**Calendar & Coming Events**

**APRIL 18, 3:30 P.M.**

**GAPC BOARD MEETING**
Palms of Largo - REGAL PALMS Bldg.
VERANDAH ROOM

**APRIL 18, 5:30 P.M.**

**ASSOCIATION MEETING**
“Growing Your Business”
ROUND TABLE DISCUSSION
1 CEU available
Hors d’oeuvres at 5:30 p.m.,
Palms of Largo - CYPRESS PALMS Bldg.
400 Lake Avenue NE, Largo
RSVP to Association Website:

**APRIL 28, 9:00 A.M.**

**GAPC NETWORKING BREAKFAST**
“Do’s & Don’ts Guardians Should Be Aware Of”
IRENE RAUSCH, MASTER GUARDIAN
THE OAKS OF CLEARWATER
420 Bay Ave, Clearwater 33756
RSVP to Association Website

**PANEL INFO**

“GROWING YOUR BUSINESS - A ROUND TABLE DISCUSSION”
Nicolas S. Robinson, Esq., Traci Samuel and Tina Costa

Attorney Nicolas Robinson, GAPC President Traci Samuel, and Board member Tina Costa, each having experiences to convey from their own enterprises, will share ways to help you bring out your entrepreneurial spirit and empower you with tools to make your business stand out. This will be an interactive session encouraging questions from the audience.

Bring a friend/associate and join us at Cypress Palms at Palms of Largo, 400 Lake Ave. NE, Largo, 5:30 p.m. Be sure to RSVP.

**NETWORKING BREAKFAST**

**Do’s & Don’ts Guardians Should Be Aware Of**

The more you know, the more empowered you will be. Everything you wanted to know about guardianship and were hesitant to ask, this is your chance. Irene Rausch, Master Guardian and GAPC Vice President, will be speaking at the April’s Networking Breakfast, Friday, April 28th, 9:00 - 10:00 a.m. Come with your questions.

Be sure to RSVP to the Association’s website for this informative event.
THOUGHTS FROM THE PRESIDENT...

I’m excited to see that Spring is underway, which to me is a season representing growth and new life, and that type of growth I am pleased to see happening within the Association.

As I previously announced, we have several changes planned for 2017. I have asked for your feedback regarding what YOU want from this Association. You have spoken, I have listened and now WE are acting.

Beginning May 10th, the Monthly Association Meetings will be held on the Second Wednesday of every month. The Palms of Largo, Cypress Palms Bldg. will continue to be our host and will provide a lunch from 11:30 a.m. - 1:00 p.m.. The meetings will offer 1 CEU to all Guardian Members in good standing. The meeting will continue to be open to Members and non-Members.

We will continue to hold our Guardian Breakfasts at rotating locations. Please continue to check the website for venues. The monthly breakfasts will focus on Networking and will run from 9:00 a.m.-10:00 a.m.

We have also heard from you regarding the e-newsletter which will continue to be posted on the webpage but will have a new format. This along with the above-mentioned will begin in May.

Lastly, let’s discuss the Guardian Conference which will take place Thursday, September 28th at the St. Petersburg Yacht Club where we will be “Honoring the Past and Shaping the Future”.

Stayed tuned for more exciting details and please keep your good ideas coming. This is YOUR Association and we are here to carry out your ideas.

Your President,

TRACI
Traci.Flguardianship@gmail.com
OFFICE OF PUBLIC & PROFESSIONAL GUARDIANS (OPPG)
STATEWIDE INVESTIGATION ALLIANCE (SIA)
PINELLAS COUNTY CLERK OF THE CIRCUIT COURT & COMPTROLLER,
DIVISION OF INSPECTOR GENERAL

Pursuant to section 744.2001, Florida Statutes, the Office of Public and Professional Guardians (OPPG) has the statutory and oversight responsibilities for professional and public guardians operating in Florida, and is authorized to take administrative action pursuant to chapter 120 when appropriate.

Pursuant to section 744.7021, Florida Statutes provides, in pertinent part, that the OPPG shall coordinate, to the greatest extent possible, with the clerks of court to avoid duplication of duties. On July 14, 2016, a Memorandum of Understanding (MOU) was signed between OPPG and the Clerk of Circuit Court and Comptrollers of Pinellas, Palm Beach, Lake, Okaloosa, Lee, and Polk Counties establishing the Statewide Investigation Alliance (SIA). This was done for the purpose of conducting investigations of professional and public guardians’ allegations that have violated the provisions of Chapter 744, Florida Statutes, or the standards or practice established by the OPPG governing the conduct of professional and public guardians.

During the last six months, the Pinellas County Clerk of the Circuit Court and Comptroller, Division of Inspector General (IG), has been conducting investigations of professional and public guardians, which were referrals from the OPPG. When a referral is made by OPPG involving a professional and/or public guardian in the Sixth Judicial Circuit, the IG will notify the court of the investigation. When the IG conducts the investigation, the professional and/or public guardian may receive a telephone call from the IG for further information or an explanation. When the IG completes the investigation, a report is prepared and sent to OPPG.

The IG will reach one of the following three conclusions of fact:

- Substantiated means that there is sufficient information to justify a reasonable conclusion that the allegation is true.
- Unsubstantiated means there is insufficient information to either prove or disapprove the allegation.
- Unfounded means there is sufficient information to conclude the allegation is false.

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.
My Dad died last March 2016. Sometimes it feels like yesterday, other times it feels like it was a lifetime ago. I remember the details vividly. Palm Sunday we enjoyed a great brunch and visit. The day after he went to the Hard Rock casino for some fun and enjoyed a delicious dinner. By Wednesday AM he was experiencing shortness of breath and spitting up blood. His wife called 911 and he was placed on a ventilator upon arriving at the Emergency Room.

The emergency room did reach out to his wife for consent, however she didn’t understand what type of tube they were talking about and just said “yes,” do what needs to be done.

His last few days were like riding a roller coaster of emotions. I share this story to help others avoid this situation. I have felt great sadness about my Dad’s last few days and believe my Dad experienced suffering. My Dad passed away on Easter Sunday 2016.

After my Dad was placed on the ventilator in the Emergency Room he was moved to the Intensive Care Unit. There is nothing that quite prepares you for seeing someone you love on a ventilator. A million thoughts go through your mind and you can’t help but think about how uncomfortable it must be and that you never want to be in this situation. Imaging the sensations of what a tube down your throat may feel like immediately brings gagging and nausea to my mind.

I do not feel comfortable sharing a picture of him lying in the Intensive Care Unit, with a ventilator next to him, several tubes down his throat and many IV’s connected to him along with a port in his chest to receive medications. I choose to remember how relaxed and happy he was on Palm Sunday and hope you can capture those feelings with this image of him.

While the health care providers gave constant reassurance my Dad was not feeling a thing and had no pain, it did not make me feel any better about the situation. The sadness of losing your Dad is painful and it is even a greater sadness to see the tube inside his mouth and down his throat, forcing him to breathe. It looked like it enlarged his neck, and the position of his neck and head looked awkward, unnatural and uncomfortable.

My Dad remained fairly stable the rest of Wednesday and Thursday. On Thursday he had a few seconds of his eyes opening from time to time and we would try to reassure him about what was happening. It was impossible to tell if he could hear us or could understand what we were saying. He was receiving a continuous drip of Propofol, a sedation medication. If you have ever had a colonoscopy, you more than likely were given Propofol. It did bring me some relief to have that comparison as I have had a colonoscopy and do not remember anything of the procedure. However, I also do not remember if anyone was speaking to me and if they were, what they may have been saying.

Thursday the health care providers collected more information regarding my Dad’s medical history, medications, etc…. and continued to run a variety of tests. One of the problems we struggled with was gathering his medical information. Shortly after he got remarried he changed all of his physicians to the nearby Veterans Hospital. My Dad nor his wife maintained his medical records and the hospital reported they have found it nearly impossible to access or obtain medical records from the VA Hospital. We often remind our clients it is their responsibility to maintain their health care records and encourage them to do so. Please take this suggestion and get your medical records organized today.

On Friday my Dad had a bronchoscopy and the physician reported they would attempt to start weaning him off of the ventilator to see if he could return to breathing on his own. The doctor took a few minutes

continued on page 5
to explain to us that if they were unable to wean my Dad from the ventilator the next step would be to remove the tubes in his mouth and to do a tracheotomy. Tracheostomy (tray-key-OS-tuh-me) is a surgically created hole through the front of your neck and into your windpipe (trachea) allowing for the long-term use of a ventilator to help you breathe. The term for the surgical procedure to create this opening is tracheotomy.

Please know, there is a good chance that my Dad could have avoided all of this if his wife would have presented his Living Will to the ambulance as well as if she would have refused the ventilator.

We are fortunate in our area to have our Emergency Medical Services (EMS) recognize the “Vial of Life.” You can alert EMS to find your health care documents, Designation of Health Care Surrogate, Living Will, Do Not Resuscitate form, list of medications, emergency contacts, etc…. by placing an “Orange colored sticker” on your front door or on your refrigerator/freezer in your home. This sticker informs them to look in your refrigerator/freezer for your documents. I typically recommend keeping them in a Ziploc style bag so they can easily be sighted.

On Good Friday afternoon as our family and my father’s wife gathered around him we were able to review what a Do Not Resuscitate Form involved. His wife was shocked to hear from the Doctor that the compressions are done with such force that ribs are typically broken and that there would be a significant amount of damage to my Dad’s body due to his advanced age and health status from CPR. While it was difficult for her, she agreed to sign the Do Not Resuscitate form.

On Saturday morning they tried to reduce the amount of his oxygen and the ventilator support, unfortunately it was a short-lived experience because his oxygen levels dropped too low and they immediately had to return him to the full strength of the ventilator. When the Doctor arrived to review his status he informed us that the maximum number of days safely on the ventilator was 10 days and if he was still alive he would have to have the tracheostomy. Once he would have that procedure and was stabilized he would need to relocate to a nursing home that was medically able to manage tracheostomy patients. The Doctor reported there was one nursing home in our geographical area that could provide the support needed. He said he doubted my Dad would tolerate the procedure well due to his breathing issues and congestive heart failure.

With a little prodding the Doctor then addressed Comfort Measures Only, defined as: “Comfort Measures Only refers to medical treatment of a dying person where the natural dying process is permitted to occur while assuring maximum comfort. It includes attention to the psychological and spiritual needs of the patient and support for both the dying patient and the patient’s family.”

If his wife was willing to have the ventilator (life-support) removed, my Dad would receive comfort measures only. The Doctor predicted my Dad would not breathe well on his own and stated they would administer Morphine and Ativan to make him as comfortable as possible. This was a difficult decision
for my Dad’s wife to make, however she ultimately decided it was the right thing to do.

On Easter Sunday morning we gathered at the hospital, around my Dad’s bed, and we each had our final moments with him and then the ventilator was removed. I wasn’t sure what to expect, however thought he would only survive a short period of time. After an hour or so of watching him struggling to breathe and listening to the gurgling of his lungs filling up with fluid you start to panic inside. More medications were administered and after another hour or so he passed away.

A few years ago our 15 year old Labrador “Margo” had a medical emergency. As a family we took her to the Veterinarian who said there was nothing he could do to help her survive. We all had the opportunity to hold her, and sit with her while the doctor injected medication and within two or three minutes she peacefully died.

I wish it would have been as easy with my Dad as it was with Margo. I understand these are not everyone’s wishes, but I believe it is important for everyone to understand their decisions and the “rest of the story.” Often when we are provided information regarding decisions to make we are only provided partial information or information someone thinks we can handle. It is up to us to ask enough questions to make sure we understand our decisions. There is also new vocabulary to learn, “vent,” “DNR”, “Living Will,” “CMO,” and many more.

While my Dad’s goal was live to 102 years old, the same age his mother passed away – I have no doubt he never knowingly would have wanted to have his last five days as he experienced.
Last month I provided a summary of SB 172 which would affect the dates the examining committee reports need to be submitted to the court and revising the date that the annual guardian plan needs to be filed. This bill has had several minor amendments and is progressing through the committee review process. It was read the 1st time on 3/21. The companion house bill HB399 has been placed on a Special Order Calendar. I anticipate that these bills will be passed.

Another bill that has gathered a lot of interest is HB981. This bill provides an exemption from public records requirements for individuals who file a complaint against a guardian and the ward that is the subject of the complaint. Certainly the privacy of all individuals involved in a complaint should be protected. And, there should be a presumption of innocence until there is proof of wrongdoing. The bill does not however, extend this exemption to the guardian. And it includes a section that presumes the guardian will retaliate against the complainant! The following section is particularly objectionable and should be removed from this bill:

(creates) 744.2111 Confidentiality

Section 2. (2)(a) The legislature finds that the release of identifying information about a complainant and ward could cause unwarranted damage to the reputation of such individual, especially if the information associated with the individual is inaccurate. Furthermore, if the complainant and ward are identifiable, public access to such information could jeopardize the safety of such individuals by placing them at risk for retaliation by the professional guardian against whom a complaint has been made.

As you are aware anyone can file a complaint against a guardian whether it is warranted or not. The Office of Public and Professional Guardians has the responsibility to investigate the complaint and to take action against guardians who have acted inappropriately. If the guardian is guilty, OPPG will take action. Until the complaint has been investigated and resolved, guardians deserve to have the same right to privacy as the complainant and the ward.

To view all bills before the Florida Legislature, visit https://www.flsenate.gov. Please contact your legislators to request the addition of guardians to this bill and to request deletion of Section 2. (2)(a).
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Our residents enjoy outstanding food, beautiful outdoor walkways and gardens, and a robust activities program tailored to their needs.
Our speaker, Sheri Gruden, left from Suncoast PACE,

Cypress Palms, Largo

MARCH 21ST
Remembering Gregg Rose
by Lise Fields, Volunteer Coordinator,
Ronald McDonald House of Tampa Bay
and VAD member

Gregg, who recently passed away at 60 years of age, was a Director at the Retired and Senior Volunteer Program of Pinellas & Pasco Counties. He was responsible for staffing volunteers at over 100 local agencies. I worked more closely with him through the Volunteer Director’s Association of Pinellas County of which he was president.

The VAD represents the not-for-profit agencies in Pinellas County, holding monthly educational and networking meetings as well as a well-attended conference each fall. Gregg fostered relationships with volunteer directors and administrators in neighboring counties.

Under his leadership, our association has flourished! We average 25-30 member agencies year to year. The knowledge that is gained from participating in this organization has been exceptional and often is the only training that local volunteer coordinators receive. The networking gives everyone the benefit of hundreds of years of experience and life-long friendships.

Without Gregg at the helm, I can’t imagine that anything like this could be remotely possible. He will be missed.

Gregg Rose

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.

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As you make plans for the future, it’s important to recognize the possibility you may need long-term care. In fact, the latest statistics show that close to one in seven of us will have to pay for long term care at some point in our lifetimes. Including this cost in your budget is a major financial consideration, as most health insurance policies don’t typically cover these expenses.

You can prepare for the potential cost of long-term care in two ways: by incorporating these costs into your budget and “self-insuring,” or by transferring all or a portion of the risk to an insurance company. Ways to insure for long-term care costs have developed over the years – there are now solutions which serve a dual purpose, as life insurance and long term care coverage. There are even policies which allow for a full refund of your unused premium.

Knowing the benefits and trade-offs of the different types of long-term care solutions can help you determine the right choice for you and your family.

**INCORPORATE LONG-TERM CARE INTO YOUR BUDGET (SELF-INSURING)**

Paying for long-term care costs out of pocket provides you the most flexibility in choosing care providers. However, it could jeopardize your financial goals and may be costly, especially depending on how you receive your care. The median annual rate for home health aide services is over $45,000, but the median annual cost for a private nursing home room is $87,600.* With the average nursing home stay lasting more than 2.5 years, you would need to budget more than $219,000 in today’s dollars for nursing home care. That also wouldn’t include the potential effects of inflation.

**Insure for Long-term Care**

Should you want to use an insurance company, you can choose either traditional long-term care insurance or life insurance with long-term care benefits.

**Traditional Long-term Care Insurance (LTCi)** – With traditional long-term care insurance, you pay premiums to an insurance company in exchange for coverage of long-term care services, if needed. Policies and costs can vary dramatically based on a variety of factors, such as your age, health, type and location of care, the amount of coverage, and if there is long-term care cost inflation protection. However, premiums are typically not fixed and can rise with the cost of care. Also, LTCi premiums must be paid to keep the policy in force, even if you don’t end up needing long term care.

**Life Insurance with Traditional Long-term Care Benefits** – In contrast to traditional long-term care insurance, many newer life insurance policies with options will allow you to use the death benefit instead to pay for long-term care, should you need it. If you never need long-term care, the death benefit will pass, tax free to your beneficiaries.

**Hybrid Life/Long-term Care Insurance** – Can provide long-term care coverage in excess of your Life insurance death benefit. Should be considered when primary need is long-term care. Some policies allow for the full refund of premium.
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.

JOIN NOW!

GAPC IDENTIFICATION BADGE ORDER FORM

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

__________________________
Name on badge
(Title will read Professional Guardian)

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Shipping address

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City, State, Zip

__________________________
Email or phone

NEW DEADLINE!

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

MAKE SURE YOU STAY CONNECTED...

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www.touchingheart.scom/northpinellas
March 31st

Pictured at right is our March Networking Breakfast Speaker Thomas Aydelott, Chief Instruction, Regional Development for C.O.B.R.A. Self Defense Systems.

Pictured directly below at right is our Breakfast host, Alan Martinez, Marketing Director for The Princess Martha.
Linda Chamberlain told us about two of her Favorite Apps and Technology for the over 50 crowd. See what you think...

**The Yunmai Scale and app.** Each day I weigh myself. It syncs with my phone and allows me to see my weight and my Body Mass Index measurement.

**iHealth Blood Pressure Cuff.** This cuff is easy to use independently and syncs automatically with your iHealth App. It maintains a graph of your blood pressure and documents the date and time allowing you to see trends. Good or bad.
When it comes to treating Alzheimer’s or other types of dementia, you may never have considered aromatherapy. New studies suggest that alternative and holistic therapies such as aromatherapy may yield positive effects for those who suffer from the Alzheimer’s.

**Jillian’s Tips:** My favorite oils for stimulating blood flow and helping with mental clarity include Rosemary, Lemon and Peppermint. Use these oils in the following methods to reap their many benefits.

1. **Scalp Application:**
   - Apply a few drops directly onto the scalp before a shower or bath; gently massage into scalp; leave on for 5 to 10 minutes and then shampoo out.
   - Apply a few drops into your shampoo and conditioner every morning. Great for use in leave in conditioners!

2. **Aromatherapy Jewelry:**
   - Place a few drops into an aromatherapy pendant or bracelet of choice.

   Stainless Steel and Sterling Silver Aromatherapy pendants are of a higher quality and will not show wear and tear from the essential oils on the pendant like a played metal alloy or other less expensive metal. Lava rocks have become recently more popular and they come in all colors, shapes and sizes. Relatively inexpensive, the natural lava rock itself is porous and you can apply a few drops of any essential oil directly onto its surface.

   Keep in mind when choosing various lengths and Styles that Necklaces which are longer than 20 or so inches in length and that are not positioned directly underneath the nose, offer very little therapeutic value, as the scent will be too far away from the nose and mouth for you to breathe in the benefits.

   For children and The elderly this is a safe and easy way to benefit from the use of essential oils. It’s very easy for any adult to apply a few drops to the cotton felt pad or lava rock inside the pendant and then close. You basically can just add the drops in, wipe off any excess and forget about it...just breath normally.

3. **Room Diffuser:**
   - Put a few drops into a cold ultrasonic room diffuser of choice to permeate an entire room and help several individuals at once. Amazon offers a wide variety of an expensive aromatherapy diffuser’s. You don’t need the most expensive diffuser but you do need a good ultrasonic cold diffuser where the oils are not burned by a candle or heat source destroying the beneficial chemical constituents in the oil.

4. **Cotton or Salt Aromatherapy Inhalers:**
   - These are convenient and small enough to carry in your pocket and take with you anywhere you go. perfect if you don’t want to use any jewelry, but would like to receive the benefits of essential oils on the go. I prefer the use of salts in a vial versus cotton. Cotton just seems to dry out more easily and requires more oils initially. I add salts to a little glass vial to protect the oils inside as well. You can shake up the bottle and unscrew the cap and just breathe to enjoy the benefits of the oils and then recap and use anytime as needed. These are great for older children-adults. Use either Celtic salt’s or pink Himalayan salt’s with any essential oil blend you’d like to use: this is the most economical way as well because the oil’s are trapped in the bottle and do not evaporate as quickly as if the oils were exposed like in a piece of jewelry. They are also great for use in situations of heavy congestion.

   If you’d like to find out more about Aromatherapy Inhalers and my famous Mind Clarity Blend, you can find more information [HERE](#).
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*Varies depending on community.

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LargoSeniorLiving.com
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 contributions 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.

### Membership Request

**Membership Year: January 1 through December 31  MEMBERS PAYING NOW ARE GOOD THROUGH DECEMBER 2017!**

**Membership Application:**  
- [ ] New  
- [ ] Renewal  
Date: ______________________

By joining the GAPC you are affirming that you have read the GAPC bylaws and the adopted Code of Ethics from the National Guardian Association. The GAPC Bylaws and NGA Code of Ethics are available on the Association website: www.GuardianAssociation.org

<table>
<thead>
<tr>
<th>Membership Level</th>
<th>Fee</th>
<th>Description</th>
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<tbody>
<tr>
<td>Guardian</td>
<td>$45.00</td>
<td>(must be a Guardian or take the State Guardian Competency Exam)</td>
</tr>
<tr>
<td>Affiliate</td>
<td>$60.00</td>
<td>(Non-guardian, Individual)</td>
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<tr>
<td>Corporate</td>
<td>$75.00</td>
<td>(company is owner of the membership, includes two members, transferable between employees)</td>
</tr>
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**Heard about us / Referred by:** (required) ________________________________

**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 ____________________

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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 Preferred.** For more information contact: 517-256-0403 or 813-409-7446.