The Professional Guardian

CONFERENCE SPEAKERS

THE SAFETY AND SECURITY OF ELECTRONIC MEDICAL RECORDS

Kathy Burkhardt, Largo Medical Center

Kathy's talk will resonate with healthcare professionals who attend her session as she discusses the impact electronic records have on the improvement of healthcare today and the privacy and security requirements hospitals must have to protect patients’ medical records. As Largo Medical Center's Health Information Management Director and Privacy Officer, Kathy is familiar with HIPAA and HITECH laws which she will discuss as well as who can access patients' medical records and the proper documentation needed for this. She has a Bachelor's degree in Health Administration from Stephens College in Columbia, MO and is a Registered Health Information Administrator through AHIMA.

PROFESSIONAL GUARDIANS: CONCERNS / CONFLICTS / CONSEQUENCES

Hector Collazo, Jr., Inspector General, Chief Audit Executive, Division of Inspector General

Audit issues and conflicts of interest that are not resolved or prevented before they arise result in consequences to the guardian and his/her ward. Hector’s 29 years of experience with government and non-profit organizations give him an edge in explaining what tactics to take to avoid these consequences. He received his B.A. degree from the University of Texas in Dallas and has been working in the fields of fraud investigations and auditing for over 15 years, He is a Certified Fraud Examiner, Certified Fraud Specialist and Certified Information System Auditor. In cooperation with St. Petersburg College, Hector provides guardianship training to both professional and family guardians.

Calendar & Coming Events

OCTOBER 17, 7:45 A.M.
ANNUAL CONFERENCE
The Hilton
St. Petersburg Carillon Park

OCTOBER 21, 5:30 P.M.
MEMBERSHIP MEETING
There will be no speaker at this month’s Membership Meeting. A short presentation will be given by each Board of Director Candidate for your consideration.
Hors d’oeuvres at 5:30 p.m., Cypress Palms
RSVP to Association Website: www.guardianassociation.org

OCTOBER 21, 3:30 P.M.
GAPC BOARD MEETING
Regal Palms, Verandah Room

OCTOBER 31, 9 A.M.
GAPC NETWORKING BREAKFAST
Seasons Belleair ALF
1145 Ponce de Leon Blvd., Belleair
Speaker: Sheryl Hanson
RSVP to Association Website: www.guardianassociation.org

Regular Monthly Meeting
the third Tuesday of each month
at 5:30 p.m. at Cypress Palms
400 Lake Avenue NE, Largo

ASSOCIATION COMMUNICATIONS
P.O. Box 1826
Pinellas Park, FL 33780
Info@guardianassociation.org
www.guardianassociation.org
FROM THE DESK OF
THE PRESIDENT

THOUGHTS FROM THE PRESIDENT...

I am so excited about our upcoming Annual Conference on Friday, October 17th. One of the topics we are addressing at the Conference is electronic records and medical issues which should be of interest to each of you. Our speaker on behavior services should also be of interest to the many guardians I believe have individuals with developmental disabilities on their caseloads. This topic should help us understand what behavior specialists do and how they help our Wards. We have many other speakers for that day so look at the schedule on page 6, sign up on our website to attend and choose the workshops that will improve your skills. We are pleased that we are once again offering 7 CEU’s.

A big thank you goes to our Conference Committee members who have worked extremely hard to secure speakers with topics pertinent to the interests of guardians and service providers in our area.

We still have a few vendor tables available as well as table sponsors. Please consider joining us to make the Conference a success.

We are holding elections for the Board at our October Board meeting and have two positions still open. Please consider running for the Board and send your bio / letter of intent / photo to Cynthia VanVliet (Cynthiavanvliet@tampabay.rr.com) as soon as possible so you can be included in the electronic ballot. Remember we are only as strong as our leadership and we need each and every one of you to pitch in and be part of the team!

SUE
advocaretrustinc@verizon.net

The Guardian Association of Pinellas County, Inc. is a non profit corporation, formed in 1977 as a voluntary group. It is a professional association which allows the receiving of tax deductible contribution of goods and services. The association is governed by an elected Board of Directors and meetings are open to all members. The purpose of the association is primarily that of education, thus promoting a better quality of service for elders by developing and improving the capabilities of guardians and their relationship with other entities within the community.
RULES FOR THE GENERAL ELECTION

To be qualified to vote in the November election, a member must have renewed their membership or joined prior to October 1, 2014.

Candidates will be given 3 minutes to introduce themselves and their platform at the October 21, 2014 General Meeting.

Just as in last year’s voting process, the election of new Board Members will be held online via Survey Monkey. If you do not choose to vote online, you may attend the General Meeting November 18, 2014 and vote in person. Installation of new Board Members will take place at the January 2015 General Membership Meeting.

NOMINEES FOR BOARD OF DIRECTORS

BOARD MEMBERS SERVE A TWO YEAR TERM

LARRY McDONOUGH is a Registered Respiratory Therapist and a Certified Asthma Educator with over 35 years of healthcare experience which includes ICU, ER, CCU, ventilator and tracheostomy management, pulmonary rehab, home healthcare and national and international air and ground ambulance transport. He is a Certified Medical Consultant and has served on hospital and independent ethics committees. He is a SPGO Registered Professional Guardian and National Certified Guardian and attends meetings regularly as a member of the Guardian Association of Pinellas County.

DALE SMREKAR, ASEL, CAGA is an Accredited Estate Liquidator and Certified Personal Property Appraiser as well as a member of the American Society of Estate Liquidators and Certified Appraiser’s Guild of America. He previously served on the board of directors for the Guardian Association and is currently a member of the ethics and bylaws committee. In his business, Downsizing Advisory Service, Dale provides personal property appraisal services for guardianship inventories, probate, divorce, bankruptcy, estate planning appraisals, insurance coverage and insurance loss appraisals. He has conducted over 120 educational seminars in the last four years and his course, “The Art of Proper Estate Liquidation,” has been approved by the Florida Bar for CLE credits. He provides antique appraisal fundraisers for community organizations and is a nationally published author on human behavior and employee selection. Dale served in the US Army Reserves as a military policeman for six years, and is a graduate of the University of South Florida.

Jonathan Buice SRES, PA
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AL#9666
DOES THE WARD HAVE RESTRICTED BANK ACCOUNTS?

Florida Statutes 69.031 states, “when the assets are placed with a designated financial institution, the financial institution shall file a receipt of depository in the name of the guardianship.”

WHILE WE HAVE DISCUSSED THIS BEFORE, the following issues continue to occur.

Recently, the following events occurred:

1. A minor ward inherited monies from his deceased mother.
2. A Petition and Order designating a financial institution to file a receipt of depository was entered by the Court.
3. The Court issued an Order that a Receipt and Acknowledgment prohibiting withdrawals from the restricted account without a Court Order be filed in the guardianship.
4. The designated depository filed the Receipt and Acceptance of Depository for $150,000.
5. The guardian withdrew the amount of $150,000 from the Bank and closed out the account without the required court order.
6. The guardian has ignored court orders, and has not filed accountings timely.
7. The guardian then filed an accounting and listed the closed out Bank account.
8. As a result, there will be a court hearing with the attorney and guardian, and the Bank will be notified.

Please note that it is very important and it is required that a Receipt and Acceptance of Depository must be filed by the Bank with the Court. In addition, an updated/amended Receipt of Depository is required when any account information changes, which includes bank mergers resulting in the change of bank names and/or account numbers.

In similar situations, Orders Disapproving are issued when an updated/amended Receipt of Depository has not been filed. The Guardian and the Bank will be held liable for any and all amounts withdrawn from a restricted bank account and not recovered without the required Court Order. As a consequence, both the Guardian and/or the Bank have fully reimbursed the guardianship and the ward has been made whole.

If a Bank does not file a Receipt or Acceptance of Depository, the Sixth Judicial Court and/or your attorney must be notified.

Please note: If there is a topic you would like discussed in any of our upcoming monthly newsletter articles, please email it to aDiNatale@pinellascounty.org.

HOW TO CONTACT US: If we can be of assistance, please call:
Division of Inspector General, PIU .................. 464-8371
Division of Inspector General, Fax .................. 464-8386
Probate Court Records ............................... 464-3321
Guardianship Hotline ....................... 453-FRAUD (453-7283)
# The Guardian Association of Pinellas County, Inc.
## Annual Conference Schedule
### Friday, October 17, 2014

<table>
<thead>
<tr>
<th>Time</th>
<th>Track 1 / Legal</th>
<th>Track 2 / Practical</th>
<th>Track 3 / Medical</th>
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</thead>
<tbody>
<tr>
<td>7:45 a.m. to 8:30 a.m.</td>
<td><strong>REGISTRATION, CHECK-IN</strong>&lt;br&gt;CONTINENTAL BREAKFAST&lt;br&gt;VISIT EXHIBITORS’ SHOWCASE</td>
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<tr>
<td>8:30 a.m. to 9:30 a.m.</td>
<td>Welcome: Sue Schramek, President&lt;br&gt;Your State Government&lt;br&gt;Florida State Representative Larry Ahern (District 66)</td>
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<tr>
<td>9:30 a.m. to 10:30 a.m.</td>
<td><strong>HOW TO GET SUED</strong>&lt;br&gt;Russell Winer, Esq.</td>
<td><strong>ADMISSION/DISCHARGE PLANNING 101:</strong>&lt;br&gt;TIPS GUARDIANS NEED TO KNOW&lt;br&gt;Susan Talbott&lt;br&gt;Aging Wisely / EasyLiving, Inc.</td>
<td><strong>SKIN CANCER</strong>&lt;br&gt;Seth Forman, M.D.</td>
</tr>
<tr>
<td>10:30 a.m. to 10:50 a.m.</td>
<td><strong>MORNING BREAK</strong>&lt;br&gt;VISIT EXHIBITORS’ SHOWCASE</td>
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<tr>
<td>10:50 a.m. to 11:50 a.m.</td>
<td><strong>PROFESSIONAL GUARDIANS: CONCERNS / CONFLICTS / CONSEQUENCES</strong>&lt;br&gt;Hector Collazo, Jr.&lt;br&gt;Inspector General, Pinellas County</td>
<td><strong>MAKING THE MOST OF YOUR RETIREMENT</strong>&lt;br&gt;Christopher Fils, CFP</td>
<td><strong>THE SAFETY &amp; SECURITY OF ELECTRONIC MEDICAL RECORDS</strong>&lt;br&gt;Kathy Burkhardt&lt;br&gt;Largo Medical</td>
</tr>
<tr>
<td>11:50 a.m. to 1:50 p.m.</td>
<td><strong>LUNCHEON</strong>&lt;br&gt;SUSAN ANDERSON, DEPUTY STATE OMBUDSMAN&lt;br&gt;THE FLORIDA LONG-TERM CARE OMBUDSMAN PROGRAM: GUARDIANS – WORKING TOGETHER</td>
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<tr>
<td>1:50 p.m. to 2:50 p.m.</td>
<td><strong>SERVING AS A FIDUCIARY</strong>&lt;br&gt;Darby Jones, JD</td>
<td><strong>ADVOCATING FOR SENIORS’ SEXUAL RIGHTS: ISSUES IN SENIOR COMMUNITIES WITH DEMENTIA</strong>&lt;br&gt;Heidi Crockett, MSW, LMSW&lt;br&gt;Aging Care Advocates</td>
<td><strong>END OF LIFE CARE: BETTER WITH HOSPICE &amp; PALLIATIVE CARE</strong>&lt;br&gt;Cathy Emmett, PhD, ARNP&lt;br&gt;Suncoast Hospice</td>
</tr>
<tr>
<td>2:50 p.m. to 3:50 p.m.</td>
<td><strong>VETERANS BENEFITS</strong>&lt;br&gt;Zeffery Mims&lt;br&gt;Pinellas County Veterans Services</td>
<td><strong>CREATING BONDS WHILE CHANGING BEHAVIOR</strong>&lt;br&gt;Matt Potak, MS, BCBA&lt;br&gt;Behavioral Analysis Solutions</td>
<td><strong>THE EVOLUTION OF ACA &amp; ITS IMPACT ON HEALTHCARE DELIVERY</strong>&lt;br&gt;David Weiland, M.D.&lt;br&gt;Largo Medical</td>
</tr>
<tr>
<td>3:50 p.m. to 4:00 p.m.</td>
<td><strong>AFTERNOON BREAK</strong>&lt;br&gt;AWARDING OF EXHIBITORS’ DOOR PRIZES</td>
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<tr>
<td>4:00 p.m. to 5:00 p.m.</td>
<td><strong>ESTATE PLANNING PRIMER</strong>&lt;br&gt;Sean Scott, Esq.</td>
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*Rev. 9/12/2014*
CONFERENCE REGISTRATION

Date: Friday, October 17, 2014
Location: The Hilton St. Petersburg Carillon Park, 950 Lake Carillon Drive, St. Petersburg, FL 33716
Time: 7:45 a.m. to 5:00 p.m.

Registration Fee: $105 for Members; $200 for Non-members. Non-members may enclose membership dues and enjoy the “member” registration rate. (Save $20 or more by becoming a member!)

What’s Included: Continental breakfast, refreshments at morning and afternoon breaks, exhibitor showcase, lunch and all conference materials.

Continuing Education: Seven credit hours* will be provided for guardians through the Statewide Public Guardianship Office and 7 CLEs for attorneys approved by the Florida Bar. 6 CEs for Nursing, LCSW, LMHC, LMFT and ALF provided by SPC (CE Broker 50-2525). *pending approval from SPGO

In accordance with the Americans with Disabilities Act, anyone needing reasonable accommodations or services should advise GAPC no later than September 20, 2014.

CONFERENCE ATTENDANCE REGISTRATION FORM

Please print legibly or type

Name ________________________________________Title or Profession________________________
Company ___________________________________________________________________________
Address_____________________________________City/State/Zip_____________________________
Phone _____________________________ Email _________________________________________

Guardian SPGO ID number: _____________________________ (must provide or no credit given)

For Nursing, LCSW/LMFT/LMHC and ALF, last 4 digits of Social Security # is required: ____________

Continuing Education Credit:

If requesting multiple CEU credits, check each separate CEU classification.

Category:  [ ] guardian  [ ] attorney  [ ] nursing  [ ] ALF  [ ] LCSW / LMHC / LMFT
[ ] other (specify) ____________________________

[ ] Member Registration  $105  $ ____________
[ ] Non-member Registration  $200  $ ____________
[ ] Membership Dues, Individual - Guardian only (8/1/14 - 7/31/15)  $ 45  $ ____________
[ ] Membership Dues, Affiliate (8/1/14 - 7/31/15)  $ 60  $ ____________
[ ] Membership Dues, Corporate (8/1/14 - 7/31/15)  $ 75  $ ____________
[ ] Lunch for extra guests  $ 35 ea.  $ ____________

TOTAL  $ ____________

Date paid ___________ Amt. of payment _____________ Check # ___________ Paypal ____________

Please make checks payable to the Guardian Association and mail to:
Sue Schramek, President, 1501 N. Belcher Road, Suite 219, Clearwater, FL 33765
PLEASE SEE WEBSITE FOR ADDITIONAL FORMS & CURRENT INFO: www.guardianassociation.org
“What made you decide to become a guardian?” asked Jill Haseltine, Founder and CEO of Deliberate Nation, a company committed to helping people achieve what they want in their lives through deliberate decisions. "Deliberate decisions determine your destiny," Jill continued, advising we know what we are good at because recognizing your strengths makes a difference. Jill holds a degree in psychology from John Brown University and with the ability she has come by to understand people through her studies and in her work, she is convinced deliberate decisions take you to places you want to be known for. "My goal is to replenish you, she added."
ADVERTISE — In The Professional Guardian Newsletter

Advertising Rates

<table>
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<tr>
<th>Format</th>
<th>Price</th>
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<tbody>
<tr>
<td>Full page, 1 month,</td>
<td>$250.00</td>
</tr>
<tr>
<td>Sponsoring</td>
<td></td>
</tr>
<tr>
<td>1/2 page</td>
<td>$130.00*</td>
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<tr>
<td>1/4 page</td>
<td>$80.00*</td>
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<tr>
<td>1/8 page business card</td>
<td>$50.00*</td>
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* Per month with 3 month minimum

Send camera ready color ads and payment, as well as editorial copy to:

Phyllis Johnson
One Windrush Blvd., #55, Indian Rocks Beach, FL 33785
email: pjohns3@tampabay.rr.com
telephone: (727) 596-8919

Deadline for ads with payment is the 25th of each month. Same deadline for editorial copy. A complimentary copy of each issue is sent to our advertisers.

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Memory is malleable and tends to decay with age. One may have trouble recalling names, a frequently called telephone number, and at times may even have trouble following the flow of a simple conversation. The individual who finds himself or herself experiencing these scenarios may seek to write notes and different items on a calendar. Our memory consists of short-term (or working) and long-term where we store our events and episodic occurrences.

In order to stay sharp, we must ensure we have five elements crafted into our daily habits: Mental habits; Physical habits; Nutritional habits; Communal habits; Stress Reducing habits. Working with these five tools at least 1 to 2 hours a week will enhance one's short-term memory. One way we can to stay sharp is by promoting neuron activities.

Simple activities that foster short-term memory include, but are not limited to: story-telling, jigsaw puzzles, and auditory games. Walking at least one block per day not only stimulates neuron activities, but, promotes short-term memory. Eat fruits and vegetables that will stimulate proper neuron activities. Gather and share with friends, and become engaged in community affairs. Helping others triggers neuronal activations. Stress reducing activities help individuals foster short-term memory and enable one to ease anxiety which helps alter neural pathways. Taking deep breaths, meditating, or even small sitting chair exercise will reduce stress.

If you are interested in learning more about memory education courses that are available, please contact Tutor Doctor at: (727) 309-1196.
“Ex-Spouses are good for something,” (Divorcee Benefits) quipped breakfast speaker Susan Brandley (left) of CSenge Advisory Group, as she discussed the “Four Things Every Woman (and Man, too!) Should Know About Social Security”, Also included was (1) “There’s no such thing as too much of a good thing” - Deferral Credits and Early Retirement Penalties; (2) “For Better or Worse…What your spouse does makes a difference” - Spousal Benefits, Survivor Benefits, and Hybrid Strategies; and (3) “You can have your cake and eat it too” – Working and Collecting Social Security Benefits
Once appointed by the Court as a Guardian for a ward, one of the first responsibilities a Guardian must address is the Ward’s care, and taking control of the Ward’s assets and income to prepare the initial guardianship report for filing with the court within sixty days of appointment. In reviewing the Ward’s medical, financial and legal documents, care must be taken to locate and preserve the Ward’s funeral instructions.

Funeral instructions or pre-arrangements can include method of disposition (i.e. burial or cremation); location of disposition (i.e. where to be buried or where ashes should be kept or disposed); whether or not a funeral service will be held; choices in funeral products and services; and choice of clothing, flowers, music, etc., if a funeral service will be held. The Guardian must also consider transportation costs and issues if a burial plot is located outside of the State of Florida.

If a Guardian is fortunate they will locate pre-arranged funeral instructions made by the Ward, and if really lucky, they may even find that the Ward “prepaid” said funeral arrangements. Prepaid funeral arrangements should be listed as an asset on the Initial Inventory.

If funeral pre-arrangements are located, but remain unpaid, a Guardian should consider requesting a court order authorizing the prepayment of said funeral pre-arrangements for the Ward, assuming that the guardianship has sufficient assets and income remaining after meeting the Ward’s monthly expenses.

If funeral pre-arrangements are located by the Guardian, and were previously prepaid by the Ward, the Guardian should review said arrangements to verify they cover all anticipated expenses, and if not, should consider requesting a court order to prepay said additional funeral expenses.

In the absence of pre-arrangements, the Guardian may look for the funeral arrangements made by the Ward for a spouse, child, and/or parent to obtain insight into the Ward’s wishes concerning funeral arrangements. The Guardian should also consider the Ward’s religious beliefs, input from the Ward to the extent that it is reliable, and input from the Ward’s next of kin, which should be requested “in written form.”

In the absence of written instructions left by the Ward made prior to their adjudication of incapacity requesting that their body be cremated, or other clear evidence of their intent to be cremated, Florida law presumes that burial be the method of disposition of a body.

The payment of the Ward’s funeral expenses – either before or after death – may be made by a Guardian only after obtaining a court order authorizing payment pursuant to FS.§ 744.441(16)

After determining the Ward’s intention concerning funeral arrangements described above, a Guardian should contact a Funeral Home and request a proposed contract for funeral services to include all items necessary and their respective costs. Verify that the cost of opening and closing a grave are included if burial is selected. FS.§ 744.441(16) limits the amount of funeral, internment and grave marker expenses that may be paid from the Ward’s estate to a maximum of $6,000.00.

Notice of a Petition for Order Authorizing Payment of Ward’s Funeral Expenses should be provided to the Ward (if a limited guardianship) and to all known next of kin of the Ward. If any objections to the petition are filed by next of kin, or expected to be filed, then a hearing will be required.

Prepaid funeral arrangements are not counted as an asset of the Ward in determining Medicaid
Eligibility, and will make disposition of the Ward’s body upon death more efficient and less stressful for the Guardian and for the Ward’s relatives. While not required, prepayment of a Ward’s funeral expenses is good practice whenever guardianship assets permit.

The Law Firm of Michael W, Porter has represented Professional Guardians in Pinellas County Florida since 1986. Mike is a frequent presenter and speaker on topics concerning Florida guardianships. For more information visit: mwplawfirm.com

The Guardianship Association of Pinellas County, Inc. does not endorse or recommend any products or services. The views and opinions expressed in articles published in the e-Newsletter do not necessarily state or reflect those of the Association or its members.

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Phone (727) 369-6827
Cell (727) 278-7799
SUBJECT: HOW GUARDIANS AND ATTORNEYS CAN GET PAID FOR INDIGENT CASES

BY JULIE STRIER, AGED, INC.

Have you ever wondered why Guardians are one of the only professions expected to provide services to their clients, even when there is no money to pay for those services? Many times, when a client runs low on money, caregivers, facilities, and other providers are paid first, leaving little to no money to pay the Guardian.

For many years, there was no solution to this problem, and most Guardians just accepted the fact that there were going to be cases that they wouldn’t get paid for. However one company is working hard to change this, or at least help lighten the burden.

Understanding the strain that this hardship can cause Guardians, AGED, Inc. created the Guardianship Benevolent Fund, a program that helps Guardians and Attorneys in Florida receive payment for services provided to indigent guardianship cases.

Through the Guardianship Benevolent Fund, Guardians can be compensated up to $350 per month per case, for approved cases. Payment is made on a first-come-first-serve basis. Funding is county specific, and varies by county.

As of July, 2014, AGED has donated almost $1 Million dollars to Florida Guardians through the Guardianship Benevolent Fund, to counties such as Broward, Lake, Orange, Osceola, Seminole and others.

If you would like to learn more about how the AGED Guardianship Benevolent Fund can help pay for your indigent cases, or to see current county funding amounts, please visit AGED’s website at: http://www.trustaged.org/community-support/.

If your county isn’t listed, contact us today to find out how to get funding in your area.

AGED, Inc. is a non-profit Special Needs Trust company located in Longwood, Florida. Monies in the Guardianship Benevolent Fund come from surplus trust property, and are used in accordance with AGED’s mission.
Are you someone who thinks if a product is sold in the store, it must be safe? I used to think that way too until I learned that many of our household products and personal care products are filled with toxic chemicals that are harmful to our health.

The Consumer Product Safety Commission reported “150 common household chemicals have been linked to allergies, birth defects, cancer and psychological abnormalities”?

The elderly and children are at highest risk; and the next group that are also at high risk are pregnant women, cancer patients, people with migraines, people with asthma and allergies and people with chronic issues in their organs. One study conducted over a 15-year period stated that women who work at home had a 54 percent higher death rate from cancer than women who work away from home. The study concluded that the increased death rate was due to regular exposure to toxic chemicals found in ordinary household products.

According to the poison control centers, 92 percent of all poison exposures occur in the home involving every day household items such as cleaning supplies, personal care products, cosmetics and medications. In 2002, local poison control centers received over two million reports of poison exposures. Product labels only list the warning of immediate danger of toxic chemicals but don’t reveal the harm of long term exposure.

Household cleaning products such as bathroom cleaners, floor cleaners, dishwashing detergent, laundry detergent and air fresheners are the group that has the most toxins. You want to avoid products that contain Chlorine Bleach, Ammonia, Formaldehyde, Phosphates and other abrasive chemicals. As a rule of thumb, don’t bring a product into your house if it carries the label "poison," "toxic," "dangerous," "may cause burns," or "fatal if swallowed or inhaled".

ExperienceLife.com cites Beth Greer’s story about how she developed a tumor in her chest that three thoracic surgeons urged her to have removed with very risky surgery. Greer opted instead to focus on doing everything she could to support her body’s healing capacity and ultimately tossed her entire collection of toxic cleaning products. She began making her own with natural ingredients and are only whole, unprocessed foods. Nine months later her tumor was completely gone! She went on to become a Professional Detoxification Consultant.

Personal care products like soap, body lotions, skin care products and cosmetics, hair care products, fragrances and deodorants contain many toxic ingredients. It is safe to look for “Sulfate-Free” products. Below is a good list of toxins to avoid in personal care products compiled by GreenAmerican.org:

PARABENS
FRAGRANCE
NANOPARTICLES: Found in lotions, moisturizers, make-up, and particularly sunscreen
FORMALDEHYDE: A common hardener in nail polish and an ingredient in bath products.
PETROLEUM BY-PRODUCTS: Listed as mineral oil, petrolatum, liquid paraffin, toluene, or xylene
TRICLOSAN: A primary ingredient in anti-bacterial soaps and products
MERCURY: A neurotoxicant that can severely damage human health, mercury - often listed as “thimerosol” - is still used in some cosmetics like mascara.

We cannot avoid exposure to toxic chemicals altogether, but it is possible to significantly reduce it. Environment Working Group (EWG) has a guide, Healthy Home Tips, which covers the basics of what chemicals to avoid in your home and personal care products. If you are interested in a safe, effective and affordable alternative, you may contact me.

Sara Im
Smart Healthy Living, a Wellness Consulting Group
http://www.meetup.com/Smart-Healthy-Lifestyle/
www.SmartHealthyLivingToday.com;
Email: HealthyTeam@WeDeliverWellness.com
Phone: 727-512-3017
Computer Corner
by Bruce Wallace
Professional Guardian

“The Thinker”

Guardians rely on fax machines to communicate with facilities and others. I finally had to get rid of my Brother All-in-One and opted to utilize internet faxing through a service by Ring Central (www.ringcentral.com).

Faxing using the internet has been around for some time and offers documentation as if you had your own dedicated fax machine. I not only got rid of the fax machine but also reduced the line cost of the fax number that I still use and advertise on my business card.

Utilizing my Canon laser All-in-One machine I harness the scanner portion of my internet fax software by simply inserting the items I want to fax into my Canon laser printer and hit the SCAN button in the fax software. I also include a pre-designed fax cover page and can also add an extra note if I wish. Once my fax is ready to send, I click the SEND button in my fax software and it sends my fax to the destination party I indicated. It is simple, easy documentation as good as it gets.

Other features which can be included in your plan are the ability to record telephone conversations. Although I have not implemented that feature, it is certainly something that could enhance documentation (it is about dotting the “I”’s and cross the “T”’s isn’t it?)

A Canon laser printer Canon Laser imageCLASS MF4770n Monochrome Printer with Scanner, Copier and Fax at Amazon.com sells for $119.95 including FREE shipping would be my choice if I were purchasing a new printer. It features Print and Copy at the same speed up to 24 ppm 250-sheet front loading cassette plus single sheet multi-purpose tray User-friendly 5-line LCD and tiltable control panel for easy navigation Single touch Quiet Mode reduces operational noise. My canon is older but still does everything I need it to do and more.

Scanning is handy especially if you need to transmit a document. You simply insert the document, click the SCAN icon on your desktop, select a folder and give it a name. You can attach the PDF (portable document format), an ADOBE format to an email to your intended party. Scanning also preserves the document in the original format unless you have special software (but that is a topic for another article).

If you need assistance, I can help. If you have any questions about this article, please call Bruce @ 727-585-0783 or 727-804-8933.

Vehicle Features and Older Driver Safety

AAA and the University of Florida have collaborated to develop an outstanding brochure titled “Smart Features for Older Drivers”. This 12-page brochure focuses on vehicle features that can help keep older drivers safe. The brochure is available as a free download at:

http://seniordriving.aaa.com/sites/default/files/Smart-Features-for-Older-Drivers-Brochure.pdf

Information courtesy of Matt Gurwell at Keeping Us Safe (Sept. 2014 newsletter)
### OCTOBER COMMUNITY CALENDAR

To advertise your event on this calendar, submit information to Phyllis Johnson at pjohns3@tampabay.rr.com by 10/17

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
<th>Location Details</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>10/8 Wed.</td>
<td>9:30 AM</td>
<td>Rise &amp; Shine! Motivational Marketing Breakfast</td>
<td>Grand Villa - Largo 750 Starkey Road Largo</td>
<td>RSVP Laverne (727) 593-0164</td>
</tr>
<tr>
<td>10/8 Wed.</td>
<td>5:00 - 6:30 PM</td>
<td>Wine Down Wed / Toga Party</td>
<td>Princeton Village 333 16th Avenue S.E. Largo</td>
<td>RSVP Cintia / Jackie (727) 588-0020</td>
</tr>
<tr>
<td>10/9 Thurs.</td>
<td>10:00 AM</td>
<td>Referral Networking Group</td>
<td>Princeton Village 333 16th Avenue S.E. Largo</td>
<td>RSVP Cintia / Jackie (727) 588-0020</td>
</tr>
<tr>
<td>10/10 Fri.</td>
<td>8:00 AM</td>
<td>5th Annual Breast Cancer Conference 2014 (6.5 CE)</td>
<td>SPC Epicenter Room 1-451 - 1-453 13805 58th St N, Clearwater</td>
<td>For info &amp; registration (727) 341-3393</td>
</tr>
<tr>
<td>10/10 Fri.</td>
<td>9:00 AM</td>
<td>Chomp 'n Chat</td>
<td>Oak Manor 3600 Oak Manor Lane Largo</td>
<td>RSVP (727) 593-7870</td>
</tr>
<tr>
<td>10/10 Fri.</td>
<td>9:00 AM</td>
<td>Monthly Networking Breakfast</td>
<td>Emeritus - Dunedin 880 Patricia Avenue Dunedin</td>
<td>RSVP Karen (727) 734-4696</td>
</tr>
<tr>
<td>10/14 Tues.</td>
<td>9:00 - 10:00 AM</td>
<td>FALA - Pinellas Members $10/ Non-members $15</td>
<td>Allegro Tarpon Springs 1755 East Lake Rd. S. Tarpon Springs</td>
<td>RSVP Bijou (813) 330-6796</td>
</tr>
<tr>
<td>10/15 Wed.</td>
<td>4:30 PM</td>
<td>No Name Marketing Group</td>
<td>Marlin Darlin 2819 West Bay Drive Belleair Bluffs</td>
<td>RSVP Terri (727) 403-0017</td>
</tr>
<tr>
<td>10/16 Thurs.</td>
<td>7:30-9:30 AM</td>
<td>Pancake Breakfast for Professionals</td>
<td>Freedom Inn / Countryside 3260 N McMullen Booth Rd Clearwater</td>
<td>RSVP (727) 726-5090</td>
</tr>
<tr>
<td>10/16 Thurs.</td>
<td>9:00 AM</td>
<td>Casual Networking Breakast</td>
<td>Westminster Shores 125 56th Ave. S. St. Petersburg</td>
<td>RSVP / Info to Jennifer (727) 641-4222</td>
</tr>
<tr>
<td>10/16 Thurs.</td>
<td>10:00 - 11:30 AM</td>
<td>Professional Women in Healthcare (Mid-County)</td>
<td>The Barrington 901 Seminole Blvd. Largo</td>
<td>RSVP Dawn Gretter (727) 585-5900</td>
</tr>
<tr>
<td>10/17 Fri.</td>
<td>7:45 AM</td>
<td>Guardian Association Annual Conference</td>
<td>Hilton St. Pete Carillon Park 950 Lake Carillon Drive St. Petersburg</td>
<td>Info / Registration <a href="http://www.guardianassociation.org">www.guardianassociation.org</a></td>
</tr>
<tr>
<td>Date</td>
<td>Time</td>
<td>Event Description</td>
<td>Location</td>
<td>RSVP Information</td>
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<tr>
<td>10/21</td>
<td>3:30 PM</td>
<td>Guardian Association Board Meeting</td>
<td>Regal Palms, Verandah Rm. 300 Lake Avenue Largo</td>
<td><a href="#">RSVP to website: www.guardianassociation.org</a></td>
</tr>
<tr>
<td>10/21</td>
<td>5:30 PM</td>
<td>Guardian Association Regular Meeting</td>
<td>Cypress Palms 400 Lake Avenue Avenue Largo</td>
<td><a href="#">RSVP to website: www.guardianassociation.org</a></td>
</tr>
<tr>
<td>10/23</td>
<td>10:30 AM</td>
<td>GAPC Legislative Committee Meeting</td>
<td>Office of Atty. Christopher Young 2255 5th Ave. N., St. Pete</td>
<td>All are welcome. <a href="#">RSVP Ron Viele 727-533-6656</a></td>
</tr>
<tr>
<td>10/23</td>
<td>4:00 - 7:00 PM</td>
<td>Grand Opening Celebration</td>
<td>Grand Villa - St. Pete 3600 34th Street S. St. Petersburg</td>
<td><a href="#">RSVP (727) 350-5830 or mkt.crc.sps@smacommunity.net</a></td>
</tr>
<tr>
<td>10/24</td>
<td>7:30 AM</td>
<td>Critical Care Day</td>
<td>Bayfront Medical Center Sheen Auditorium 701 6th St. S., St Pete</td>
<td>For info &amp; registration (727) 341-3393</td>
</tr>
<tr>
<td>10/25</td>
<td>9:00 AM (Registration)</td>
<td>Walk to End Alzheimer's Pinellas Co. Walk</td>
<td>Bright House Field 601 N. Coachman Rd. Clearwater</td>
<td><a href="#">Register Online www.alz.org/FLGulfCoast</a></td>
</tr>
<tr>
<td>10/28</td>
<td>5:30 - 7:30 PM</td>
<td>Education Seminar “Why Are We Losing Our Boys?”</td>
<td>SPC Seminole Campus 9200 113h St. N. Seminole</td>
<td>Free</td>
</tr>
<tr>
<td>10/29</td>
<td>8:30 AM</td>
<td>Monthly Networking Breakfast</td>
<td>Arden Courts 9300 Antilles Dr. Seminole</td>
<td><a href="#">RSVP to Bernadette (727) 517-7800</a></td>
</tr>
<tr>
<td>10/31</td>
<td>9:00 AM</td>
<td>Guardian Association Monthly Breakfast</td>
<td>Seasons Belleair ALF 1145 Ponce de Leon Blvd. Belleair</td>
<td><a href="#">RSVP to website: www.guardianassociation.org</a></td>
</tr>
<tr>
<td>11/5</td>
<td>9:00 - 10:30 AM</td>
<td>Brunch &amp; Learn</td>
<td>The Fountains at Boca Ciega Bay, 1255 Pasadena Ave., St. Petersburg</td>
<td><a href="#">RSVP Jennifer Naster (727) 735-7315</a></td>
</tr>
<tr>
<td>11/5</td>
<td>4:00 - 6:00 PM</td>
<td>Belleair Besties - a new networking group</td>
<td>Belleview Biltmore Golf Club 1501 Indian Rocks Rd. Largo</td>
<td><a href="#">RSVP: gfortino@belleviewbiltmoregolf.com</a></td>
</tr>
<tr>
<td>11/6</td>
<td>10:00 AM - 2:00 PM</td>
<td>Game Day Expo (brought to you by The Puzzle Pages)</td>
<td>Largo Medical Center 2025 Indian Rocks Rd. Largo</td>
<td><a href="#">RSVP fun@thepuzzlepages.com</a></td>
</tr>
</tbody>
</table>
Membership Year: August 1 through July 31

Membership Application:

- Guardian $45.00 (must be a Guardian or taken the State Guardian Competency Exam)
- Affiliate $60.00 (Non-guardian, Individual)
- Corporate $75.00 (company is owner of the membership, includes two members, transferrable between employees)

Category for listing on GAPC website (Please check appropriate boxes and print legibly)

- Professional Guardian
- Assisted Living Facility
- Attorney
- Care Manager
- Other
- Family Guardian
- Nursing / Rehab Facility
- Paralegal / Legal Assistant
- Finance / Banking
- Health Care Agency
- Power of Attorney (POA)
- Government / Court Personnel

Name ____________________________

Business Name/Organization ______________________________________________________

Address _____________________________________________________________

City ____________________________ State __________ Zip __________

County ____________________________ Home Phone __________ Fax __________

Email Address ____________________________ Website Address __________________

Please make check payable to Guardian Association. Mail to GAPC, P.O. Box 1826, Pinellas Park, FL 33780

To apply or renew membership online, please visit our website at www.guardianassociation.org

Pay Pal Accepted. For more information contact: 727-791-3972