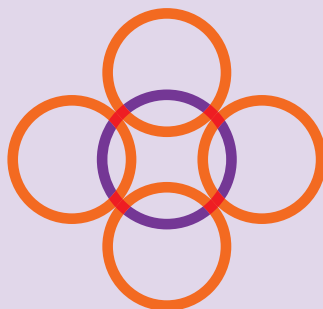


2019-2020

ANNUAL REPORT



Alzheimer's
PROJECT

ForOurCaregivers.com



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

Alzheimer's Project strives to ensure no caregiver or person living with dementia walks the journey alone. Founded in 1991, Alzheimer's Project is a primary resource in the Big Bend Area providing comfort, support, and assistance to persons with memory disorder and their caregivers.

Families face many challenges brought on by the Alzheimer's disease and other forms of dementia. Alzheimer's Project provides support groups, counseling, educational opportunities, wander's recovery programs and respite. We want to ensure every person living with the disease and those caring for them maintain a dignified quality of life.

Our professional staff, volunteers and other support services help caregivers stay physically and emotionally healthy. Evidenced based courses provide information and practical ideas on how to provide quality care. Caring counselors provide the emotional support needed to walk the journey from beginning to end.

We believe with the support of our community, together we will make a difference in the lives of those who feel lost, hopeless and need help now!

Letter from Our Leadership:

Dear Friends:

Alzheimer's Project is privileged to continue growing in Leon County and our surrounding communities. We received a grant from the legislature to pilot the Scent Evidence K9 recovery program in three counties which was reauthorized in 2020. Expanding our mission and reach in the Big Bend area remains a top priority as we work through COVID 19.

We were fortunate to receive legislative funding to expand our respite sites, commonly referred to as Alzheimer's Project Social Clubs in Leon and Jackson County. We implemented support groups in Madison and Calhoun Counties to extend our support and reach to Caregiver's in the Big Bend Region.

Alzheimer's Project is grateful for the support of the community and our state leaders recognizing the needs of caregivers. During our 29th year we were successful in our fundraising efforts and government support positioning us to face the pandemic of 2020 while ushering in a new Executive Director.

The needs of our caregiver's and their families are as relevant today as yesterday. Caregiver's and their loved ones are in double jeopardy due to COVID 19 for increase isolation and the vulnerability of compromised immune systems. We are committed to ride out the storm and providing services until a cure is found for this challenging and devastating disease. The support of our community and the generous donors and volunteers make it all possible. We are grateful for them.



Blake Hayward
Board Chair

John Trombetta
Executive Director

Debbie Moroney
Executive Director
(2015-2020)



Service Delivery In 2020

COVID-19 forced Alzheimer's Project to change the way we deliver services. It forced us to be better. It was not an easy nor inexpensive process, but we will indeed be better in the end.

Respite Services - Social Clubs

Our facility respite service that was provided through our Social Clubs could not meet in-person. That was a major blow to our clients and their caregivers. The Social Clubs are a great way to get the person living with the disease into an environment where they could activate their brain through activities and sing-alongs and music therapy. The facility respite closing also had a tremendous impact on our caregivers as they are now unable to have the time away from their loved one. **Pivot:** our respite activities are offered online; games such as bingo, sing-a-longs, music therapy and crafts. This has its own challenges but was a good start to offer some sort of programming to help with the realization of being at home all day every day. Eventually we were able to offer in-home respite care to those who were willing to accept it.

In Home Respite - Americorps & R.E.L.I.E.F. Programs

We recognize that isolation is an issue, and feedback from many caregivers and clients who miss respite confirmed that. Not everyone was willing to have a volunteer or staff member in their home for in-home respite. **Pivot:** We put together activity bags and care packages. Activity bags included puzzles, games, and other brain activities to help engage the person living with the disease. In the care packages, we put

snacks and personal protective equipment that they could use when they were ready to have someone in their home or when they were ready to venture out.

Support Groups

A major component of our services is our support groups. Caregivers count on these groups to help them work through any challenges they might be having with their role. These groups are helpful because the caregiver can see they are not the only one dealing with these issues. It also helps them to get advice from others who have been where they are now. **Pivot:** Our support groups have moved to a virtual environment. They are still meeting on the same schedule but doing it via Zoom. The virtual experience is not the same as being in-person. Non-verbal signals are harder to detect. Additionally, as caregivers are participating from home, they may not be as forthcoming with their loved ones in the room or the house. Many are anxious to return to the in-person support groups.



Dealing With Dementia & Powerful Tools For Caregivers

Dealing with Dementia trainings and our Powerful Tools for Caregivers courses have gone virtual. These have been well attended in the online environment, which may serve us well in the future. This course provides a comprehensive manual for caregivers with 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.

Wanderers Recovery Program

Project Lifesaver and Scent Evidence K9 have remained fully functional during COVID. The programs provide peace of mind for the caregiver if the person living with the disease as the propensity to wander.

Remote Staffing

We are used to working in an office with a daily routine and systems designed to fit that routine. Due to COVID 19 and the requirement that offices shut down, we outfitted each person with the ability to work remotely. That required some new computers, new software, and a new way of communicating. Our staff handled the change well. They came up with many creative ideas for programming and worked through the challenges of new technology. We have uncovered some strengths through these challenges. In the end it has made us a more nimble organization.

“ As a new demographic emerges for the family caregiver, support services such as those offered by the Alzheimer's Project in the Big Bend Area become even more vital components to the overall health care of individuals living with Alzheimer's and their caregivers,” said Department of Elder Affairs Secretary Richard Prudom. “More than 580,000 Floridians live with Alzheimer's and that number is expected to increase to 720,000 in just five years. Community support programs are invaluable services to people living with dementia as well as providing caregivers with tools to help them stay physically and emotionally healthy. ”

Richard Prudom, Secretary,
Department of Elder Affairs

Fredricka's Story

Nothing could have prepared us for what we were experiencing. My mom, was swinging at the air, yelling, "Get away from me!" completely unaware of me or my dad's presence. My dad and I looked at each other in horror. At no time in my life, not as a little girl or as a grown woman, had I ever seen my dad look so scared. Somehow, in that moment, I instinctively knew that my mom could no longer carry me. This woman, who had served as our family's rolodex, calendar, and personal assistant in every way you could imagine, now needed our assistance. My dad, taking the lead as a husband and a father, gently told my mom that she was okay. My mom, the perpetual southern belle, defiantly yelled at him with all of the conviction in the world, "You don't see them? Somebody take me inside!" My dad seemed to crumble inside, he looked at me helplessly. I looked at my mom and said, "Mom, you are inside honey. Nobody or nothing will get you." Whatever it was that triggered that occurrence seemed to dissipate because my mom said, "Oh," and calmly laid back down on her hospital bed.

Life, as our family had known it had changed. We'd always managed to dodge bullets. Illnesses that had taken others out, we had beaten by the grace of God. Diabetes...beat it. Stroke...beat it. Cancer...beat it...and then came dementia. This illness creeps up on you and by the time you realize that it's attacking your loved one, you're already knee deep in it.

I've spent my career helping people-- whether it's through their personal lives or through their professions. It's a passion that I inherited from my parents, who owned a learning center that helped several generations within our community for over 40 years. Now I found myself in a situation in which I couldn't help my own mother. That hurt. That hurt a lot. Out of sheer desperation and frustration I looked

for help on the internet and discovered the Alzheimer's Project. By the time I finally showed up for my first support group meeting at Temple Israel—doing a wheelie with my SUV in the parking lot, running up the stairs into the Temple, barging into the room looking like Medusa and breathing fire like Godzilla... I was a MESS!

We had the financial means, and the familial support to begin aggressively easing my mom's discomfort and attacking this disease—but we still didn't know what we were really dealing with; that's where the Project, as I call it, became an extended part of our family. Through their services such as the support groups, the caregivers' classes, and respite care, we have been able to find dew in this desert. My mom really enjoys the social and creative aspect of respite care. Being an introvert like myself, she was hesitant to attend her first meeting; however, now she looks forward to socializing with people who may be in various stages of dementia or Alzheimer's. She is able to pour into others like she's done all of her life—it helps her to feel normal again. Likewise, she is also able to receive the help that she needs at this stage in her life—not only from the staff but from those who like her, are on this journey as well.

For years our family had dodged many bullets. The bullet with dementia's name on it nicked us. But thanks to God's grace through the Alzheimer's Project, I know that we will beat this too.

Fredricka Flakes (*daughter*)



2020 Stories

"The Alzheimer's Project services have helped tremendously! My mother, Lynda, participates in Virtual Bingo, the Virtual Sing-a-Long, and Virtual Coffee Chat each week. Mom was always a very social person, and it has been so good for her to have people to interact with because it stimulates her mind. These activities give her something to look forward to and helps her feel important! Because of the socialization, sometimes I can see her "old spark" come back as she remembers and talks about certain things. She even looks forward to the events and remembers them!

As her daughter and caregiver, "You just don't know how much it has helped! There have been so many changes, and it has been really good for her to have other people to interact with. People with dementia often tell the same stories and ask the same questions over and over again, which can be challenging sometimes. I am so grateful to have others who are willing to listen to her stories and talk to her. Having a helping hands helps everyone have more patience."

Milynda Ryan (*daughter of client Lynda Tapp*)



Caregiving is hard, exhausting work. I've been a caregiver for a long time, but full time caregiving began about 18 months ago after my mother Patricia moved to our home. This quarantine has caused Patricia to become a bit slower and quieter. Now that volunteers have resumed visiting, I witnessed Patricia exhibit uncharacteristic verbal aggression. This really disturbed me so I chatted with Alzheimer's Project staff and was reminded the volunteer is there to allow me, the caregiver, to step back and relax. A good reminder, as I need that time even if it's just to sit in silence and enjoy a cup of tea on the patio.

The highlight of Patricia's week used to be Alzheimer's Project social club; then COVID arrived. We still enjoy a small piece of social club, like art, sing-alongs, exercises and coffee hour through the Facebook activities. It's not the same as meeting in person but it does bring a presence of another, and that is helpful for us both. This caregiving is challenging and fun as well as frustrating and rewarding; I just never know which it will be at any given day... or moment. I'm grateful to know the Alzheimer's Project staff are just a click or call away.

Marian Lambeth *Her mom is Patricia Roberts*



The Facts

Alzheimer's Disease is the **6th** leading cause of death.

Alzheimer's disease is the most common cause of dementia, accounting for **60%** to **80%** of cases.

By 2050, the number of people age 65 and older with Alzheimer's dementia is projected to reach **13.8** million **1 in 3** seniors dies with Alzheimer's or another dementia.

Family members and friends provided nearly **\$244** billion in unpaid care to people with Alzheimer's and other dementias in 2019.

In 2020, the total national cost of caring for people with Alzheimer's and other dementias is projected to reach **\$305** billion. This does not include unpaid caregivers.

As a new demographic emerges for the family caregiver, support services such as those offered by the Alzheimer's Project in the Big Bend Area become even more vital components to the overall health care of individuals living with Alzheimer's and their caregivers," said Department of Elder Affairs Secretary Richard Prudom. "More than 580,000 Floridians live with Alzheimer's and that number is expected to increase to 720,000 in just five years. Community support programs are invaluable services to people living with dementia as well as providing caregivers with tools to help them stay physically and emotionally healthy."

(Statistics provided by Alzheimer's Association, 2020 and Florida Department of Elder Affairs.)

Our Impact in 2019

444 Caregivers utilized our services

216 Individuals living with the disease participated in respite services

71 Caregivers participated in Powerful Tools for Caregivers and/or Dealing With Dementia

341 Respite Days or Social Clubs

149 Caregiver Support Groups Held

237 Volunteers provided 16,624 hours to help our clients and their families

147 Individuals attended the 2019 Annual Alzheimer's Education and Training Conference

924 Resource Manuals were provided to individuals

644 Individuals completed Alzheimer's Topic Specific Trainings

As a result of using our services:

- 96% of our caregiver's report more confidence to care for their loved one
- 98% of our caregiver's report their loved one benefited from our services
- 90% of our caregiver's report being able to attend to their own physical well being

Impact Spotlight

Bring the Lost Home Partnership with Scent Evidence K9 adds Additional Resources for Wanderers

In 2019, Alzheimer's Project partnered with Scent Evidence K9 and received funding from the Florida Legislature to train Law Enforcement agencies on using scent evidence kits and canines to help track individuals who have wandered or eloped. The program called "Bring the Lost Home", includes the training of dogs to track individuals using human scent. Alzheimer's Project provides the Scent Evidence kits to agencies for distribution to populations at risk for wandering and elopement. Officers receive training in how to deal with someone living with the disease and the range of emotions they may face when locating an individual. The 2019 grant included Bay, Sumter, and

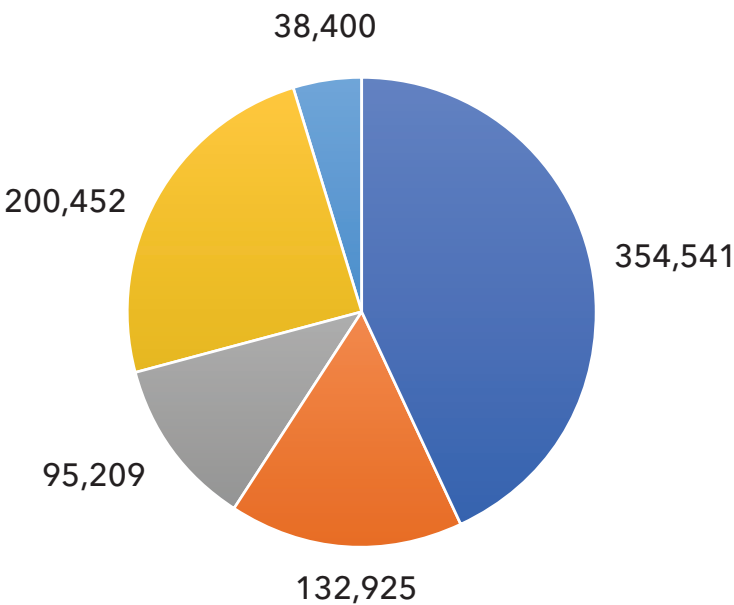
Seminole counties. In 2020, we have been able to expand the program to Leon County (Tallahassee Police Department), Franklin County, Lee County, Marion County and St. Johns County. The goal is to continue this work until the entire state is covered with the ability to bring people home safely. Scent Evidence K9 is a great partner and has many success stories.
www.scentevidencek9.com



Alzheimer's Project Revenue

Where Does Our Money Come From?

2019 Revenue	\$821,527
Grants	\$354,541
Contributions	\$132,925
Grants Restricted	\$95,209
Fundraising	\$200,452
Other	\$38,400

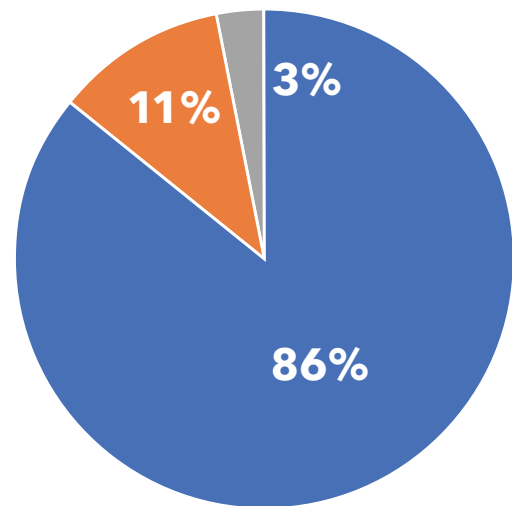


■ Grants ■ Contributions ■ Grants Restricted
 ■ Fundraising ■ Other

Alzheimer's Project Expenditures

Where Does Your Money Go?

Service and Education	\$631,537
Administration	\$83,116
Fundraising	\$22,126



■ Service and Education ■ Administration
 ■ Fundraising

“ We are grateful to the Alzheimer's Project for continuing to reach caregivers throughout North Florida in innovative ways, especially during the pandemic. ”

*Lisa Bretz MSW, Executive Director,
 Advantage Aging Solutions*

Our Champion's Club

Hope For Tomorrow

P.J. & Ken Kanline *in memory of*
Robert (Bob) Blount

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Mindy Towler, BSW
Volunteer and Respite Coordinator

Summer Henderson, MSW
Community Educator & Case Manager

“ 2020 has proven how resilient we really are. Not only the caregivers and families we work with, but the staff and community as a whole. ”

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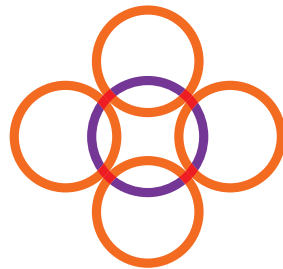
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