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Black Book
Welcome Letter...

It’s an adventure in which you see or do things differently than everyone else. There you are, your anxieties, your nervous tics, your stresses, viewed as odd by some people, even a bit awkward because of your lack of eye contact or maybe you are caught talking to yourself. Little things like buttering your toast a different way, watching only certain parts of a tv show, because the other parts don’t appeal to you, or hanging up your clothes in a manner unlike others makes you different, but it’s your way of doing it. There are a wide variety of things that those on the spectrum struggle with. Being different makes it so important that as we push forward in life we are able to find support systems to walk by our side. Those on the spectrum bring so much BEAUTY to the world but sometimes we need someone to tell us so, because we are our own harshest critics.

I myself, am BLESSED to be in a Community which opens it’s heart to me. I pray EVERY ONE of my autistic brothers and sisters are fortunate enough to have the same experience.

I get taken out to lunch, I’m given countless hugs and kisses, people roll down their car windows when I’m in town to yell out “Hi!” to me and whenever I’m going through something sad I receive a sea of messages letting me know everything is going to be alright.

I just want to tell you that none of this would have happened had I not pumped up my courage and opened myself up. There was a time in my life I closed myself off from others and was open to only family and a few folks.

Then one day a MAJOR blessing happened.

I was living in Vero Beach, Florida when I met an INCREDIBLE soul named Reeny. She embraced me and told me something that unlocked the man I am today. “Don’t be afraid to make new friendships and allow others to see you for who you truly are. They will love you and those who don’t aren’t worth your time anyway” This was PARAMOUNT in how I went forward. I urge you not to be scared to open your eyes to those whom your heart is saying…. “Go talk to.” This action can impact your life in the most SPECTACULAR of ways. It’s what turned me from a socially isolated autistic into the social butterfly so many know and love today.

Do I still have negative moments? Of course. You have to accept the fact that those moments will happen every so often but recognize it does not define you.

Keep your heart wide open. The possibilities are BEAUTIFULLY never ending.

“I ignite the light and positivity to show the world the beauty in which I was gifted.”

-Alex Fischetti
What is autism? Autism, also referred to as Autism Spectrum Disorder (ASD), is a neurodevelopmental disorder that refers to a broad range of conditions characterized by challenges in three main areas: social skills, restrictive and repetitive behaviors and language/communication delays. According to the Center of Disease Control (CDC), autism affects an estimated 1 in 150 children in the United States affecting boys four times more often than girls. Locally, Volusia County Schools data reveals serving 15,361 Exceptional Student Educating (ESE) students with 3,168 of these ESE students being served under the primary exceptionality of Autism. This accounts for 12% of the total recorded Exceptional Student Educating population within Volusia County schools. Flagler County reports comparable statistics serving a total of 2,108 ESE students with 205 having a primary exceptionality of ASD, nearly 10%.

Who develops autism? ASD does not discriminate across racial, ethnic or socioeconomic groups. Minority groups tend to be diagnosed later and less often. The average age of diagnosis is 4.4 years of age according to the CDC but can be reliably diagnosed as early as age two. 1 in 37 boys will be diagnosed with autism as compared to 1 in 150 girls. The prevalence in Autism of U.S. children has increased from 1 in 150 births in 2000 to 1 in 59 in 2018, a staggering increase of 39%.

What causes autism? The cause of autism is largely unknown however the vast majority of cases indicate genetic involvement. Research shows there are both genetic and environmental links that places a child at a higher risk for autism. Studies show children born to older parents are at higher risk. Parents who have a child with autism have a 2-18% chance of having a second child on the Spectrum. Vaccines do NOT cause autism. Children receive early immunizations around the same age in which autism symptoms become more visible thus, parents may link the two. Vaccine coverage is high and many vaccines are safe with a broad range of benefits. Research shows there are both genetic involvement. Research shows there are both genetic and environmental involvement. Research shows there are both genetic and environmental involvement.

When is autism diagnosed? Children with ASD develop at different rates. Some may have delays in language and others demonstrate above average vocabulary. A child may demonstrate gifted abilities with computers but struggle with basic self-care tasks and making friends. There are age specific developmental milestones families should be aware of and discuss any developmental gaps with their child’s pediatrician. Early screening for autism should be completed at 18, 24 and 36 months during well visits. Local resources for early developmental screenings and autism can be found through local programs with Easterseals, Early Steps (ages 0-3), Help Me Grow with the United Way, and Ages and Stages screening found within many childcare facilities via the Early Learning Coalition. Screening young children is an effective way for parents and professionals to identify children’s delays or disorders in the critical early years in order to act swiftly with interventions for best results.

What behaviors do you see with autism? Autism does not typically result in obvious appearance differences. People with ASD may communicate, interact and behave in different ways. The hallmark of autism is having impaired social skills. They have difficulty engaging with others. Eye contact and physical affection may be uncomfortable. They may struggle with reciprocal interactions, sustaining conversations and building relationships. Anxiety, depression and social isolation often occur into adulthood. Children with ASD may also demonstrate repetitive behaviors such as hand flapping, lining up objects or repeating select sounds or phrases. They often struggle with changes in routines and may refuse or act out when changes in their predictable schedule is altered. Transitions between places or activities is a common challenge as this may produce mild-severe anxiety resulting in what appears as a meltdown of varying degree. This could be met with refusal, screaming, aggression, and elopement and even self-harm. Children on the spectrum may also have different ways of learning, paying attention or reacting to sensations from their environment.

More than half of young adults with ASD remain unemployed and unenrolled in higher education in the two years after high school.

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Why is early detection and intervention important? Autism is a lifelong disorder requiring lifelong support. Over the next decade, an estimated 500,000 teens (50,000 per year) will enter adulthood and age out of the school system. More than half of young adults with ASD remain unemployed and unenrolled in higher education in the two years after high school. This is a lower rate of young adults than other disability categories including learning disabilities, intellectual disability or speech –language impairment according to Autism Speaks. Nearly half of the 25 year olds with autism have never held a paying job. Research continues to support job tasks that encourage independence, reduce autism symptoms and increase daily living skills. Autism services cost the United States citizens $236-262 billion annually with the majority of these costs centered on adult services. Costs and level of support can be greatly reduced with early intervention. Children can make gains and live productive, fulfilling lives. There is hope. There is a future. There is Easterseals! Early detection and intervention is essential.

How can I get additional support? Easterseals is the local trusted provider for comprehensive services as well as respite services. Contact Easterseals to learn more about comprehensive autism services and resources available in your community. Act now! Let’s get started together.

Call Easterseals Northeast Central Florida; Autism Center of Excellence at 386-944-7856 Free screenings and financial assistance available.

Dorothy Lefford, OTR/L, CPHC
Vice President of Clinical Services
Easterseals Northeast Central Florida
Life for a family of a child with autism can be a difficult road.

For our family, our son Evan’s diagnosis was one that brought about questions about what to do next, concern for his future and of course, wondering how and why this happened to our sweet boy. Since Evan’s diagnosis last year, our lives have been a bit of a proverbial “roller coaster” of challenges and triumphs. We have learned the hard way that it is common practice for daycare centers to discriminate against autistic children by denying them care. This is most likely because children with autism require a little extra attention in comparison to their neurotypical peers and most daycare centers are unable or unwilling to work with children who are not “normal”. This of course is extremely disheartening and makes it almost impossible for parents of kids with autism to be able to continue with their careers. It has not been all bad though. Luckily, there are many services available in our community that are ready and willing to help families like ours. Organizations such as Early Steps, Mid-Florida Early Head Start, Northeast Central Florida Easter Seals and the Volusia County public school system have been lifesavers for us! Evan began receiving both Occupational Therapy (OT) as well as Speech and Language Pathology (SLP) through Early Steps when he was only two years old after we noticed that he seemed to be experiencing a delay with his speech development. He continued to receive therapy through Early Steps (which is FREE of charge to families) until he was three. At that time, he transitioned over to receiving OT, SLP and PLAY Project therapy through Easter Seals, as well as began attending a full day at public school where he receives additional SLP sessions.

Although it has been a somewhat bumpy road so far, we are happy to know that there are many resources out there to help children with autism. The best advice that we as parents can give to other parents who suspect that their child may be displaying signs of autism, is to not be in denial about it. Many times, it seems that parents do not want to face the possibility of their child being special needs, so they instead choose to ignore it. This choice can be detrimental to the child. Early diagnosis is so important, because the faster the child can start receiving interventions as children, the better chance they have at succeeding as adults! Evan has already made such amazing progress and has been chosen to be one of the ambassadors for Easter Seals for 2020! We are so proud of our boy and we know that he will be able to achieve great things.

Christopher and Jessica Cardino
"Alzheimer’s… Tips for today and hope for the future"

Most people do not fully understand the scope of the daily lives of those with dementia. Many homes and residential facilities are not equipped for aging-in-place, nor are they suitable for someone with dementia. Safety is a major concern; thus, dementia professionals and caregivers should make careful choices and increase education for all those who are affected. Improvements as simple as choosing a lever door handle versus a round doorknob could enable a loved one with arthritis, limited dexterity, and memory impairment to successfully get in and out of rooms. In this way, seemingly small changes can have profound impacts. Here are a few suggestions…

Environment A room with small area rugs, clutter, or too much furniture increases the likelihood of slips, trips, and falls. Some simple solutions can include organizing and removing clutter, rearranging or removing furniture, applying adhesives to keep area rugs and carpeting in place, or removing small area rugs altogether. When implementing these simple solutions try not to go overboard: a big change in environment can trigger confusion. Again, the goal is always for the person’s living environment to be as welcoming, comforting, and safe as possible. Keep in mind that the color black may be perceived as scary from the kneecap down or that the color white is the hardest color to see.

Perception Visual impairment affects three out of four people over the age of 65. When you add visual impairment to dementia, the level of risk can be very high. Objects such as rubber bands, marbles, flowers, or game pieces can be mistaken for candy or snacks. Proactive solutions to lower the risks include eliminating these objects altogether, keeping them to a minimum, or replacing them with low-risk objects. Replace a toxic flower or plant with a non-toxic one, or keep objects such as marbles and rubber bands somewhere safe where they can be used with extra support and guidance. Keep in mind that color contrast throughout the house may impairment to dementia, the level of risk can be very high. Objects such as rubber bands, marbles, flowers, or game pieces can be mistaken for candy or snacks. Proactive solutions to lower the risks include eliminating these objects altogether, keeping them to a minimum, or replacing them with low-risk objects. Replace a toxic flower or plant with a non-toxic one, or keep objects such as marbles and rubber bands somewhere safe where they can be used with extra support and guidance. Keep in mind that color contrast throughout the house may

Lighting Increasing the amount of lighting in the person’s living environment can improve visibility and decrease the chance of a fall. Nightlights in the hallways, bedrooms, and bathrooms illuminate the way when it is dark. Lighting can also be used to increase awareness about the time of day. Make sure people have plenty of access to natural light during the day, and be mindful of the amount of artificial light that they are exposed to in the evening. An excessive amount of light before bedtime can disrupt the circadian rhythm which affects our quality of sleep. Keep in mind certain color lights can also be used to increase awareness about the time of day. Make sure people have plenty of access to natural light during the day, and be mindful of the amount of artificial light that they are exposed to in the evening. An excessive amount of light before bedtime can disrupt the circadian rhythm which affects our quality of sleep. Keep in mind certain color lights

Household Hazards Basic appliances and household objects can become dangerous. Take precautions to help ensure that these items do not put people at risk. Make sure small appliances in the living environment, such as coffee-makers or toaster ovens, are equipped with automatic shut-off features. Put sharp knives or cooking utensils out of sight and reach. If supplements and prescription medications are to be administered under supervision, remove them from the kitchen table, counters, and medicine cabinet. Medications and dangerous chemicals, such as bleach or other caustic cleaners, should be kept out of sight and reach at all times. Dangerous chemicals can be replaced with non-toxic or all-natural options.

Organization Put things where people would expect them to be such as cookies in a cookie jar, rather than loose change; coats in the coat closet, not on a chair in the bedroom. Use labels and signs to help keep things organized and identifiable. Put items that the person needs to access in the open where they can be seen.
Alzheimer’s Disease Research: Reasons to Hope

By Alex White, MD

Alzheimer’s disease is one of the most urgent public health crises facing Florida. More than 560,000 Floridians over the age of 65 are living with Alzheimer’s, according to the Alzheimer’s Association. As the population ages, that number is expected to rise to 720,000 by 2025.

The disease takes a heavy toll on family and friends and the healthcare system as a whole. There are now more than 1.1 million Floridians providing unpaid care for people with Alzheimer’s and our Medicaid costs for care are more than $2.6 billion.

The toll of Alzheimer’s is staggering, but there is cause for optimism, including a wide range of strategies being studied for their effectiveness at preventing, slowing, or stopping progression of the disease. One aspect those studies have in common is the need to involve more research volunteers – the citizen scientists who are the foundation of clinical research.

More than a half century of research In 1906, Alois Alzheimer, MD, first detected changes in the brain tissue of a 51-year-old woman who died after having the gene does not definitively mean a patient will develop AD symptoms. Inheriting one copy of the e4 form increases the risk of developing Alzheimer’s, while those who inherit two copies of the e4 form have an even higher risk. It is estimated that between 40 and 65 percent of people diagnosed with Alzheimer’s have the APOE-e4 gene but having the gene does not definitively mean a patient will develop AD symptoms.

Concerning genetics in late-onset Alzheimer’s, researchers have not found a single, specific causative gene. However, a well-documented genetic risk factor is the presence of one form of the APOE gene, APOE e4. Inheriting one copy of the e4 form increases the risk of developing Alzheimer’s, while those who inherit two copies of the e4 form have an even higher risk. It is estimated that between 40 and 65 percent of people diagnosed with Alzheimer’s have the APOE-e4 gene but having the gene does not definitively mean a patient will develop AD symptoms.

Until the past decade, the presence of brain beta-amyloid and tau could be confirmed only upon death and brain autopsy. Today, brain amyloid PET scans using FDA-cleared tracers are available for clinical and research use. Brain tau PET scans are being used extensively in the research setting as well as on tau tracers. These PET images can capture the amyloid and tau pathology spreading in the brain and has been correlated with the clinical progression of cognitive decline. The brain pathology associated with the build-up of beta-amyloid and tau can begin decades before there are outward signs of problems in a person’s thinking or memory. We don’t know whether amyloid plaque or tau tangles cause Alzheimer’s or are instead a byproduct of the disease.

The other hallmark protein associated with Alzheimer’s is tau. Researchers have found that tau is part of the structure of brain microtubules that help transport nutrients to neurons. In Alzheimer’s patients, an abnormal accumulation of tau results in neurofibrillary tangles, which make the microtubule structure collapse, causing neurons to die.

The hallmark protein associated with Alzheimer’s is beta-amyloid. In healthy brains, this protein fragment is cleared from the brain through a natural process, but in Alzheimer’s patients, beta-amyloid accumulates and forms insoluble plaques.

There are more diverse approaches and hypotheses being studied today than at any time since Dr. Alzheimer discovered the disease. I believe that one or more of these approaches will someday yield a safe, effective treatment.

Alzheimer’s Disease Research: What nature of treatment can stop Alzheimer’s, but there are reasons for hope. Research centers in Florida are leaving no scientific stone unturned in pursuing innovative clinical trials that we hope will lead to the end of Alzheimer’s. In addition to strategies to keep plaques from forming or to enhance the body’s ability to clear them from the brain, there are trials exploring ways to prevent tau tangles, and others that target inflammation, vascular factors, and additional processes.

Florida is fortunate to have numerous research centers with a variety of ongoing research studies for those at risk of Alzheimer’s or those with cognitive impairment. Physicians can refer their patients, or individuals can contact research centers directly to take constructive action by getting involved in an Alzheimer’s study. Visit https://globalalzplatform.org/trial-map/ to find research centers in Florida.

Alex White, MD, is the Medical Director and Owner of Progressive Medical Research in Daytona Beach, one of more than 70 research centers in the Global Alzheimer’s Platform Foundation network. Board-certified in family medicine, Dr. White was a panelist for the live CME course, “Practical Implications of Genetics and Personalized Medicine,” at the 2019 FMA Annual Meeting. He has conducted approximately 245 trials as a principal investigator, specializing in Phase 1-3 trials. Dr. White previously served as associate faculty for the family medicine residency program at Halifax Medical Center, where he helped organize the hospitalist program.

Reasons for hope There is still no treatment to slow or stop Alzheimer’s, but there are reasons for hope. Research centers in Florida are leaving no scientific stone unturned in pursuing innovative clinical trials that we hope will lead to the end of Alzheimer’s. In addition to strategies to keep plaques from forming or to enhance the body’s ability to clear them from the brain, there are trials exploring ways to prevent tau tangles, and others that target inflammation, vascular factors, and additional processes.

There are more diverse approaches and hypotheses being studied today than at any time since Dr. Alzheimer discovered the disease. I believe that one or more of these approaches will someday yield a safe, effective treatment.

Study Volunteers: The Key to Research To have any chance of finding a cure, we need everyday people to join studies. Ninety percent of trials are delayed by a lack of research volunteers. Individuals over the age of 50 who are concerned about changes in their memory or thinking, or just passionate about finding a cure for Alzheimer’s, can pursue participation in clinical research and could be the key to finding an effective treatment. Some people participate to learn about their personal health condition, to potentially improve their health through the experimental treatment, to help future generations or honor someone with the disease, or just to be part of the team helping to find a cure.

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</table>
A LIMITED NURSING SERVICES (LNS) licensed facility can provide any services permitted under the standard license, plus licensed nurses can conduct passive range of motion exercises, apply ice caps and collars, apply heat, perform ear and eye irrigations, conduct urine dipstick test, and cut toenails of diabetic residents when approved by their healthcare provider. Residents can also receive licensed nursing assistance with replacement of an indwelling urinary catheter or the performance of intermittent urinary catheterizations, perform digital stool removal and apply and change routine dressings that do not require packing or irrigation but are abrasions, skin tears, and closed surgical wounds.

EXTENDED CONGREGATE CARE facilities can provide all the nursing services offered under the Standard and LNS licensure. In addition to being able to provide total caretaker care, all oxygen services, and any type of tube feeding (excluding Nasogastric).

*Any nursing service that is required within an ALF, must have a Physician’s Order to support it along with a plan of care.

AHCA regulates and monitors Assisted Living facilities very closely to assure all residents are placed appropriately according to their care needs. Find facility information by going to www.FloridaHealthfinder.gov
<table>
<thead>
<tr>
<th>Address</th>
<th>Phone</th>
<th>Type</th>
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<tr>
<td>1825 Ridgewood Avenue, Daytona Beach, FL 32114</td>
<td>(386) 274-4575</td>
<td>Coastal Health and Rehabilitation Center</td>
</tr>
<tr>
<td>1001 Old Tomoka Rd, Ormond Beach, FL 32174</td>
<td>(386) 252-3686</td>
<td>Daytona Beach Health &amp; Rehabilitation Center</td>
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<tr>
<td>2310 N Normandy Blvd, Deltona, FL 32725</td>
<td>(386) 672-8800</td>
<td>Brookdale Port Orange</td>
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<tr>
<td>2810 South Atlantic Avenue, Daytona Beach, FL 32114</td>
<td>(386) 304-3333</td>
<td>Daytona Rehab</td>
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<tr>
<td>750 E Port Washington Ave, Daytona Beach, FL 32114</td>
<td>(386) 738-5200</td>
<td>New Smyrna Beach, FL 32168</td>
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<tr>
<td>1001 Old Tomoka Rd, Ormond Beach, FL 32174</td>
<td>(386) 304-3333</td>
<td>Atria Port Orange</td>
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<tr>
<td>509 Village Trail, Holly Hill, FL 32117</td>
<td>(386) 738-5200</td>
<td>Carlton Bridgeview</td>
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<td>1050 E Orange Ave, Orlando, FL 32803</td>
<td>(386) 734-3481</td>
<td>Alliance Community</td>
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<td>1001 Old Tomoka Rd, Ormond Beach, FL 32174</td>
<td>(386) 252-3686</td>
<td>Senior Relocation Services</td>
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<td>1001 Old Tomoka Rd, Ormond Beach, FL 32174</td>
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<td>Senior Relocation Services</td>
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<td>120 Chipola Ave, Deland, FL 32720</td>
<td>(386) 304-3333</td>
<td>Senior Relocation Services</td>
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<td>120 Chipola Ave, Deland, FL 32720</td>
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<td>120 Chipola Ave, Deland, FL 32720</td>
<td>(386) 304-3333</td>
<td>Senior Relocation Services</td>
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</tbody>
</table>
As our population ages, the demand for health care increases. Growing
aging population. The entire community needs competent health
Nurses are sixty percent of our employees.
Michele Goeb-Burkett, CNO for Advent Health Daytona Beach.
"As our population ages, the demand for health care increases. Growing
inpatient population.

"As a busy nurse, I had to return to school when my daughter was born.
and we'Ve learned that our nurses need additional training to keep up with
erganization'Vel staff, and we'Ve implemented the Preceptorship Program to
"As a busy nurse, I had to return to school when my daughter was born.
the program, and the Preceptorship is now a priority for us."
"When a Preceptorship is completed at Halifax Hospital, the nurse is
 likely to be hired, as we have done several times" says Betty Myrick.
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• Respite Care
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Deland, FL 32720
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• Meal Preparation
• Housekeeping
• Transportation
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• Dressing & Grooming
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(386) 226-3494

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(386) 414-9787

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www.legacylaw313.com
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Attorneys & Counsellors at Law

313 South Palmetto Avenue
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Do you know the facts about Medicaid Eligibility?
If not, then sooner is much better than later!
What you don’t know will hurt you.

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Legacy Law Associates, P.L.
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Daytona Beach, FL 32114
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Holland@LegacyLaw313.com
Do you know the facts about Medicaid Eligibility?
If not, then sooner is much better than later!
What you don’t know will hurt you.
Imagine you are a deputy arriving at the scene of a disturbance involving a severe mental breakdown. In just a matter of minutes, this everyday argument has escalated into a major law enforcement incident. A lost job, a breakup, a family argument – even a pile of dirty dishes has the potential to set off a chain of events that lead to a 911 call. This could be an isolated incident that can be resolved, but there is also a chance it is a regular occurrence.

Whether the root cause is depression, substance abuse, a complicated psychological disorder, post-traumatic stress, or any combination of these, our deputies are constantly on the front line, but the key to getting better is in YOUR hands.

Law enforcement officers work on the front line with mental health crises affecting people of all walks of life. Whether the root cause is depression, substance abuse, a complicated psychological disorder, post-traumatic stress, or any combination of these, our deputies are constantly faced with the realities of the mental health challenges.

Such tactics, however, will not resolve long-term mental health issues. We must confront mental health challenges as a society. It is a great need for funding for mental health treatment in Volusia County, as well as every community in America. It is also important to reduce the stigma associated with mental health. As with any other illness, all of us have the potential to get sick, and there is no shame in seeking treatment or even simply someone to talk to.

If you or someone you know could use a mental health checkup, please seek help from a qualified professional. Such professionals can work with you to evaluate the problem and help identify possible solutions. Law enforcement will always be fighting for you on the front line, but the key to getting better is in YOUR hands.

Stay safe, be well, and always call us if you need us.

-Sheriff Chitwood
The task of searching for new Senior Housing Options such as Assisted Living or Memory Care can be an overwhelming and daunting endeavor. Location, pricing, license type, care levels and community amenities are all to be taken into consideration. Why not enlist the FREE services of a LOCAL Senior Advisor who already has established and trusted relationships with communities in your area?

Below are quotes from 4 LOCAL Senior Advisors about their services in Senior Placement.

“What is a Senior Placement Agency? A placement agency is a free service which connects families and their loved ones with the appropriate independent, assisted, or memory care community based on their needs; whether financial, medical, emotional, or social. Senior placement agencies work with seniors and family members to help determine what type of care is needed and what types of communities are available. Not all seniors have family members nearby to help them with this task which is another reason why Senior Placement Agencies are helpful.”

Rose Traub, Assisted Living Made Simple

“There are many times when I am touring Communities with a family that they will look at me and say, “You are kind of like a real estate agent for seniors!”...and I guess I am. We are so fortunate in Volusia County to have a vast amount of wonderful communities that offer such amazing care options. If you are looking for an Assisted Living Community, I urge you to use a local Senior Placement Agency. The QUALITY of local consultation and guidance cannot be met by National companies on line.”

Desiree Vilanova, Althafer Senior Placement

“One cannot tell what a facility is like by appearance, location and/or price alone. They are all different. It takes people in the community to know these differences. We have been doing this for many years. As local Senior Advisors, we know the owners and managers, but most important for you is that they know US. This enables us to talk frankly and clearly and get succinctly to what is most important to your loved one.”

Sheila McKay, Newport Senior Link

“Understanding the senior housing needs of an older adult requires a comprehensive understanding of their service needs, preference for housing location, and culture, as well as budget. Local Senior Advisors providing a personalized Senior Placement service are specialists in matching those individual’s needs and preferences with the best local senior living matches. And, our services are FREE to the older adult and their families.”

Tom Mondloch, Oasis Senior Advisors
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<td>Bennett-Venner Arianne MD</td>
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<td>(386) 917-0333</td>
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<td>Bowman, Kurt MD</td>
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<td>Scanlon, E. Kevin MD</td>
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<td>Vazquez, Carlos MD</td>
<td>3900 Yorkville Blvd Port Orange, FL 32961</td>
<td>(386) 843-1320</td>
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<td>Verma, Robert C. MD</td>
<td>301 Medical Parkway Daytona Beach, FL 32117</td>
<td>(386) 200-2355</td>
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<td>Hartudo, Alfredo MD</td>
<td>1055 Saxon Blvd Deltona, FL 32740</td>
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<td>Kumar, Ganapathi MD</td>
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<td>Obeid, Danny A. MD</td>
<td>201 Bill France Blvd Daytona Beach, FL 32114</td>
<td>(386) 254-6800</td>
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<td>Port Orange Imaging</td>
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<td>2955 Enterprise Rd Deland, FL 32720</td>
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<td>Radiology Associates</td>
<td>805 6th Street Center Dr Ste 200 Orange City, FL 32763</td>
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<td>AdvenHealth Sports Med &amp; Rehab Now Smyrna</td>
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<td>Bryan, James MD</td>
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<td>Halfax Health Center for Family &amp; Sports Medicine 201 N Clyde Morris Blvd Daytona Beach, FL 32114</td>
<td>(386) 425-4165</td>
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<td>Harr, Mark MD</td>
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<td>Preferred Medical Center 330 N Clyde Morris Blvd Ste 10 Daytona Beach, FL 32114</td>
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<td>Sandborn, Michael MD</td>
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<tr>
<td>Sheldon, John A. MD</td>
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Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.

Buddha
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**Note:** The table continues with similar entries for other doctors.
88

FOR HIS WIDOW, AND HIS ORPHAN
HAVE BORNE THE BATTLE AND
to care for him who shall
have borne the battle and
for his widow, and his orphan
A. LINCOLN

VETERANS RESOURCES
VOLUSIA COUNTY

Adaptive Technology Solutions
405 N Charles St
Daytona Beach, FL 32114
(386) 334-7688
www.adaptsvols.org
We provide computers with
adaptive technology and
computer training in several
types of courses, along with aid
in job placement to people with
disabilities and our veterans.
These courses include
certifications to work in the
computer field.

Adaptive Technology
Solutions Ormond
600 S Yonge St Suite 15A
Ormond Beach, FL 32174
(386) 334-7688
www.adaptsvols.org
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adaptive technology and
computer training in several
types of courses, along with aid
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computer field.

American Legion Auxiliary
Unit 267
156 New Britain Ave
Ormond Beach, FL 32174
(386) 672-7678
Advocating patriotism through
diverse programs and member
benefits.

American Legion Riders 270
119 Howe Street
Port Orange, FL 32127
(386) 788-6800
Advocating patriotism through
diverse programs and member
benefits.

Career Source Daytona
329 Bill France Blvd
Daytona Beach, FL 32114
(386) 323-7074
www.careersourcevf.com

Daytona Beach VA
Outpatient Clinic
551 National Healthcare Dr
Daytona Beach, FL 32114
(386) 323-7500

Daytona Beach Vet Center
1620 Mason Ave Suite C
Daytona Beach, FL 32117
(386) 366-6600
www.vetcenters.va.gov
Carla.howe@va.gov

Daytona Beach Veterans of
Foreign Wars
1013 Veterans Court
Daytona Beach, FL 32114
(386) 252-5844
To secure rights and
benefits for veterans

Daytona State College
Community Resources
for Veterans
1200 W I-192 Boulevard
Daytona Beach, FL 32114
(386) 506-3038
Providing resources
for local veterans

Dept. of Veterans Affairs
Mental Health Pavilion
1821 Business Park Blvd
Daytona Beach, FL 32114
(386) 366-6700

Disabled American Veterans
Chapter 84
605 8th Street
Daytona Beach, FL 32117
(386) 252-4551
dav84@gmail.com
Building better lives for
America’s disabled veterans

Emory L Bennet State
Veterans Nursing Home
1920 Mason Ave
Daytona Beach, FL 32117
(386) 274-3460

Family Renew Community
810 Ridgewood Ave
Holly Hill, FL 32117
(386) 239-0811
www.familyrenew.org
Supporting homeless families
with children since 1988.

First Step Shelter
PO Box 12040
Daytona Beach, FL 32210
www.firststepshelter.org
Providing shelter for area
homeless, scheduled opening
date, June 2019

Florida Veterans Association
1615 Ridgewood Ave
Holly Hill, FL 32117
(386) 672-8609

Grief Support Group
1001 S Dixie Freeway
(NSB Regional Library)
New Smyrna Beach, FL 32168
Meetings every 2nd and 4th
Tuesday of each month

Habitat for Humanity East
Volusia 1200 W I-192 Blvd
Daytona Beach, FL 32114
(386) 257-9950
www.habitatgvc.org
Seeking to put God’s love into
homes, communities and hope

Halifax Chapter of the
Military Officers
Association of America
1013 Veterans Court
Daytona Beach, FL 32114
(386) 252-5844
www.moafl.org
Fights for the welfare of all
service members and their
families.

Halifax Health Hospice
Edgewater
4140 S Ridgewood Ave
Edgewater, FL 32141
(386) 872-1873

Halifax Health Hospice
Ormond Beach
235 Booth Road
Ormond Beach, FL 32174
(386) 872-1873

Halifax Health Hospice
Port Orange
3600 Woodruff Trail
Port Orange, FL 32129
(386) 872-1873

Habitat for Humanity
New Smyrna Beach, FL 32169
Providing shelter for area
homeless, scheduled opening
date, June 2019

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<table>
<thead>
<tr>
<th><strong>Veterans Administration</strong></th>
<th>Daytona Beach and Clinic 551 National Healthcare Drive Daytona Beach, FL 32114 (386) 366-6600</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Veterans and Human Services</strong></td>
<td>717 W Canal Street New Smyrna Beach, FL 32168 (386) 423-3309 To enhance the quality of life in Volusia County by eliminating the causes of poverty by providing resources and support to help low-income families become self-sufficient through community partnerships</td>
</tr>
<tr>
<td><strong>Veterans Assistance Coalition</strong></td>
<td>PO Box 1527 Ormond Beach, FL 32175 (386) 214-3372 <a href="mailto:rfvcalc@gmail.com">rfvcalc@gmail.com</a> To render assistance and honor to veterans and active duty personnel with charity, education, relief, support and camaraderie in efforts to improve their quality of life</td>
</tr>
<tr>
<td><strong>Veterans Council of Volusia County</strong></td>
<td>608 Cline Lane Ormond Beach, FL 32174 (386) 677-4002 <a href="http://www.vva1048.com">www.vva1048.com</a></td>
</tr>
<tr>
<td><strong>Veterans Court S James</strong></td>
<td>Foxman Justice Center 251 N Ridgewood Ave Daytona Beach, FL 32114 (386) 257-0674 To focus on the needs of veterans in the criminal justice system</td>
</tr>
<tr>
<td><strong>VA Crisis Line Outreach</strong></td>
<td>551 National Healthcare Drive Daytona Beach, FL 32114 (386) 763-8521 <a href="http://www.linesforlife.org/mlh">www.linesforlife.org/mlh</a> Support for service members, veterans and their families, independent of the government</td>
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<tr>
<td><strong>Veterans Museum</strong></td>
<td>Education and Career Center 166 S Beach Street Daytona Beach, FL 32114 (386) 778-8040 bobmrmhtearlshlink.net</td>
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<tr>
<td><strong>American Legion</strong></td>
<td>Women’s Auxiliary Post 259 4071 Summerview Dr Delray Beach, FL 33445 (386) 753-1492 Advocating patriotism through diverse programs and member benefits</td>
</tr>
<tr>
<td><strong>American Legion</strong></td>
<td>Post 127 1080 Industrial Pkwy North Lake Helen, FL 32744 (386) 228-2770 Advocating patriotism through diverse programs and member benefits</td>
</tr>
<tr>
<td><strong>Volusia County Veterans Services</strong></td>
<td>Daytona 1845 Holtonback Dr Daytona Beach, FL 32114 (386) 254-4646 <a href="http://www.volusia.org/veterans">www.volusia.org/veterans</a> Information and assistance for veterans and their dependents</td>
</tr>
<tr>
<td><strong>Veterans Museum West Volusia</strong></td>
<td>300 National Healthcare Drive Daytona Beach, FL 32114 (386) 366-6600</td>
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<tr>
<td><strong>Professional Arms</strong></td>
<td>Post 17 415 W Voorhis Ave Deland, FL 32720 (386) 734-9536 Advocating patriotism through diverse programs and member benefits</td>
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<tr>
<td><strong>American Legion</strong></td>
<td>Post 255 1921 Evard Ave Deltona, FL 32725 (386) 532-3164 <a href="http://www.amvets.org/veterans">www.amvets.org/veterans</a></td>
</tr>
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Daytona Beach Vet Center
1620 Mason Ave.
Daytona Beach, FL 32117
(386) 366-6600

Pregnancy Resource Center
416 N Ridgewood Ave
Daytona Beach, FL 32114
(386) 257-2229
Help to find resources

Prince of Peace Catholic Church
600 S Nova Rd
Ormond Beach, FL 32174
(386) 672-5272
Food Pantry

Safe Kids
1688 W Granada Blvd
Ste 2-D
Ormond Beach, FL 32174
(386) 323-0000
Child care seat safety, water safety instruction and more

Salvation Army
560 Balboa Rd
Daytona Beach, FL 32114
(386) 255-2594
Emergency lodging for the homeless

Sexual Assault Response Team
311 N Clyde Morris Blvd
Ste 300
Daytona Beach, FL 32114
(386) 258-7273

Sophie’s Circle
310 Julia Street
New Smyrna Beach, FL 32169
(386) 690-6771
Pet food assistance

STAR Family Shelter
605 N Seagrove Street
Daytona Beach, FL 32114
(386) 252-9400
Shelters for families with children and medically needy homeless

Stewart Marchman /ACT
Behavioral Health
3875 Tiger Bay
Daytona Beach, FL 32124
(386) 947-3600
Drug alcohol outpatient and prevention programs

Suicide Hotline
(800) 539-5000
Suicide Prevention

VOLUSIA COUNTY RESOURCES

Adalene Rich Foundation
205 South 4th Street
Daytona Beach, FL 32114
(386) 255-9322
Family planning, birth control

All Vet Center services are provided to the Veteran and their family without cost or time limitation and confidential!

Counseling is available for Marriage and Family, Individual and a variety of Groups are offered.

No referral or Mental health diagnosis needed. Nontraditional hours are available for appointments.

Yes, ACTIVE DUTY can be seen and DOD can’t see the record. We see Veterans with Honorable, Other than Honorable and Possibly Dishonorable discharges.

PLEASE CALL
386-366-6600 or stop in Vet Center Call Center 1-877-927-8387 available 24/7
VA Crisis line 1-800-273- TALK (8255) Text to 83825
www.vetcenters.va.gov
Create the highest, grandest vision possible for your life, because you become what you believe

Division for Blind Services
1185 Dunn Ave
Daytona Beach, FL 32114
(386) 254-3800
Independent living and employment assistance to those experiencing blindness in East and West Volusia

Domestic Abuse Council
(386) 255-2102
Emergency shelter and counseling for victims of family violence

Experience Works
PO Box 334
Deland, FL 32721
(386) 736-2903
Job skills and job search assistance for people over age 55

First Call for Help
United Way
3747 W Intl Spdwy Blvd
Daytona Beach, FL 32124
2-1-1
24 hour info line for community services

Healthy Kids
(850) 335-6537
Health insurance assistance based on income

Ombudsman Services
201 N Palmetto Ave
Daytona Beach, FL 32114
(386) 226-7440
Long Term Care mediator

Volusia County Schools
Homeless Education
(386) 734-7190
For education of children experiencing homelessness

Ball Parks 4 Him
Providing sports scholarships for children in need

Career Services, DCF Satellite Center, HIV/AIDS education and testing, Senior computer courses, Housing assistance, Spanish Notary services

St Barnabas Faith at Work
327 W Wisconsin Ave
DeLand, FL 32720
(386) 734-9708
Pantry Tues to Fri 9:30 to 11:30 am, Meal Wed 5 pm to 6 pm

Veteran Services
123 W Indiana Ave
DeLand, FL 32720
(386) 740-5102
Clinic

Vocational Rehab
775 Harley Street Rd
DeLand, FL 32720
(386) 456-5320
Employment resources

Volusia County Health Dept
1430 Stone Ave
DeLand, FL 32720
(386) 822-6215
Health services

Volusia County Human Services
123 W Indiana Ave
Room 101
DeLand, FL 32720
(386) 736-5656
Emergency utility and rent assistance

Volusia County Human Services
123 W Indiana Ave
Room 101
DeLand, FL 32720
(386) 822-6215
Health services

WIC Nutrition Services
927A Spring Ave
DeLand, FL 32720
(386) 822-6223
Nutritional education and supplements for women, infants & children up to age 5

Social Security Admin
1629 S Adele Ave
DeLand, FL 32720
(386) 740-0808
Career Services, DCF Satellite Center, HIV/AIDS education and testing, Senior computer courses, Housing assistance, Spanish Notary services

Springhill Neighborhood Resource Center
910 S Adele Ave
DeLand, FL 32720
(386) 740-0808
Career Services, DCF Satellite Center, HIV/AIDS education and testing, Senior computer courses, Housing assistance, Spanish Notary services

St Barnabas Faith at Work
327 W Wisconsin Ave
DeLand, FL 32720
(386) 734-9708
Pantry Tues to Fri 9:30 to 11:30 am, Meal Wed 5 pm to 6 pm

St Clare Catholic Church
2961 Day Road
Deltona, FL 32738
(386) 789-9990
St Vincent De Paul Satellite Center, Tues 9 am to 12 pm

Stetson Baptist Church
1025 W Minnesota Ave
DeLand, FL 32720
(386) 734-1991
Food Pantry Tues and Thurs 1 pm to 5 pm

Suncoast New Options
1635 S Ridgewood Ave
South Daytona, FL 32119
(386) 256-2303
Mental health counseling and drug rehab

Suicide Hotline
(800) 539-4228
Suicide prevention

The House Next Door
121 W Pennsylvania Ave
Deland, FL 32720
(386) 738-8169
Individual, couple and family counseling, anger management, and parenting classes

The Neighborhood
Center of West Volusia
434 S Woodland Blvd
Deland, FL 32720
(386) 734-8120
Shelter for West Volusians who are working or will work, Food pantry, emergency financial assistance

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327 W Wisconsin Ave
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Deliand, FL 32720
(386) 740-5102
Clinic

Vocaional Rehab
775 Harley Street Rd
Orange City, FL 32763
(386) 456-5320
Employment resources

Volusia County Health Dept
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DeLand, FL 32720
(386) 822-6215
Health services

Volusia County Human Services
123 W Indiana Ave
Room 101
DeLand, FL 32720
(386) 736-5656
Emergency utility and rent assistance

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WIC Nutrition Services
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DeLand, FL 32720
(386) 822-6223
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