



# The Family Caregiver

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## Special points of interest:

- What you can expect at Summit IV: 2008
- Find out what we are up to in our mission to help family caregivers in Polk County
- Find out how you can help PCFC with your input and as a member of our organization.

## Summit IV: 2008, Help is on the Way to Empower Family Caregivers

It's that time of year again when Polk County Family Caregiver's, Inc. will be presenting their annual Summit.

Family Caregiver Summit IV: 2008 will be a free program sponsored by community organizations that care.

It is designed to provide family caregivers of Polk County with the assistance and resource information that is not readily available to them as they strive to provide quality care for their loved ones.

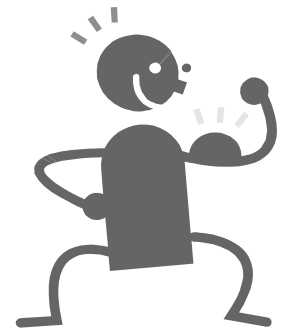
Based on the success of Summit III: 2007, which was attended by more than 300 family caregivers, their loved ones, and other interested parties, there will be sixteen breakout

sessions covering various aspects of caregiving, and will help you, as a caregiver, to deal with all the many challenges you may face on a daily basis.

There will be fifty or more family caregiver exhibitors, and lots of time to visit the exhibits.

This event will be held on Friday, May 23rd, from 7:30 am to 3:00 pm at the Family Ministries Building of the Highland Park Church of the Nazarene in Lakeland.

We ask that you pre-register by May 9th, and check in will start at 7:30 am. A continental breakfast will be served, and then the program will start at 8:30 am.. Refreshments and lunch will also be included.



**Caregivers attending Summit IV will find that knowledge is power!**

For more information, or to register, you may call 863-603-9110, leave a detailed message, and you will get a call back to confirm. You may also e-mail [pcfcaregivers@hotmail.com](mailto:pcfcaregivers@hotmail.com), or mail the form to: *Polk County Family Caregivers, Inc.* 1232 E. Magnolia St., Lakeland, FL 33801-2126.

## How Can We Help?

If you are a family caregiver in Polk County, and you have questions or need a referral, let us help you!

There are an estimated 25,000 family caregivers in this county

alone, and in order for us to know what the needs are, we need your input.

The National Family Caregiver Association urges family caregivers to speak up for their

rights and to make their voice be heard.

Please send your questions or comments to us, and know that we are here to help you! (Contact information on back.)

## Help Is On the Way... for Alzheimer's Family Caregivers



**Spread the word!  
Help is on the way!**



**Sheila Hollowell,  
Coordinator for  
"Help Is On The Way."**

Help is on the way for family caregivers in Polk County who face the dilemma of dealing with Alzheimer's disease, the overall effects it has on their afflicted loved one, the effects on their families, and how it affects them as a caregiver.

Are you an Alzheimer's family caregiver? Quite often you may experience stress and depression as a result. You may feel tired, burned out, isolated from your friends and members of the community. You may feel frustrated with your caregiving duties and responsibilities.

Are you receiving support in caring for your loved one? Do you have questions about providing family caregiving services for your loved one? Have you had difficulty in finding the answers and support you need? Are you looking for help and guidance?

If you answered "yes" to any of those questions, then perhaps we can help you. Polk County Family Caregivers, Inc. has been a voice of advocacy for family caregivers of Polk County for over eleven years, and we will be presenting a new Alzheimer's family caregiving training program.

PCFC recently received a grant award contract for Alzheimer's education and support for the medically underserved residents of Polk County. This contract is part of the community outreach program spon-

sored by the Polk County Board of County Commissioners.

The program targets those medically underserved Alzheimer's family caregivers and their loved ones who qualify according to the Polk HealthCare Plan eligibility criteria. However, those who exceed the eligibility criteria may also participate in the program on a space-available basis.

The program focuses on enhancing existing services available to these family caregivers, by providing the following services:

1. Family caregivers will be educated in Alzheimer's caregiver specific tasks and activities that promote healthy relationships between caregivers and their loved ones.
2. Care-recipient specific education will focus on providing a high level of quality care in the loved ones home environment
3. Caregiver specific education will focus on providing "care for the caregiver" in terms of health and well-being.

The objective of this program is to prevent the institutional placement of loved ones as long as possible.

The entire series of eight *Help is On the Way* meeting topics will be presented over a four week period at various locations in

Polk County throughout the remainder of 2008.

Featured speakers and presenters will be professionals who are experts in Alzheimer's community and family caregivers who live with and handle these very problems every day.

Each two-hour presentation will address two topics with a refreshment break and time for questions in a very informal and friendly setting.

Although the dates and times of these presentations have not yet been set, some presentations will be held in the daytime, in the evening, and some on weekends, so that everyone has the opportunity to choose which is the most convenient for them. On-site respite care and transportation will also be available upon request.

Sheila Hollowell was recently welcomed aboard to coordinate this program. She is a veteran of twenty years in social services including seven years working nationally with family and volunteer caregiver programs. She is an experienced grant writer, project administrator, and community organizer, already known in the Polk community.

If this program is of interest to you or you know of someone who may benefit from it, you may call us at 863/603-9110, or e-mail:

[pcfcaregivers@hotmail.com](mailto:pcfcaregivers@hotmail.com)

# Putnam Introduces Bill to Help Long Term Care Providers

March 6, 2008

WASHINGTON – Congressman Adam Putnam today introduced legislation that would help Americans who are providing long-term care to loved ones. Putnam’s bill, “The Long-term Care Retirement and Security Act of 2008” would establish tax deductions for long-term care providers and consumer protections for people who purchase long-term care insurance policies.

“Whether we’re talking about caregivers in Central Florida, the rest of the state or across the nation, a growing number of Americans are struggling with devastating burdens,” said Putnam. “Groups like the Polk County Family Caregivers have made me aware of this growing need. As the population ages,

more families are forced to make a decision regarding the future of a loved one who needs assistance with everyday living. These decisions are limited and costly and many find themselves struggling between the high price of institutionalization or informal family care. We can – and ought to – take action to alleviate the financial and emotional burden that families find themselves under.”

For many, long term care means, costly nursing home care which can easily exceed \$50,000 per year, while fewer than 5 percent of the population below the age 65 has long term care insurance. While the need for long term care can arise at any age, it becomes an especially pressing matter with an

aging population. According to the US Census, from 2005 to 2020, the population of 65 or older will increase 48 percent and the age of those 85 or older will increase by 43 percent.

The Long-term Care Retirement and Security Act of 2008 would establish income tax deductions for eligible long-term care insurance premiums for a taxpayer and the taxpayer's spouse and dependents; and a credit for eligible caregivers caring for certain individuals with long-term care needs. It would also establish consumer protections based on the National Association of Insurance Commissioners recommendations for qualified long-term care policies.



**Congressman Adam H. Putnam**

**“Groups like the Polk County Family Caregivers have made me aware of this growing need.”**

*Adam Putnam*

## Benefits of PCFC Membership

Polk County Family Caregivers, Inc. was formed over ten years ago to be an advocacy voice for family caregivers in this county.

We are affiliated with the National Family Caregivers Association-NFCA. This association was formed to let family caregivers know that they are not alone, and that they should let their voice be heard in congress. Currently, family caregivers save the government billions of dollars by keeping their loved ones home as long

as possible, rather than placing them in an assisted living facility at the expense of the government.

Caregiving has many challenges and expenses. There is a lot of need, and our mission at PCFC is to provide a voice for family caregivers to be heard, and a place for caregivers to obtain resource information. We hope that we can educate, help, and empower them through the services that we provide.

The organization is governed

by a seven member Executive Committee, and a Board of Directors who meet on a monthly basis. Most of these people are unpaid volunteers.

Every year we host a free educational Summit in the Spring, and free Appreciation Luncheon in the Fall. We send out a newsletter every quarter to nearly 800 contacts in Polk County alone.

If you would like to join, or renew your membership, you will find the form on the back of this newsletter.

**POLK COUNTY FAMILY  
CAREGIVERS, INC.**

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A Voice of Advocacy for  
Family Caregivers

Mailing Address Line 1  
Mailing Address Line 2  
Mailing Address Line 3  
Mailing Address Line 4  
Mailing Address Line 5

ADDRESS CORRECTION REQUESTED

**MEMBER APPLICATION FORM**

MEMBERSHIP FEE: \$10 Personal; \$50 Business  
Mail to: Polk County Family Caregivers, Inc.  
1232 E. Magnolia Street, Lakeland, FL 33801-2126

- Name: \_\_\_\_\_
- Address: \_\_\_\_\_
- City: \_\_\_\_\_
- State: \_\_\_\_\_ Zip: \_\_\_\_\_
- Phone: \_\_\_\_\_ Alt. Ph.: \_\_\_\_\_
- E-mail: \_\_\_\_\_
- Male: \_\_\_\_\_ Female: \_\_\_\_\_ Age: \_\_\_\_\_
- I am a:  
Caregiver \_\_\_\_\_ Social Worker \_\_\_\_\_  
Business Owner: \_\_\_\_\_ Professional: \_\_\_\_\_  
In the field of: \_\_\_\_\_

**POLK COUNTY FAMILY CAREGIVERS, INC.  
OFFICERS 2008**

**Chairman:** Bill Andrew  
**Vice Chairman:** George Laws  
**Treasurer:** Richard Dickter  
**Secretary:** Gay Finkelman  
**Members-At-Large:** Kim Price, Barbara Herrington, Debbie Ross  
**Chairman Emeritus:** Hank Mersch  
**Grant Coordinator:** Sheila Hollowell  
**Administrative Assistant:** Lisa Humphries



**ABBREVIATED MISSION STATEMENT OF THE POLK COUNTY FAMILY CAREGIVERS, INC.**

**DEFINITION:** Polk County Family Caregivers, Inc., a not-for-profit 501 (c) (3) Corporation is affiliated with National Family Caregivers Association. It was formed to be an advocate for all family caregivers in Polk County, encompassing all agencies that offer family caregiver aid and support. **MISSION:** • Provide a voice and "helpline" • Improve the family caregiver status • Improve the respite care availability • Educate family caregivers and the Polk County community about providing for the needs of the family caregiver

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