The Alzheimer's Project exists to provide comfort, support, and assistance to persons with memory disorders and their caregivers in the Big Bend area.
OUR MISSION

Founded in 1991, the Alzheimer’s Project serves as a primary resource for communities across the Big Bend as they deal with the financial and emotional devastation wrought by Alzheimer's and other forms of dementia.

The focus of the Alzheimer’s Project is to support caregivers and those living with dementia in maintaining a dignified quality of life.

The Alzheimer’s Project provides support groups, counseling, educational opportunities, the Project Lifesaver Program, and many more programs and social services.

Our Day Respite Program and other support services help caregivers stay physically and emotionally healthy. We also deliver professional knowledge through seminars, training classes and peer support groups.

We believe deeply in the power of our community and continually work to make it stronger.

THE CHALLENGE

By 2025, just six years from now, the number of Floridians age 65 and older with Alzheimer’s dementia is estimated to reach 720,000—a 28.6 percent increase from the 560,000 age 65 and older affected in 2018.

More than 1.1 million Floridians provide a total of 1.29 billion hours of unpaid care for people with Alzheimer’s or other dementias.

The cost of informal, unpaid care by Floridians is valued at more than $16.4 billion. (Alzheimer's Association, 2019)

#LOCALHELPNOW
LETTER FROM OUR LEADERSHIP

Dear Friends:

This was a year of growth, success and achievement for The Alzheimer’s Project. With the help of our dedicated board, staff and volunteers, we have been able to reach more families than ever before, but our work is nowhere near done.

For the Alzheimer’s Project, our journey continues as we make every effort to provide the best service to our clients, while working to achieve financial stability to sustain a prosperous future. It is a critical time. Our support groups, respite services, counseling, AmeriCorps, Project Lifesaver, Dealing with Dementia and Powerful Tools for Caregivers, deliver much needed resources to our community.

As we begin our 28th year, our primary goal is to reduce reliance on government funding and focus on local and statewide support. This includes individual gifts, corporate sponsorship and other initiatives. We must expand our reach to meet the growing need for services; our greatest work lies ahead.

The Alzheimer’s Project has a bright future. We remain focused on engaging new partners and retaining loyal supporters. As Alzheimer’s research continues to evolve, we will make every effort to add effective services to improve the lives of those we serve. We are grateful for the support of our community and our generous donors and volunteers.

Blake Hayward   Debbie Moroney   Susan Bisbee
Chair           CEO              Immediate Past Chair

THE BIG PICTURE

Worldwide, 47 million people are living with Alzheimer’s disease and other dementias. A national crisis is growing with an estimated 5.8 million Americans of all ages living with the disease. This includes an estimated 5.6 million people age 65 and older and approximately 200,000 individuals under age 65 who have early onset Alzheimer’s.
OUR SERVICES

RESPITE SERVICES- Social Clubs
Alzheimer’s disease can be a long journey, putting caregivers at risk for social isolation, physical illness, and financial problems. The Alzheimer’s Project provides much needed breaks for caregivers through the Day Respite program, which keeps participants socially engaged through music therapy, games and other activities, while also giving caregivers time to care for themselves.

SUPPORT GROUPS
Support groups are an opportunity to share challenges and solutions as caregivers share with each other important knowledge, strategies and techniques on caring for a loved one.

COUNSELING
Counseling provides individuals or families with the opportunity to share private and personal information to trained professionals where they may not feel comfortable sharing with family or in a group setting. Counseling can include education about the disease process, support to get through difficult times and much more.

AMERICORPS & R.E.L.I.E.F PROGRAMS
These programs can provide families with up to 8-10 hours of respite a week from a trained volunteer. Volunteers provide companionship for the client, while the caregiver receives a much-needed break.

PROJECT LIFESAVER
This program is designed for clients who have shown a propensity to wander away from home. If a client is missing, the family contacts the Leon County Sheriff’s Office, who uses an FM transmitting device to locate the client. The national success rate of finding a person is 98% within 1-2 hours.

POWERFUL TOOLS FOR CAREGIVERS
This is an educational program designed to help care-partners take care of themselves so that they may take better care of their friend or relative. The 6-week class helps reduce stress, improve self-confidence, communicate feelings better, provide balance, increase ability to make tough decisions and locate helpful resources. This class is open to care-partners of anyone with a chronic condition. Respite care is also available.

DEALING WITH DEMENTIA
The Dealing with Dementia program is an evidence informed educational program for caregivers of people living with dementia. It provides a comprehensive manual for dementia caregivers. It is an overview on how to find the information when it is needed. It highlights topics such as insights into the caregiving experience, easily understandable explanation of dementia, best practices in caregiving, problem solving around dementia behaviors, and tips for caregivers to find time for self-care and stress management.
Phil’s story

In 2012, I retired early to care full-time for my wife, Delane, who had been diagnosed with Alzheimer’s disease. I never had a friend or family member who had Alzheimer’s, so how to manage her care was a scary endeavor. I was frightened of the prospect of eventually having to put her in a memory care facility where we would be apart and the cost might totally drain our financial resources.

Beyond the stress of caregiving, I had to deal with the added stress associated with all of the unique legal and financial issues associated with my wife’s illness. It felt like I had a large puzzle in front of me; I could not match any of the pieces.

In September 2014, as her disease progressed, I began to research sources to assist with her care. To say the task was daunting was an understatement. I had the good fortune to meet a staff member from the Alzheimer’s Project who told me all about its offerings and, in particular, the adult day respite programs known fondly as the Social Clubs. As a veteran, I was also told about an upcoming in-house respite care program provided by AmeriCorps through the Alzheimer’s Project. Both services are offered at no cost.

In December 2014, I started taking Delane to the day respite program, at St. Paul’s United Methodist Church. This became her place to go every Friday. On Friday mornings, I’d drop her off and she and I were greeted by the wonderful staff and volunteers. Her cup of coffee, fruit and a pastry would be served when she arrived. I knew how much she enjoyed seeing the small children that came to sing and visit with the group. She liked the music therapy sessions. I knew her day would be filled with love and that she would be taken care of in such a special way.

What struck me the most about the volunteers were their kindness, compassion, and selflessness. On several occasions, I got to know all the Alzheimer’s Project staff. Their dedication, commitment and professionalism were abundantly obvious. My stepdaughter, Lori, who lives in Atlanta, remarked that her city had nothing that compared to this organization.

In March 2015, the AmeriCorps program was launched, and I got in-house help for a few hours a day, at least twice a week. I could leave my house, read a book, or do a project without worry or interruption. I started to have a semblance of a life again. More importantly, I no longer felt like I was alone.

On several occasions, I utilized other valuable services provided; I attended support group meetings, seminars on caregiving topics, caregiver appreciation day events and the annual Alzheimer’s Disease Education and Training Conferences, which included workshops on legal and financial issues. The information helped answer many of the questions I had as her caregiver, healthcare surrogate and personal representative. By the end of 2016, I felt like I had completed most of the “everything Alzheimer’s” puzzle.

Delane passed away at home on March 15, 2017 from complications with her Alzheimer’s disease. I realized how lucky she was for the quality of life she had in her final years, despite this horrible disease. I also realize how lucky I was to keep her at home and maintain my sanity through it all.
Margie's Story

When our doctor said the word “Alzheimer’s” as my husband’s diagnosis, I didn’t know what to think. What did this mean for us? What do we do? Where do we go for help? Can we get through this? I was scared and didn’t know where to turn.

Discovering the Alzheimer’s Project was the most significant blessing in our Alzheimer’s journey. Their counseling services, respite day program, network of resources, and support group meetings, made all the difference.

Of particular importance to me were the support group meetings. Sharing our story, my fears, my questions and then problem solving with other caregivers who were walking the same path, who understood in a way others could not, was so incredibly valuable.

Many Alzheimer’s caregivers become seriously ill or die before the person for whom they are caring because of the stress, helplessness, and exhaustion associated with the disease. I’m convinced that without the Alzheimer’s project, I wouldn’t be here today.

Our Champion's Club

This year we honor the founding members of the Caregiver Champions Club

**Hope for Tomorrow**
P.J. & Ken Kanline in memory of Robert (Bob) Blount
Philip Nowicki in memory of Delane Anderson
Marjorie Turnbull in memory of Frances Millikan Reitz

**Loving with Dignity**
Stephanie Corry in memory of Marilyn "Winnie" Watkins
Edna Hall in memory of Jossie Mitchell
Scott & Allison Harrell
Patrick Hogan in memory of Sarah Hogan
Joe & Sharon Horsey in memory of Frances Reed
Jim & Elaine McConnaughhay
James Ryan in memory of Richard H. Ryan
Jeffrey & Stephanie Sharkey in memory of Kay Sharkey
Bobby & Sue Dick

**Honoring Your Spirit**
Mark D. Baldino in honor of Nick & Jeanne Baldino
Richard & Susan Bisbee in memory of Lucille Grant
Dawna Bunker
Fely Cura in memory of Budd Bell
Mrs. Mary Jean Dyrenforth in honor of Lucien Dyrenforth
Janet Ferris
Bruce & Peggy Harter in memory of Elinor Snell
Lynda Hartnig
Victoria E. Heuler
Mary Ann Lindley in honor of Don Montes
Nancy G. Linnan in honor of Yvonne Linnan
Nancy Fischer
Margie Marcil in memory of Joseph W. (Bill) Bailey
Debbie Miller in memory of Marie Rossi
Debbie & TJ Moroney
Jennifer Rupert
Jana McConnaughhay
Sheila Salyer
Judy Shipman in memory of James W. Bertolet
George & Lindi Simmons in memory of John Simmons III & Emory Gaggans I
Janet Smith in memory of Emma Smith
John & Kay Taylor
Sharon Weeden
Gil Ziffer in honor of Sandy Halperin
FINANCIALS

2018 Revenue

140,069
97,658
32,049
10,9937
365,724

Contributions
Grants
Grants Restricted
Fundraising
Other

Where does our money go?
Alzheimer's Project Expenditures Breakdown

85%
13%
2%

Services and Education
Administration
Fundraising

OUR IMPACT

377 CAREGIVERS AND 189 CLIENTS UTILIZED OUR SERVICES

359 RESPITE DAYS AND 164 CAREGIVER SUPPORT GROUPS HELD

40 CAREGIVERS ATTENDED POWERFUL TOOLS FOR CAREGIVERS

237 VOLUNTEERS PROVIDED 16,826 HOURS TO HELP OUR CLIENTS AND THEIR FAMILIES

120 INDIVIDUALS ATTENDED 3RD ANNUAL ALZHEIMER'S EDUCATION AND TRAINING CONFERENCE

990 ALZHEIMER'S RESOURCE MANUALS PROVIDED

1300 INDIVIDUALS TRAINED

91% OF OUR TRAINED CAREGIVERS REPORT LESS STRESS AND MORE CONFIDENCE TO CARE FOR LOVED ONE

LEARN MORE AT ALZHEIMERSPROJECT.ORG
LOOKING AHEAD

We are working out the details to bring this program to our community by the beginning of 2020. This is a research based, dynamic & innovative response to memory loss. Created by the Council on Aging it is designed for use in a class-room setting as a sustained intervention program for people with early memory loss or suspected memory changes. Each class focuses on a different brain topic, such as flexible thinking, spatial orientation and reasoning. The day’s activities then support the brain function. These classes will meet twice a week & care partners are invited to join. Healing modalities such as brain integration & mental agility exercises, guided relaxation, aromatherapy & chair exercises are incorporated to support overall brain & bodily function.

Alzheimer’s Project is partnering with Scent Evidence K9 to help seniors & others with disabilities. Scent Preservation Kits provide an essential layer of protection for families and caregivers of those at high risk of wandering. The scent kits are easy to administer & last for up to 10 years. Providing K9 trailing responders with an uncontaminated scent to search with can dramatically increase the chance of finding the lost safely and significantly reduce the time it takes to bring them home, when every minute counts. The program will be piloted in several Florida counties later this year.

Expansion to more counties
The Alzheimer’s Project covers a 9-county area from Taylor to Gulf. We have requested additional funding to bring facility respite to an additional county and to add additional support groups.

ALZHEIMER'S PROJECT STAFF

Debbie Moroney, ACSW
CEO

Tyeshia Tucker, AA
Office Manager

Stephanie Pollack, LCSW
Clinical Supervisor

Caitlin Dilley, BSW
AmeriCorps Program Manager

Mindy Towler, BSW
Volunteer and Respite Coordinator

Summer Matchett, MSW
Community Educator & Case Manager

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EVENTS

February
Alzheimer's Disease Education & Training Conference

April
Purple Craze

August
Parrothead Phrenzy

September
Heart of Bluegrass

November
Fogret-Me-Not Walk & Cliff Hinkle Round to Remeber Golf Tournament

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FLORIDA'S CAPITAL COUNTY

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IN-HOME SENIOR CARE

St. Paul's United Methodist Church

Home Instead
To us, it's personal

Capital Health Plan
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COLLEGE OF MEDICINE

Live United
United Way
United Way of the Big Bend

Allahassee Parrothead Club

Pilot Club of Tallahassee

Dementia Care & Cure Initiative
Developing Dementia-Caring Communities Across Florida

Florida Department of Elder Affairs