

Local Features

Tequesta Terrace Assisted Living hosts Martin Schreiber

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Tequesta Terrace Assisted Living was honored Feb. 26 to host a special presentation and book signing with former Wisconsin Gov. Martin J. Schreiber.

He visited the senior living community to speak about the demands of caring for a loved one living with Alzheimer's.

Schreiber shared lessons from his journey as a caregiver for his wife Elaine, who has Alzheimer's disease. He candidly described his challenges and missteps, and highlighted how compassion and humor can provide comfort for both the caregiver and the loved one living with dementia.

'My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver'

The discussion included details from his award-winning book, "My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver."

The presentation even included time for attendees to ask questions and purchase signed copies of "My Two Elaines." Net proceeds from the purchases were donated to the Alzheimer's Association to promote Alzheimer's caregiver support.

Like many thrown into the heart-breaking Alzheimer's world, Schreiber knew little about the disease at first. In the beginning, he found it disturbing that even health care providers didn't know the degree to which Alzheimer's affects those with the debilitating condition, in addition to the effects on caregivers and family members.

"If Alzheimer's is bad, ignorance of the disease is worse," Schreiber said.

"Ignorance of the disease keeps you from fully understanding the needs of the person who is ill. While difficult, there comes a time when the caregiver must let go of expectations and misconceptions to enter the world of the person who is - and no longer hold onto the per-



Martin Schreiber, pictured with wife Elaine Schreiber, recently spoke at Tequesta Terrace Assisted Living, in Tequesta. CONTRIBUTED PHOTO BY MARTIN SCHREIBER

son that once was in the past. Understanding about dementia allows for improved quality of life for everyone."

A guide for families and a love story

Throughout his presentation, Schreiber provided caregivers with the information they need to learn, cope and survive.

He wrote "My Two Elaines" after realizing that while there are innumerable resources available to caregivers about Alzheimer's, there are few from the perspective of someone who understands the journey ahead.

"My Two Elaines" is a guide for Alzheimer's families and caregivers as well

as a love story which spans more than 60 years.

Schreiber's wife Elaine was diagnosed with Alzheimer's disease 13 years ago, and since then he has worked tirelessly to be a caregiver and loving spouse to someone who no longer recognizes him.

He refers to the woman with whom he fell in love in high school, married, raised a family and ran political campaigns as his first Elaine, and today's sweet, sensitive woman who remembers nothing about their past as his second Elaine.

He speaks about the need for caregivers to build support systems and self-care regimens, which are among the things he failed to do early on.

Tequesta Terrace Assisted Living

Tequesta Terrace Assisted Living is located at 400 N. U.S. 1 in Tequesta (near Jupiter in northern Palm Beach County). It is situated near the water, shopping, restaurants, and other services. Not only does Tequesta offer 24-hour nurse staffing, but is within minutes of additional physician offices and medical care - including Jupiter Medical Center, Palm Beach Gardens Medical Center, and Martin Memorial Hospital. For more information, please see Tequesta Terrace's web page located at www.terracecommunities.com.

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