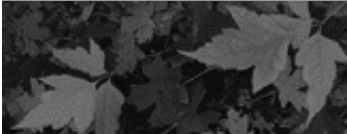


October 2008

4th Quarter



Polk County Family Caregivers, Inc.

The Family Caregiver

Caregivers Won't Have to Leave Polk County to "Play" In Vegas!

This year marks the ninth anniversary for PCFC to hold it's annual Family Caregiver Appreciation Luncheon. Folks, this will be the best family caregiver party Polk County has ever seen! The Luncheon is held in November because this month is designated as National Family Caregivers Month by the National Family Caregivers Association (NFCA), which was organized to thank, support, educate, and empower all family caregivers, whose services save our country billions of dollars each year.

Family caregivers and their loved ones will be able to enjoy, *at no cost*, great food, such as Hawaiian Chicken, Rice Pilaf, and more. There will be games, prizes, and as a special treat, this event will feature the talented Billy Lindsey,

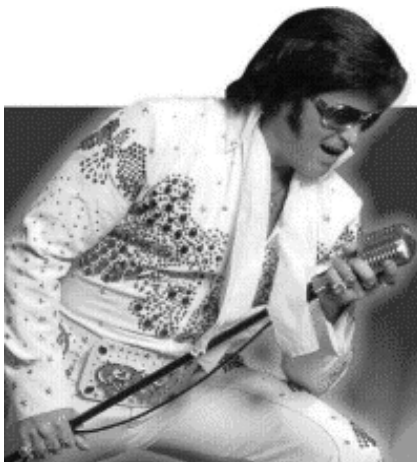
who also happens to be the best Elvis impersonator in the Tampa Bay area.

Not only does he do a fantastic Elvis show, but he can impersonate many other favorite artists. You can read more about Billy on the web at: www.elviswesley.net. He will be coming to our event as "Elvis Wesley."

Special thanks goes to Debbie Ross, Member at Large, for arranging our entertainment, the venue, and the catering.

Another big thanks to Luncheon Chairperson, Ruth Inderwiesen, for her talents, hard work, and desire to make this event worthwhile and enjoyable. She has asked to spread the word that we are in need of volunteers, and if you can make the time, we would love to have you! The Luncheon will be held Monday, November 17th, at the Bartow Civic Center, 2250 S. Floral Ave., from 11 am to 2 pm.

We ask that if you plan on attending, please fill out the reservation form included in this newsletter. You can fax it to 863/603-9114, mail it to Polk County Family Caregivers, Inc. 1232 E. Magnolia St. Lakeland, FL 33801-2126, or you can call us at 863/603-9110. (Please leave a voicemail.)



Billy Lindsey, A.K.A. "Elvis Wesley"

Inside this issue:

Free NFCA TeleClass in November	2
Alzheimer's Workshops Still Available	2
Let Your Voice Be Heard...	2
PCFC 2008 Luncheon Reservation Flyer	3
PCFC Ad Page Contract	4
Who's Campaigning for Caregivers?	5
Richard Dickter Resigns as Treasurer	5

Special points of interest:

- Details on the November 2008 Family Caregiver Appreciation Luncheon
- How to Let Your Voice Be Heard through Educational Opportunities, Voting, and Joining PCFC!

Free National Caregiver TeleClass In November

The NFCA will be celebrating National Family Caregivers Month, and it's 15th Anniversary, by hosting a free family caregiver Tele-Class.

This TeleClass is entitled "Communicating Effectively With Healthcare Professionals." Both family caregivers and professionals can register and obtain more information for this class at the NFCA website: www.nfcacares.org. or you can call: 1-800-896-3650.

The classes are scheduled in two parts. Part One will be Thursday, November 6th, at 2:00 pm, and Part Two will be on Thursday, No-



vember 13th at 2:00 pm. Both parts are 1 hour phone calls that you can participate in. There is also the option available for you to both listen on the phone and follow along on

the website, although this is not a requirement.

There will be information on how the U.S. Healthcare system operates, understanding your role in your loved ones healthcare, how to communicate effectively and assertively with your healthcare providers, how to distinguish between different styles of communication in healthcare situations, and much more.

Polk County Family Caregivers, Inc. is an official member of the NFCA, and we encourage you all family caregivers in Polk County to participate in this educational event.

Alzheimer's Family Caregiver Workshops Still Available

PCFC will be finishing up it's 9-month series of FREE caregiving workshops in Lakeland during the months of October and November.

If you are a family caregiver for a loved one with Alzheimer's disease, or other related Dementia, and you haven't had the opportunity to attend these valuable training workshops,

then mark your calendar for the following dates, times, and locations:

- South Lakeland/Mulberry: Hawthorne Inn-6150 Highlands Rd. Lakeland 33813. Monday, Oct. 6th, 13th, 20th, and 27th, from 6-8 p.m.

- North Lakeland: Savannah Cottages-605 Carpenter's Way 33809. Monday(s), Nov. 3rd, 10th, and 17th, from 6-8 p.m.

Call: 863/603-9110 if you have any questions.

No reservations are necessary.

Let Your Voice Be Heard...Join PCFC at Monthly Meetings!

Caregiving for a loved one with a disability, no matter what their age or situation can be a challenge. Whether you are a spouse, sibling, child, partner, parent, or grandparent addressing these special needs of a loved one, or you represent a care related organization, we want

you to know that you have a place as a member of PCFC.

Come let your voice be heard by becoming a member of our growing organization.



Come participate in planning the 2008 Appreciation Luncheon!

We have "brown bag" membership meetings every 4th Tuesday of the month at the Community Southern Bank-3340 s. Florida Ave., Lakeland, from 12-1:30 pm. (Membership Details on Back.)

The Campaign Trail: Who's Talking About Caregivers?

Suzanne Mintz, President of the NFCA, recently wrote an article on the Presidential campaign for Health-Central.com. This column is derived from that article.

The conventions are over and the Presidential campaign is in full swing. This should be an important election for family caregivers because health-care reform will be a major issue for the next President -- regardless of who he is. But have you noticed that family caregiving is not an issue with either presidential candidate nor with members of Congress? Since our problems and potential solutions for them are not being discussed on the campaign trail, how do we get their

attention? Perhaps we should not be talking about family caregiving but rather about the issues surrounding chronic disease and disability.

Chronic disease and disability in our loved ones is the reason that we are family caregivers. If we could find ways to improve care and cut costs for those with such chronic conditions, then we could also make life better for family caregivers. While we may not have a clinical diagnosis like our loved ones do, we do have a psychosocial one that, ironically, make us more susceptible to actually getting a chronic illness ourselves. We, and our loved ones and their diagnosis, are in this battle together.

People with chronic conditions account for 81% of hospital admissions, 91% of all prescriptions filled, and 76% of all physician visits. U.S. health spending exceeds \$2 trillion a year -- 75% of which went for the treatment of chronic disease. That's why we need to "speak up" for better care for those with chronic conditions. If we can help patients with chronic conditions get better and affordable health care, we will not only impact the U.S. healthcare system -- but we will be improving the lives of our loved ones as well as their family caregivers.

Consider their healthcare positions when you vote for your Presidential and Congressional Candidates.

Richard Dickter Resigns As Treasurer

By: Sheila Hollowell

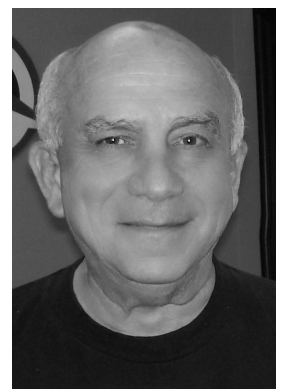
After 10 years of service, Richard Dickter is stepping down as the organization's Treasurer. Richard has been with PCFC literally since day one. He first became interested after reading a story in The Lakeland Ledger on Feb 29, 1996 that Hank Mersch was holding a community meeting to see if there were others, like him, interested in the issue of family caregiving. "It truly was a dark and stormy night," says Richard, recalling that long ago evening. But in spite of flooding rains, Richard and many others turned out for that initial community conference, and from that meeting grew the new organization. Two years into the organization, Richard became Treasurer, a position he has held ever since.

Dickter's personal experience as a family caregiver started early. His mother survived a cerebral hemorrhage when he was 12. Medical professionals said she would never walk again, "but they didn't know her," says Richard. "She did walk again. She had to use a cane, but she did go on, and because of her severe difficulties, I suddenly learned how to help, and how to do things for her and for myself at an early age." In addition to being a child caregiver, Richard grew up to take care of many others, including his elderly father and most recently a friend who died last April.

Richard says he has seen a lot of growth and change as PCFC has matured, but the thing that sticks with him is how needs have in-

creased and intensified, placing a greater strain on the families and on governmental resources to deal with the problem.

Richard will be devoting more time to business, and hopefully, to pleasure and recreation. Our most sincere appreciation and deepest thanks from everyone at PCFC for the service, leadership, and good humor of our close friend.



Richard Dickter



Polk County Family Caregivers, Inc.

1232 E. Magnolia Street
Lakeland, FL 33801-2126

Phone: 863-603-9110
Fax: 863-603-9114
E-mail: pcfcaregivers@hotmail.com

*A Voice of Advocacy
for Family Caregivers*

Mailing Address Line 1

Mailing Address Line 2

Mailing Address Line 3

Mailing Address Line 4

We're on the Web!

www.mypcfc.org



PCFC Membership Application and Renewal Form



Yes! I want to join/renew my membership to PCFC and support the effort to make life better for myself and other family caregivers.

Enclosed is my cash check payment in the amount of:

\$10—1 year Individual or Family

\$50—1 year Business or Corporation

(Please cut out this portion and mail cash/checks payable to: *Polk County Family Caregivers, Inc.* at the above address.)

Name

Address

City, State, Zip

Phone

E-mail

Signature

Date