

Alzheimer's Family Services – Monthly Activities for September 2010

A Resource Guide for Caregivers coping with a Loved One with Alzheimer's or Other Dementia.

Did you know... that on August 19th Alzheimer's Family Services celebrated 29 years of community service! That's right, our founder, Jean Mayo, held the first Alzheimer's support group at the Pensacola Public Library. And to her surprise, 64 people showed up to that first meeting! Twenty-nine years later, support groups are still the cornerstone of our mission.

There are two types of groups to suite your caregiving needs: Educational Series (with Guest Speakers and specific topics); and therapeutic (traditional) support groups. See the listing below and remember the schedules are always on our web site: www.AlzFamServ.org

SAVE THE DATE:

November 13, 2010

Walk A Mile for Alzheimer's

Seville Square, Pensacola

Start your team today!

Visit www.AlzFamServ.org!

Who's team is in the lead today?

Alzheimer's Family Services

September 2010 - Support Group Schedule

Escambia County (FL):

– Bayview: Tuesday, September 7th at 10:00 a.m. at the Bayview Senior Center

– Baptist Medical Park: Friday, September 3rd at 12:00 p.m. in the Azalea Room –

TOPIC: End of Life Care for the Alzheimer's patient presented by

Sally Cary from Covenant Hospice

- Pine Forest: Monday, September 13th at 2:30 p.m. at Pine Forest United Methodist Church
- Century: Wednesday, September 8th at 10:00 a.m. at Century United Methodist Church
- Myrtle Grove: Monday, September 20th 2:30 p.m. at Myrtle Grove United Methodist Church–
TOPIC: End of Life Care for the Alzheimer’s patient presented by
Andre Hall from Covenant Hospice
- Night/Haven: Thursday September 30th at 6:00 p.m. at Haven of Our Lady of Peace

Santa Rosa County:

- Gulf Breeze: Thursday, September 9th at 10:00 a.m. at Gulf Breeze United Methodist Church–
TOPIC: Caregiver Burnout: How to Accept Help, presented by
Courtney Cook, MSW from Alzheimer’s Family Services
- Milton: Thursday, September 9th at 1:00 p.m. at Santa Rosa Chamber of Commerce

Okaloosa County:

- Crestview: Tuesday, September 14th at 10:00am- This group will be meeting at The Parthenon Nursing Home in Crestview this week for a special lunch and visit.
- Laurel Hill: Thursday, September 16th at 2:00 p.m. at First Baptist Church of Laurel Hill
- Fort Walton: Thursday, September 16th at 6:00 p.m. at Shalimar United Methodist Church
- Niceville: Wednesday, September 29th at 10:30 a.m. at Niceville First United Methodist Church

Walton County:

- DeFuniak Springs: Thursday, September 9th at 6:00 p.m. at Friendship House Adult Day Care
- Destin: Wednesday, September 29th at 2:00 p.m. at Destin Culinary Center

Escambia County (AL):

–Atmore Quarterly Meeting: Wednesday, November 10th at 9:00am at Atmore Community Hospital- Coping with Family Change when dementia happens, speaker TBD

Respite Care available in Escambia, Santa Rosa, Okaloosa, and Walton Counties in Florida! Allows caregivers to attend support group meetings and faith services. Call Courtney, the Social Worker, to talk more about this wonderful service! (850) 478-7790

Alzheimer's Family Services Volunteer Training:

Tuesday October 12th from 9:30-11:30am at Alzheimer's Family Services Office in Pensacola! Volunteers are needed to help in the office, assist with making reminder phone calls, assist with Project Lifesaver- a device for people who are risk for wandering, and help with fund-raising events!

Call 478-7790 for more information!

Covenant Hospice Volunteer Training:

September 8th and 10th, 1-5pm both days in Pensacola

OR

September 20th and 22nd, 12-4pm both days at Century United Methodist Church

Call Keelea LeJeune at (850)202-0353 for more information!

FREE Fall Prevention Community Screenings for Adults:

Thursday September 16th from 10am- 2pm at East Brent Baptist Church located at 4801 N. Davis Hwy, Pensacola

Call Debb Alonso at (850) 416-6547 for more information!

Presented by: Gulf Coast Falls Prevention Coalition

HOT OFF THE PRESS! AFS publishes a monthly newsletter, *The Caring Times*, with local event schedules, activities for working with a dementia patient, current research and medical advances, advocacy updates, and so on. To receive your hard copy or electronic copy, contact us at AFS@alzfamsv.org.

Note: Back issues of newsletters are on the WEB! www.AlzFamServ.org

Alzheimer's Family Services is *your local* Alzheimer's Support Organization! Please contact one of our Team Members below if we may be of service – for you or someone you know. (850) 478-7790. Thank you!

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go to www.alzfamserv.org to support Alzheimer's Care in NW Florida and Southern Alabama

Walk-A-Mile-for-Alzheimer's Nov 13, 2010, Pensacola, FL - Ask me how!