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ALZHEIMER'S COMMUNITY CARE
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On the frontline, every day, placing a safety net around both patient and caregiver.

561-683-2700
www.alzcare.org

Clear Your Head

Take a day off and spend it antiquing, visiting a museum exhibit you've been longing to see, going to flea markets, or picnicking in a public garden. A change of scenery will do you good.

Think Outside The Fifties On Your Next Road Trip

Wind in hair, radio blasting and the wide, open road—the 1950s automobile obsession inspired Americans to get out and “hit the highway” in their new wheels. Ever since, seeking out fun and famous roadside landmarks, everything from quirky diners on Route 66 to larger-than-life monuments, has been an all-American tradition.

More than half a century later, road trips are as popular as ever. In fact, nine out of 10 summer trips are taken in personal vehicles today, according to a recent National Household Travel Survey. But with people so frequently taking driving vacations, travelers may feel a need to modernize their road trip to avoid the “been there, done that” syndrome. The classic road trip can get a dashboard-to-tailights makeover.

hours) than they do on vacation (approximately 80 hours), according to the U.S. Census Bureau. So break for breaks. Get out of the car, stretch your legs, take in some fresh air and truly experience your trip rather than watch it pass you by in the rearview mirror.

Bye, bye, paper guides: Directionally challenged? There's now an option to those bulky, foldout paper maps. There are now modern-day tools used to discover the exact locations of unique destination ideas. The website shown below electronically maps the routes so you can substitute those fold-up maps and guidebooks.

One, two, three, Cheese! Great photo opportunities are plentiful across the U.S., so if you haven't yet posed next to the towering Hobo Joe in Buckeye, Ariz. or the original American Bandstand in Philadelphia, Penn.,

Caregiving During The Summer

My father, who suffers from Alzheimer's disease, is coming to live with me for the summer. My mother told me is that she needed a break and I knew it was my turn to help out. In addition, my own guilt of not being there for my Dad due to geographic limitations, set in quickly. Wandering and paranoia are his biggest problems. I live in a small master planned community in North Carolina and they live in an apartment in Florida. I have not seen my father since last summer and am very nervous, as he did not have those symptoms last year. What do you suggest?

It is important to alert your neighbors that your father has Alzheimer's disease. Stress that the progression of his disease has caused further memory loss. Explain that you are going to do your best to be with him but explain that people with Alzheimer's disease often wander away like a toddler at the blink of an eye.

Immediately, take several new photos of your father. On the backside include the following information:

My father has Alzheimer's disease. If you find him wandering alone, please call me immediately. His disease has progressed to the point where he may get lost in our neighborhood. If you see him wandering alone, please call me at _____. If I cannot be reached please call _____. Thank you in advance for your help. (Your Name)

Caution: You may be accused of stealing his possessions and holding him against his will. He may also constantly look out the door or window for your mother or other deceased relatives. **Be prepared for what you may or may not see and experience in your role as a caregiver. To learn more about the progression of Alzheimer's disease, please visit www.alzheimers-tips.com**

Risa Levovsky has a Master's Degree in Gerontology and specializes in the field of Alzheimer's disease. She is also on the staff of Boomer Times & Senior Life.



Risa Levovsky, M.P.S.



You can rev up your next road trip with these 21st century tips:

Celebrate Good Tunes, Come On: Nothing gets everyone in the vacation spirit quite like listening to much-loved tunes. Before your trip, create a road trip CD full of fresh, upbeat songs or load your iPod with sounds inspired from the sand or pool with Reggae, Hawaiian or Calypso melodies.

It's the journey, not the destination: Trying to drive too far in one day can rob you of an enriching experience. Each year people already spend more time in their cars commuting to work (approximately 100

hours) than they do on vacation (approximately 80 hours), according to the U.S. Census Bureau. So break for breaks. Get out of the car, stretch your legs, take in some fresh air and truly experience your trip rather than watch it pass you by in the rearview mirror.

Make a note in your PDA to revolutionize your next weekend getaway and help the great American road trip continue its time-honored legacy into the future. So hop in the car, roll down the windows, turn up the volume and get ready to make vacation memories to last into the next decades.

For more information on Drive-Abouts or Hampton Hotels, visit www.hamptonlandmarks.com —NAPS

Enhance the Romance

Place several scented candles at varying heights in front of a mirror. Light them for a romantic effect. They will scent the air, and you can watch the flames flicker and dance.



Listen to: The Dr. Marc Goulet Show



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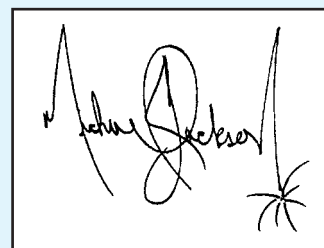
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WHAT'S IN A NAME

Michael Jackson



The high points of the “m” of Michael and the “n” of Jackson reveal intense ambition and a curious mind. The “l” encircling the “j” of Jackson indicates dramatic flair. This is the writing of an individual who enjoys being “center stage.”

The angular strokes of the “m” and “n” also disclose a forceful personality who enjoys challenges. The star formation at the bottom of the

last stroke reinforces the showmanship and supports the uniqueness of this writer.

Mimi Levin, a handwriting analyst, lectures in the Palm Beach County area and does in-depth personality profiles, compatibility screening and personnel screening. She can be reached by writing to her at 5451 Verona Drive, Boynton Beach, FL 33437.



Mimi Levin