

COMMUNITY IMPACT

A Special Publication from the Council on Aging of Martin County

at the  Kane Center

New Program for Early Memory Loss

We introduced the **Integrative Memory Enhancement Program (IMEP)** earlier this year to address the needs of individuals with early memory loss or suspected memory impairments. The ongoing curriculum is designed to boost cognitive reserve and minimize the progression of memory loss or dementia through education, physical and mental agility exercises, and therapeutic activities. We look forward to expanding **Memory Enhancement at the Kane Center** in a special programming center due to open later this summer.

Call Crystal Collier at 772-223-7843 to learn more.

A Lifeline in the Face of Alzheimer's



Karen Ripper, RN, MBA
President & CEO

Today, you have the opportunity to extend a lifeline to those living with Alzheimer's and other debilitating illnesses. Read Allan's story below. Then, please lend him and others like him your support...

Alzheimer's drew a dividing line in the life of Allan's family separating life into "before" and "after" his diagnosis at the age of 57.

Before Allan served 17 years as a court bailiff with the Martin County Sheriff's Office. His prior 23-year career in the Army prepared him to serve his community. A veteran of both Desert Storm and Desert Shield, Allan lived with discipline, teamwork and dedication to something larger than himself.

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"My father had always been so keen and focused," his daughter Shanna remembers. "But, we began to notice he was forgetting things and had difficulty following conversation."

His family was worried and wanted answers. But, they didn't expect the answer would be Alzheimer's disease.

After When the disease rapidly progressed, Shanna quit teaching and moved in with her



Allan with Crystal Collier, Program Manager of Adult Day Health at the Kane Center

parents to help care for her father. "He couldn't do the things he used to, so he'd just watch TV. That's not the life I want for my father."

A friend from the Sheriff's office led the family to the Adult Day Club at the Kane Center.

"I want to make sure my father has everything he needs and the dignity that he deserves. The adult day care center gives him that."

Our Adult Day Club not only provides the supervision and care that Allan now needs, it provides medical monitoring and medication management, activities designed to engage and entertain, plus socialization with his peers and compatriots. The center provides daytime care for over 40 veterans who have served in WWII, Vietnam or the Middle East conflicts.

Allan's favorite part of his day at the Kane Center is..."interacting with the other soldiers."

Your donation can ensure the Council on Aging is always a vital lifeline for seniors and families living with the consequences of a progressive illness. That lifeline includes the Adult Day Club, Meals on Wheels, care management, caregiver resources and primary medical care.

Continuing this lifeline of service happens through your charitable gift.

Day Medical Center Welcomes New Geriatrician

We are pleased to welcome Dr. Mildred Sabo to the **Joseph S. & Ann C. Day Medical Center**, to work alongside Dr. R. Emmet Kenney!



Dr. Mildred R. Sabo

Dr. Sabo has practiced internal and geriatric medicine for 30 years. She earned her undergraduate degree from Rutgers University and graduated with her Medical Doctor degree from New Jersey Medical School in Newark. In addition, she trained in a two-year geriatric fellowship at New York University Hospital.

Dr. Sabo is an expert in geriatric medicine, having served as the medical director of both the Geriatric Health Center and the Memory Disorders Institute at Monmouth Medical Center. Dr. Sabo has also served as Medical Director of several senior living communities. Prior to joining the team at the Day Medical Center, Dr. Sabo was in private practice in Brick, New Jersey for 12 years.

To schedule an appointment with Dr. Sabo, call 772-223-7864. Visit daymedicalcenter.org to learn more about the Day Medical Center.

Community Partnerships Transform Lives

Nick Palla has spent much of his 86 years doing the right thing for others. Instead of accepting an invitation to try out for major league baseball in 1950, Nick joined the U.S. Navy where he served on a submarine until 1954.

When Nick moved to Florida, he owned the Wharf Café on Nettles Island and started a concrete company. In retirement, Nick devoted much of his free time to service to others. He is active with the Moose Club, American Legion and Am Vets, which support local schools and charities through fundraising efforts.



Nick Palla, in his newly renovated kitchen, thanks to funding and services coordinated by the Council on Aging's Care Management program.

For several years, Nick has suffered from chronic health issues, resulting in ongoing medical expenses that have depleted his resources, making it impossible for Nick to properly maintain his aging trailer. Holes formed in the floors from disintegrating particle board; his kitchen needed a complete replacement of the broken, rusted appliances and cracked tiled flooring; plus the ceilings and wood paneling suffered from extensive rotting and mold caused by water damage over the years.



Frank Jackson, a Care Manager at the Council on Aging.

To Frank Jackson, one of our care managers at the Council on Aging, it appeared that this tremendously service-driven man was now in need of a helping hand. "I knew I needed to do something about his poor living conditions," Frank said.

Frank approached the business community for help. A holiday promotion at the *Palm Beach Post* provided \$7,000 to repair structural damage, replace the flooring and fix the kitchen. El Dorado Furniture donated \$5,000 to refurnish the bedroom, living room, and dining room as part of its 50th anniversary celebration. In the most generous of surprises, an employee at El Dorado offered a personal contribution to repair the leaking roof. After several months of Frank's careful coordination, Nick's home was restored.

The Council on Aging always welcomes partnership with individuals and businesses who want to impact our community. If you are a licensed and bonded business that can donate home repair services (labor and/or materials) to low-income seniors, like Nick Palla, please contact Annette Lopez at 772-223-7848. With your help, we can restore hope and independence for seniors, one home at a time.

Did You Know?

Certified Care Managers assist seniors and caregivers make smart choices about their health and well-being. They develop comprehensive care plans customized to the needs of the individual then navigate the client and family every step of the way. *Call us at 772-223-7848 to learn more.*