000-\$99,999

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\$25,000-\$49,999

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Archie S. Wingfield Jr. Charitable Trust

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



Author Frances Mayes with Sandy Rolf at Successful Aging Luncheon

Successful Aging Luncheon



New York Times bestselling author and lifestyle icon, Frances Mayes, speaks at our annual Successful Aging Luncheon.

The Steggles Legacy Society



Joy Steggles

The Steggles Legacy Society is comprised of donors who have made an outright gift to 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

Hats off to our dedicated volunteers who logged more than 1,500 hours last year, selflessly giving their time, talent and expertise to make our programs and events run smoothly.



Volunteers from the Treasure Coast Pilot Club.

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.



Social Respite program serves caregivers and their loved ones with creative celebrations.

ALZHEIMER
&
PARKINSON
ASSOCIATION
OF INDIAN RIVER COUNTY

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Connect with us!  
www.alzpark.org
walktoremembervero.org