We welcome Sheri Gruden as our March CEU speaker. She will give some history of Suncoast PACE and what PACE offers to the elder community plus information on funding, eligibility, costs and the future of PACE.

After serving over 14 years in our community in Social Services, Sheri has special expertise in case management under Florida’s Medicaid programs, working for the past 8 years as an Intake Specialist and Provider Relations Coordinator Supervisor for the Suncoast PACE program.

She previously led the care management team as Care Manager Supervisor in another Florida Medicaid program (CHOICE - Long Term Care Diversion) at Neighborly Care Network. She also worked as the Program Coordinator and Case Management Supervisor for GCCC’s Community Care for Disabled Adults Medicaid Waiver Program.

She is a Certified Care Manager (NACCM), a Certified Member with the National Association of Professional Geriatric Care Managers (NAPGCM), and a Certified 701b Assessor for the State of Florida. She has her CPR Certification, is a member of the Professional Guardian’s Association, and is a Notary Public. As Certified On-Call Care Manager on nights and weekends for Aging Wisely/Easy Living, Sheri assists clients through emergency situations.

She has proven to be a compassionate advocate, counselor and listener. Helping others gives her life purpose.
thoughts from the president...

It’s hard to believe March is already here, and most likely even the most well intentioned New Year’s resolutions have been forgotten. But we at the helm of the Guardian Association of Pinellas County are still going strong to reach our goals and carry out our New Year’s resolutions.

As President, one of my goals for 2017 is to further educate the community on guardianship. In doing so we must also discuss ways to educate on less restrictive alternatives as well as guardianship. This would include Durable Power of Attorney (DPOA), Healthcare Surrogate, Healthcare Proxy, and Guardianship.

DPOA and Health Care Surrogate ideally should be drawn up by an Elder Law Attorney. This adds an extra layer of protection for the agent and individual requesting the agent.

One MUST have capacity to give Power of Attorney or Health Care Surrogate. If their capacity is in question or if they are incapacitated, DPOA and Health Care Surrogate can not be granted. In that case, you must go directly to Guardianship. Health Care Proxy is also reserved for those who are incapacitated and need assistance regarding healthcare decisions. Ideally this should NOT be the role of a guardian unless all other options have been exhausted.

Though these seem like pretty basic concepts, many are confused as to how and what should be employed. If you have any doubts, please reach out to an Elder Law Attorney or the GAPC for direction. We are here to assist.

A second goal I shared with you for 2017 was to look at opportunities for growth. As I expressed in our January and February Guardian Meetings and Breakfasts, I need your input, your ideas and your suggestions. A BIG thank you to those who have responded.

Here are some of the things you have shared.

- Continued Education with speakers focusing on legal topics.
- Monthly Meetings with member discussion on specific topics.
- Assessing the days and times of Monthly Meetings and Breakfasts and consider a more convenient time.
- Revising the Newsletter.
- Revamping the Guardian Conference.
- Implementation of a Guardian Mentoring Program.
- Membership growth and benefits.

These are just a handful of your ideas and recommendations for the growth of the Association. To put your requests in motion, we have assigned committee chairs and co-chairs to each area. I would encourage you to continue to share your ideas with us. Your voice is important and necessary to meet the needs of members. Keep them coming!
REALITY BASED SELF-DEFENSE

Thomas Aydelott is Chief Instructor, Regional Development for C.O.B.R.A. Self Defense Systems (Combat Objective Battle Ready Application). Born and raised in St. Petersburg, Tom’s education began as an Engineering Major at University of Florida. He’s been a self-defense professional since 2009, earning Black Belts in the C.O.B.R.A. Fighting System and United Martial Arts. Tom was trained directly under Chris Sutton, founder of the C.O.B.R.A. Self Defense Systems, of whom no one has more hours training in and teaching this reality based system.

Come join us March 31st, 9:00 a.m., The Princess Martha, 411 First Avenue North, St. Petersburg for a networking opportunity, professional camaraderie and a terrific breakfast.

GAPC IDENTIFICATION BADGE ORDER FORM

Identification badges with our New Logo are available to members for $15. Badges will be mailed to your address. For information, contact Traci Samuel at (517) 256-0403.

Name on badge

(Title will read Professional Guardian)

Shipping address

City, State, Zip

Email or phone

JOIN NOW!

BECOME A GAPC MEMBER TODAY...

... and reap the benefits of joining a knowledgeable network of professionals. Professional Guardians, Affiliates and Healthcare professionals that join now will be members in good standing through December 31st 2017. In addition to new networking opportunities you receive the GAPC monthly eNewsletter, a reduced fee for the Annual Conference, access a forum to state your concerns and questions and have the convenience of online payment via PayPal. To join or to continue your membership go to our website HERE.

NEW DEADLINE!

ALL SUBMISSIONS FOR THE APRIL GAPC NEWSLETTER WILL BE DUE BY MARCH 20th.

PayPal

The Guardian Association of Pinellas County encourages all members and/or vendors to utilize PayPal for all transactions with the GAPC.

You do not need to have an account to pay with PayPal.
How many times a week do you want to do something for yourself and end up doing something for someone else. Taking time to eat right, getting a good night’s sleep, and exercise is tough when you are responsible for other people. It is very easy for their needs to overtake your needs. Over and over again we hear the best way to help other folks is to take care of ourselves and maintain our own health. It is true, you are not much help to those you care for if you are unhealthy yourself.

Working out has never been fun for me – I have to make myself do it. I have tried everything and the only exercise I come close to loving is snow-skiing – and of course I live in Florida. I do know from all that I read and from the many clients I have met that moving is vital to healthy aging. I want to be healthy, it’s just sometimes I don’t use my discipline to stay focused.

Two times per week I meet with an incredible personal trainer who has taught me the proper way to stretch and strength train. Sometimes the goals are simple, balance on one leg, jump rope without missing. Often we focus on real life skills, for example the ability to get up off the floor safely while lifting my grandchild’s weight. She also works each week on my posture – what a challenge that has been. Between a curvature of my spine (Kyphosis – inherited from my father’s side of the family) and my many years of sitting in front of a computer my body has been trained NOT to stand straight. The daily stretching of the tissue is helping enormously as well as the strengthening of the weakened muscles. I had no idea how many different ways there are to stretch. I can’t imagine life without a foam roller.

I was shocked initially to see how poor my balance actually was. Not that I am falling or losing my balance, but how I was unable to bend over on one leg and pick something up? What year did I stop being able to do that? I’m not really certain how I quit moving certain directions but since my children have left home I have often let work get in the way and become my grand excuse not to exercise. Clients and their problems often gain my full attention in the goal of providing great service and solutions (can you hear my justification for not exercising). While clients are important, many of them have stressed to me how important it has been to them to concentrate on their health and staying fit. Their reward is less pain and maintaining independence – I want both of those!

Along with getting organized this year I am making my health a priority. Join me in making taking care of yourself a priority this year.
A FEW PINELLAS PROBATE TIDBITS

As you may have heard – a few times! -- The court approved forms for guardian reports are available on the Clerk’s website: MyPinellasClerk.org. From the home page, click on ‘Get Forms’ at the top of the page. Then from the table of options, click on ‘Guardianship.’

The court expects guardians to use these forms when submitting their initial and annual reports.

The most common question so far is: how do I print just the needed pages of an Inventory or Accounting? This is actually quite simple. While holding the control key (CTRL), click on the tabs of only those pages you wish to print. Then, when you print, you should have the option to ‘Print only Active Sheets’. Those pages that you clicked while holding the control key are now the ‘active sheets’ or pages.

Audit fees are now payable through the Efiling Portal when your report is submitted. This can be done with an electronic check. You will want to contact your attorney for how they would like you to provide the check information. Please be aware that the Portal charges an additional $5 processing fee for the electronic payment by check. Be sure to include that in the total when adding it to your accounting.

Speaking of fees, the $7.50 fee for maintaining your professional guardian file is due each January, regardless of when you paid it last year! Avoid an Order Disapproving by making sure your payment is in, and that you keep your receipt. This fee cannot be paid through the portal. If mailing in a check, include a self-addressed, stamped envelope to get your receipt sent to you.

If there is a topic you would like discussed in any of our upcoming monthly newsletter articles please email your suggestions to: probate@pinellascounty.org.

continued on page 6
EXPERT SPECIALIZED MEMORY CARE

At Pacifica Senior Living Belleair

Our community features Encore Senior Living’s Rediscovery™ Program, which was developed to assist resident’s to continue with the day-to-day activities and hobbies they’ve done all their lives and help them “rediscover” remaining abilities.

Our residents enjoy outstanding food, beautiful outdoor walkways and gardens, and a robust activities program tailored to their needs.

TOUR TODAY!
(727) 467-9464
We are located at:
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Clearwater, FL 33756
AL#9666

Clerk’s Corner....continued from page 14

Additionally, we offer tours of the Clerk’s Probate Department. Tours usually last between one and two hours, depending on what you and the other guests attending the tour would like to see. The tours are a good opportunity to meet Probate Department staff assisting with your cases and to understand how we process the work submitted to our office.

HOW TO CONTACT US: If you have any questions, please feel free to contact the Probate office by email: probate@pinellas-county.org or by phone at:

Probate Records................. (727) 464-3321
(main line)
Jerome D. Jordan. ................. (727) 464-3003
Probate Manager

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In The Professional Guardian Newsletter

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Our Mission is “to affect positively the quality of life for our residents, meet their multiple needs and those of their families.”
Our speaker, Sylvia Gaddis, left, from KEPRO

Cypress Palms, Largo

February 21st
This year, the Florida Legislature will begin on March 7 and end on May 5. During these 60 days members of the Senate and House of Representatives will consider proposed legislation. To date, several bills have been filed of interest to guardians: SB 172 proposing changes to FS 744, and SB 228 that would establish Physician Orders for Life-Sustaining Treatment (POLST). In addition, the Rules created by the Office of Public and Professional Guardians have been submitted to the legislature for approval.

Summary of proposed changes in SB 272 sponsored by Senator Kathleen Passidomo, district 28

744.331 (3)(h) Proposed change would require the clerk of court to serve the examining committee report on the petitioner’s counsel and the attorney for the alleged incapacitated person within 3 days of receiving the report and within 10 days before the hearing of the petition. Currently the requirement is service within 5 days before the hearing. This would allow additional time for both parties to obtain witnesses or documentation prior to the hearing.

744.331(3)(i) Proposed change would allow the petitioner and the alleged incapacitated person to object to the introduction into evidence any portion (or all) of the examining committee reports by filing a written objection on the other party no later than 5 days before the hearing.

744.331(5)(a) Proposed change requires the adjudicatory hearing be conducted at least 10 days, but no more than 30 days, after the filing of the last examining committee report.

744.367(1) Changes the date to file the annual guardianship report back to the previous time frame – within 90 days after the last day of the anniversary month that the letters of guardianship were signed. Wording has been added to clarify that the latest annual guardianship plan approved by the court will remain in effect until the court approves a subsequent plan.

744.3725(5) Removes the requirement that the ward’s spouse has consented when the guardian is seeking extraordinary authority to the dissolution of the ward’s marriage.

744.441(16) Proposes removal of the current maximum cap of $6,000 to pay for funeral and final arrangements.

SB 228, sponsored by Senator Jeff Brandes establishes the Physician Orders for Life Sustaining Treatment (POLST) program and provides requirements for the use of POLST. This will be covered in more detail in next month’s newsletter. To view the entire content of proposed legislation, visit: https://www.flsenate.gov/Session/Bills/2017.
Did you know that Sunstar Paramedics offers Annual Plans for transportation in case of an emergency?

The Sunstar FirstCare Ambulance Membership Plan is not an insurance plan. It is a Pinellas County government program that works with an individual’s (or families) insurance plan to cover 100 percent of expenses associated with deductibles and copayments.

Choose the Best Membership for You

Annual Fees: Annual membership fees are $63 for a single membership; $98 for a family membership. The average cost of an emergency ambulance transport is $707.

Eligibility: The Plan covers ambulance transports originating and ending in Pinellas County by Sunstar ambulance units only. The Membership does not cover transports via Sunstar’s Mental Health Transport Van. The Family Membership Plan covers family members related by blood, adoption, or marriage who permanently reside in the same household as the primary member.

Coverage: If you have insurance, membership will cover the costs that would typically be your responsibility such as deductibles and/or copays. The membership plan will also cover 50 percent of the cost for any trips denied for non-covered charges by the insurance company. If plan members are uninsured, they receive a 20 percent discount on ambulance transportation services.

Coverage period: New member coverage: Completed applications with payment in full, received prior to the end of the calendar year, will be effective on January 1st. Completed applications with payment in full received after January 1st, will be effective on the postmark date.

Renewal member coverage: Completed applications with payment in full, will be effective April 1st. Renewal applications must have a postmark date prior to April 1st in order to avoid an interruption of coverage.

All memberships expire on March 31st of the following year. Members whose applications/payments are received postmarked after March 31st will not have coverage for a full 12-month period. Membership fees will not be pro-rated.

How to Enroll

Enrollment opened December 1, 2016. To receive an application, call 727-582-2008 to request an application be mailed; visit their office at 12490 Ulmerton Road, Largo to pick-up an application; or click here to download the form. Mail completed forms with check/money order to: Sunstar EMS Billing, P.O. Box 31074, Tampa, FL 33631-3074. For more information, read the Membership FAQs.

Special Note: Medicaid has established criteria for ambulance transports that must adhered to in order to file a claim. Eligibility for Medicaid does not guarantee Medicaid will pay for a patient’s ambulance services. Questions regarding Medicaid’s criteria should be referred to the patient’s local Medicaid Office. Transports resulting from a motor vehicle accident will require the patient to complete an automobile insurance information form that will be mailed by Sunstar Paramedics. It is important to complete this form in its entirety. Once the form is returned to Sunstar, the billing team will file a claim directly with the customer’s insurance carrier. The customer’s account will be placed on hold to allow ample time for the the claim to be processed. The remaining balance will be billed to the customer.
A Note from...
Karen Karle Truman, Ph.D.

The strange caregiving stories keep us on our toes for sure. Last week, two elderly ladies who live in an over 55 building took a cab and left the building. One elderly lady fell and was bleeding from her arm pretty badly. She had called 911 the day before and the EMS workers attended to her and bandaged her arm. When she woke up the next day, her arm was still bleeding everywhere. She called her neighbor and asked her if she would go to the ER with her in a cab! The friend said yes. So they called a cab and left the building without signing out or telling anyone where they were going. They were gone for many hours. This is a big deal. The ladies may not understand why the families are so upset about this, but it could have had a very different outcome. Our Loved Ones may not be making good decisions and fail to alert the many systems (security, sign-out sheet, family, other staff members and neighbors) that are in place to assist them. Caregiving is hard to begin with and these bad choices can often make things even harder.

Dementia Caregiver Resources, Inc.
(727) 391-9999

Follow Us on Social Media

Guardians and Healthcare professionals can exchange ideas, ask questions, seek solutions, build a network, and receive helpful info/updates through social messaging.

Dementia Caregiver Resources, Inc.
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"Better to retire before I expire" was Frank Rodante’s quote while announcing his retirement from Molina Healthcare as the company’s Community Engagement Specialist. Frank was a speaker at the 19th Annual Guardian Association Conference and his company was an exhibitor at the 20th Annual Conference. February 15 was his last day at work and soon after he and his wife plan to move to Tennessee where his son lives.

Anyone who attended our good friend Adriane Everett’s surprise bridal shower February 24th at the Palms of Largo Plaza got to see photos of her glamorous bridal dress and learned that March 4th is the wedding date at the Coral Reef Country Club in Orlando with plans to head to Costa Rico for a honeymoon. Adriane claims she is one bride who didn’t diet to fit into her wedding dress!

Dinner with a Doc: Dr. Tom Beaman will discuss diverse diagnoses for medical dementias. Thursday, March 9th, 5 - 6:30 p.m., Seasons Belleair, 11145 Ponce de Leon Blvd., Belleair. RSVP (727) 754-9797. Thursday, March 16th, 5 - 6:30 p.m., Seasons Largo, 4175 East Bay Drive, Largo. RSVP (727) 330-7898.

Brookdale Beckett Lake welcomes two new staff members: Beth O’Malley as Sales Manager and Jordan Gates who joins the Sales team as Sales Counselor.

Wednesday, March 15th: No Name Marketing Group meets at Marlin Darlin in Belleair Bluffs, 4:30 p.m. Contact Terri Yanick at (727) 403-0017.

Friday, March 17th: Sunrise Schmooze at Regal Lakes Ice Cream Parlor, 300 Lake Ave. NE, Largo. 8:30 a.m. $5 entry fee to benefit Alzheimer’s Association. RSVP to Adrianne at (727) 288-6825.

March 17 - 19th: Theatre eXceptional & The Space present Children of a Lesser God, bringing it’s brilliant mix of theatre with performance art “for, about and including adults with disabilities”. Their cast is a blend of professional actors, including deaf or hard of hearing actors. All shows will be ASL Interpreted. Sponsored by the Tampa Bay Lightning Foundation and the Deaf Literacy Center. For times, locations and prices contact Katie Wilcox at katie.mae.wilcox@gmail.com, or (727) 637-3582.

Thursday, March 23rd: Kevin Nichols of Westminster Shores invites all networkers to Westminster Shores monthly breakfast, 9:00 a.m., 125 56th Avenue S., St. Petersburg.

Friday, March 24th: Senior Living Guide is once again hosting an Education Resource Rally at Largo Medical Center. 11:00 a.m. - 2:00 p.m. Vendor tables are available. Contact Mikel Blackburn at (727) 480-8304 for a registraton form.

Tuesday, March 28th: Pacifica Senior Living is hosting a breakfast the fourth Tuesday of each month. So mark your calendar. 8:00 - 9:30 a.m. 620 Belleair Rd., Clearwater. RSVP (727) 467-9464.

Friday, March 31st: St. Petersburg College Institute for Strategic Policy Solutions, Seminole Campus, along with Maria’s Adult Day Care Center will host the 3rd Annual Caregivers Conference, “Caregivers Reality - Living with Dementia”, 8:30 a.m. - 4:00 p.m. at SPC Seminole Campus Library/Conference Center, 9200 113th Street N., Seminole. Sponsorships are available. Please contact Maria Winer at (727) 393-7711 or (727) 902-6161 for specific sponsorship information.

Saturday, April 22nd: Shred-It Event provided by ARCW Insurance at 10:00 a.m. - 2:00 p.m.. Bring your old personal papers and safely shred them in the shredding truck. 8967 Belcher Rd, Pinellas Park. Questions, call ARCW at (727) 544-8841.

June, 13 - 15th: Save the Date for Excellence in Geriatric Health Care Conference 2017, hosted by USF Health Byrd Alzheimer’s Institute. 8:00 a.m. - 4:30 p.m. at USF Embassy Suites, Tampa. For more information, call (813) 396-0659. Early bird rates through April 2017.

Among last month’s winners of the “Delivered with Heart” Awards from Griswold Home Care were several known to GAPC members. Carepartner Delivered with Heart - Mel Coppola Owner, Hearts in Care, Person Directed Training and Coaching; Family Delivered with Heart - Carole McLeod, Owner and Founder of Grief Matters; Spirit Delivered with Heart - Helen King, Area Agency on Aging of Pasco-Pinellas; Direct Care Delivered with Heart - Savannah Leduc, Residential Care Aide, Grand Villa of Largo.
There are many outstanding educational events scheduled this year, watch your newsletter for more details.

**Wed, April 19th**  
“Thinking Outside of the Box” - Suncoast Guardian Assn. Annual Seminar, Atria Windsor Woods. Contact: lorendorf1@gmail.com

**Thurs., May 25th**  
Florida Elder Law & Disability Forum, Hospice, Largo  
[Click here for information.](#)

**July 21st - 22nd**  
[Click here for information.](#)

**August 28th - 30th**  
“Imprint on Aging” - Florida Council on Aging Annual Conference, Orlando.  
[Click here for information.](#)

**Thurs., September 28th**  
Elder Concert, Boca Raton.  
[Click here for information.](#)

**October 14th - 17th**  
National Guardianship Association Annual Conference, Colorado Springs.  
[Click here for information.](#)
Often in the course of handling our day to day responsibilities we don’t stay as well informed as we should about issues which might seem minor. However, in the wrong circumstances there can be serious impact on a case, your ward or your own practice. A few current examples of such issues, both in Rule and Statute, are outlined for you below:

58M-2.001 Professional Guardian Registration and Credit Investigation.

Rule 58M-2.001 went into effect on March 1, 2017 requiring registration of all professional guardians with the Office of Public and Professional Guardians (the OPPG). If you haven’t visited the OPPG website you may not be aware the OPPG lists registered professional guardians by county and includes a field to “indicate which counties you practice” [sic] on the current Registration Form. As the Rule is new, it is yet to be seen if a registered professional guardian may be appointed in a county not included on their Registration Form as one of the counties where they practice, but a prudent professional guardian should consider listing any county in which they would consider accepting an appointment. For the moment, it appears the only limitation on which counties a professional guardian may list is personal preference.

58M-2.009 Standards of Practice.

On February 2, 2017 the official challenge to Rule 58M-2.009 filed by professional guardian Darby Jones was withdrawn with her indication the January 18, 2017 version of the Rule was acceptable absent any further significant changes. The (presumably) final version of the Rule closely resembles existing industry Standards of Practice modified to better conform to F.S. §744, but every professional guardian should familiarize themselves with the roughly twelve single-spaced pages of the standards, as the Rule is expected to be adopted in the very near future.

F.S. §744.312 Considerations in Appointment of Guardian

Whenever considering appointment as an emergency temporary guardian, every professional guardian should refresh themselves with F.S. §744.312(4), which specifically prohibits a professional guardian who serves as emergency temporary guardian from being appointed as permanent guardian with limited exception: (1) “… unless one of the next of kin… or the ward requests that the professional guardian be appointed as permanent guardian”, or; (2) “… if the special requirements of the guardianship demand that the court appoint a guardian because he or she has special talent or specific prior experience.” F.S. §744.312(5) further prohibits preference in the selection of a permanent guardian based solely on appointment to serve as emergency temporary guardian. This language was added to the statute in 2015 in no small part as recognition of complaints to the legislature from a growing anti-guardianship constituency, who identified emergency temporary guardianships instigated by professionals as a conduit to sometimes inappropriate permanent guardianships. Here in Pinellas County the Court must make specific findings of fact stating why a professional guardian was selected due to the lack of a “rotation system” governing the appointment of professional guardians, as contemplated under F.S. §744.312(4)(a).
F.S. §744.102(14) Next of Kin

Beware of any pleading which fails to properly identify next of kin. The definition of next of kin is “… those persons who would be heirs at law of the ward or alleged incapacitated person if the person were deceased…”, which means so long as the Petitioner is not the last living person on Earth someone out there is next of kin and the assertion “Next of Kin: None” will ALWAYS be untrue. Notice to next of kin is required under both F.S. §744.331(1) regarding a petition to determine incapacity and F.S. §744.3371(1) regarding a petition for the appointment of a guardian. Though the statute is worded to allow the Court to proceed in the absence of any as yet unidentified next of kin, lack of notice is a due process violation which puts all subsequent proceedings in peril of reversal. Without proper notice to next of kin the very existence of a “ward” could be reversed, along with any orders granting a professional guardian their fees or costs, so identifying next of kin and providing them notice at the earliest opportunity should always be one of a guardian’s highest priorities.

F.S. §744.441 Powers of Guardian Upon Court Approval

Every professional guardian should be familiar with the many actions they may need to take on behalf of a ward which require court approval, but two frequent issues merit review.

First, at the inception of a guardianship the disposal of obviously worthless personal property may seem to be a necessity free from any significant risks. What harm could come from clearing a hoarder’s household of accumulated “trash” or dumping the remnants of liquor from the cabinets of an alcoholic ward? F.S. §744.441(7) solely and specifically addresses the abandonment of valueless property, anything in such a condition it is of no benefit to the estate, and is an action which requires court approval. While the best practice obviously is to seek the Court’s approval in advance, as required, if circumstances dictate cleaning before an order is acquired a professional guardian should, at an absolute minimum, make a visual record, either by photograph or video, of any personal property to be disposed of, no matter how trivial. Though the worthless nature of an object may be obvious before disposal, proving the same after the object is unavailable can be a difficult proposition.

Second, while the sale of real property owned by an institutionalized ward may not seem like a complicated consideration, when the real property happens to be the ward’s homestead it would be wise to exercise a great deal of caution. The unique qualities of a homestead, including exemption from creditors’ claims after the ward’s death, are not forfeited merely due to the ward’s incapacity and should be protected with the same level of concern the ward would exercise if they were still of sound mind. Certainly, the ward’s needs are always paramount in all of a guardian’s decision-making processes, but before selling a homestead a prudent fiduciary should analyze the reasons behind the proposed sale and any alternatives which might be available to avoid the sale without negative implications for the ward’s care. What is the ward’s projected lifespan? Are other resources available to fund the ward’s...
care for the time being? What are the ongoing maintenance obligations related to the homestead? Are any of the ward’s heirs willing and able to maintain the homestead or to fund the ward’s care in order to avoid the sale of the homestead? And, of course, be sure to notice the next of kin regarding any proposed sale, including the proposed price.

Gerald Hemness is the managing attorney for the Law Firm of Emma Hemness, P.A. in Brandon, handling all of the firm’s litigation, as well as Guardian Advocacy, Guardianship, Exploitation, and Probate. He has served the elder law community as chair of both the Litigation Committee and the Abuse and Exploitation Committee of the Florida Bar’s Elder Law Section and is a frequent lecturer on issues related to guardianship, guardian advocacy and exploitation.

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.

FOODS THAT LOWER BRAIN HEALTH

We are what we eat. As we nourish our bodies, we also nourish our brains. But, sometimes what we feed our brain is not good for us.

Listed below are three categories of foods that can cause damage to our brains.

1) Butter & Margarine: these contain saturated fats which can clog arteries
2) Red Meat: too much red meat can cause oxidative damage by free radicals reducing our ability to think clearly
3) Cheese: too much cheese can actually damage the hypothalamus that helps us to regulate body temperature and weight

Courtesy of Dementia Details Newsletter
As baby boomers age, their risk of life-threatening injuries from car crashes also increases. Although car seat belts are safe and save the lives of many drivers of different shapes and sizes, they don’t always provide optimal safety for everyone.

In an effort to improve safety and reduce injury in drivers over 65, researchers from The Ohio State University Wexner Medical Center and automotive industry partners are measuring impact and injuries sustained from side car crashes involving elderly drivers who wear seat belts.

John Bolte, below, associate professor of mechanical and aerospace engineering and director of Ohio State’s Injury Biomechanics Research Center, is analyzing differences in injuries sustained from side impact car crashes to help improve safety system designs for the 36 million elderly drivers on America’s roads today.

“When seat belts were first designed about four decades ago, safety dummies tested in car crash simulations resembled the average-size male driver of 40 years old and weighing approximately 170 lbs.,” said Dr. Bolte, also principal investigator of the study.

Now, thanks to advanced technology, instrumentation and imagining, we know a lot more about the human body and its bones and how they respond to crashes than we did 20 years ago, yet researchers say the biggest obstacle that remains is human variation.

“Age is not the best predictor of how someone responds to injury. We need to move the field away from age and into something more scientifically based, such as looking at properties of the thorax or upper body to better predict how much impact is associated with certain injuries,” Bolte said.

Researchers are conducting newly designed simulations using smaller crash test dummies that are a better representation of the fragile baby boomer population. While measuring impact, they’ll also document position and properties of the upper body to better predict appropriate protection for elderly drivers.

Industry experts say that improperly fitted seat belts save lives, but also can cause injury. To a young driver, some injuries sustained during car crashes won’t always be critical. However, for an elderly driver, fractured ribs or a broken pelvis can quickly become life threatening.

“We’re hopeful our data will assist with safety design modifications to better protect the older, more vulnerable drivers,” Bolte said.

Researchers say one day individuals will have a personalized car key fob that activates a customized safety system within their vehicles and adjusts the seat belt based on their individual physiology.

Contributions by Sherri Kirk, Wexner Medical Center Public Affairs and Media Relations
Networking Breakfast
Pacifica Senior Living - Belleair

February 24th

David Menneke, our February Breakfast Speaker pictured above
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