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USA

AMERICA'S 'SHOP LOCAL' PREMIER PAPER

LAKEWOOD RANCH / UTC

OCT 2023 / NOV 2023

PRE-VETTED TRUSTED BUSINESSES

ISSUE 98



Founders Ken and Diana with their five children, four married, and four of their eight grandchildren.

***“Diana and I proudly bring you local businesses you can trust.”***

*“Day in and day out, our team researches and meets with local businesses the community loves. We go a step further and pre-vet each one (see pg. 4) to discover local businesses you and I could trust our grandmothers with. And, to make it easy for you to choose, we select no more than two businesses per category. Experience the feeling of a brighter day when choosing to ‘shop local’ with the wonderful businesses of Hometown News USA.”*

## TOWN SQUARE ADULT DAY CENTER, UNIVERSITY PARKWAY

**John And Catherine McDermott Offer A Wonderful Place To Bring Your Aging Loved One During The Day, Giving Them And Their Caretaker Time Apart For A Much-Needed Break, Connection, And Recreation!**

BY MOLLY RENE

Your dad just had another great day! And when he has a great day, you have an even better one. Six months ago, you weren't sure if having a “good day” was just a thing of the past—for both of you. Between your loaded work schedule, Dad's dementia diagnosis, and the growing pressures of his care, it had become difficult for the two of you to really enjoy each other's company. You were at your wit's end when you saw an ad for Town Square Adult Day Center.

Intrigued, you stopped by on your way home from work and were



*With extensive activities and cognitive stimulation for those needing memory care, along with emotional support and respite for caregivers, Catherine and John McDermott have created a place that is life changing for many in our community.*

absolutely blown away. It was like walking into a mini town, complete with a barbershop, a classic car parked inside, and a little movie theater. After speaking to the staff about your dad's needs, you immediately knew this place would be life-changing.

See **“TOWN SQUARE ADULT DAY CENTER, UNIVERSITY PARKWAY”** on page 48.

## DISCOVER SARASOTA TOURS

**Tammy Hauser Offers 16 Unique And Exciting Trolley Tours Engaging Theater And History To Help You, Family, And Friends Celebrate The Rich Culture Of Sarasota!**

BY MOLLY RENE

You never thought you would find yourself wearing a clown nose or a fake beard on a trolley in downtown Sarasota, especially as actors belt out a musical number while you're trying to solve a “whodunit” mystery. But here you are, and it's the best time you've had in ages! You had previously gone on one of Discover Sarasota's daytime architecture tours, and it was a relaxing experience

where you learned more about the different styles of architecture in Sarasota while leisurely cruising in a trolley.



**At Discover Sarasota Tours, Tammy Hauser has created 16 interactive, entertaining, air-conditioned tours that are enjoyable for all ages.**

After departing that tour, the guide told you about their wildly popular Murder Mystery Musical Tour. It sounded like a blast and unlike anything you had ever experienced, so you and your sister booked your tickets. Boy, oh boy, are you glad you did!

See **“DISCOVER SARASOTA TOURS”** on page 52.

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**"TOWN SQUARE ADULT DAY CENTER, UNIVERSITY PARKWAY"**  
Continued from pg. 1

From day one, your dad had loved going to the center, where he can engage in activities that stimulate his brain while you can relax knowing that he's in good hands. To have found a facility that not only has a thorough understanding of the phases of your dad's illness but also a supportive staff that understands your struggles has been an indescribable gift. You feel validated for the first time in a long time, and you have a new sense of hope knowing that you have a village of support to love and care for your dad the way he deserves to be cared for ... even when you can't be there.

**Ushering In A New Chapter**  
Catherine met her to-be husband when they were both very young. They went on their first date 41 years ago and have been married for 36 years. Their next chapter together was deciding to combine their strengths to provide medical care

for cognitive diseases. A friend of Catherine's told her about the need for memory care in the Sarasota area, and they made the decision to relocate from Connecticut.

"When we first moved to Florida, we started our medical practice and psychiatric practice," Catherine says. "I am a psychiatric mental health nurse practitioner, and John was a business owner. So, we started our practice to treat and help patients in assisted living and memory care."

With their expertise in the field, they began to notice a great need in these communities for additional support. "The biggest challenge we have seen is between husbands and wives. The spouses either have to move their loved ones into assisted care or continue to care for them at home. It is very difficult for these caregivers to be there for 24-7 care, but also just as difficult to be away from them full-time."

Members and their caregivers get the best of both worlds with Town Square. "Town Square is a brand-new franchise, and we are



Led by John and Catherine McDermott, Town Square Adult Day Center offers caring support and helpful resources to those with dementia and their caregivers.

the seventh location nationally. The idea for Town Square is to provide cognitive stimulation for members with a mental or physical impairment and give respite to the caregiver. The stress of caregiving is so strong. This isn't just old age. Dementia is a disease, and it comes with a host of other changes that go along with it that make it 10 times harder to care for someone who is just a little forgetful. Town Square offers a place to bring their family member where

they can get cognitive and physical stimulation. The member comes to the facility and is engaged, while the caregiver knows that their family member is cared for."

But John and Catherine have worked to provide more than just a place for the patients. They also offer resources and support groups for the caregivers and other family members. "The support groups have been phenomenal. We used to do them once a month, but they

have become so popular we now do it twice a month. It's really a time when people can come together and share their experiences."

In addition to running the facility, John and Catherine founded a non-profit to help individuals with dementia and their families with financial support. "Our non-profit is called *All 4 The Members* because it really is for all the community members. Our mission statement is to help people in the community who are struggling due to cognitive impairment, whether they need a walker, transportation, or adult daycare. One of the things we do to help fund the non-profit is that we charge additional fees at Town Square for haircuts and showers, but that money doesn't go to us. It goes to the non-profit to help other people. Not everyone has the funds or resources to help care for their loved ones facing this illness, and we want to try to give back to help those who need it."

In a community with a large population of elderly, having

access to resources for memory care is of the utmost importance. With Town Square Adult Day Center, John and Catherine are doing all they can to provide that. "This is a terrible, terrible disease with one trajectory, and we really want to help make things easier and make families not feel alone."

**Truly A Blessing**

Lance Wilson is the full-time caregiver for his mother and needed some help for those days he is at work.

"It made sense to try to find somewhere for her to go when I'm not home, but we didn't really find anything that met her needs. But with Town Square, I just got a good feeling about her being there. I am a very faith-driven person, and I had prayed to God about it, so it was just a really good feeling. They were still building out the space when I started talking to them, and they invited me to see the place. It seemed great, so we decided to try it out and see her

reaction. Since she has been there, it has been phenomenal. The staff is so caring, professional, and warm, and they treat everyone as if they are the only ones there.

"She usually goes on Tuesdays, Wednesdays, and Thursdays, and I think it's good for her. She gets a lot of socialization instead of being home alone, and she is usually in good spirits when I pick her up. They also have additional resources on site like doctors and extensive activities that truly are a Godsend."

**Improved Life**

Katelyn Smith needed help with her dad, someone who could really understand his situation and needs.

"A lot of people in the general public don't know how to react to someone with a brain illness like Dad's, and sometimes it can be awkward. But at Town Square, they know how to interact, and everything is always a positive experience there.

"Town Square functions as a

small town. They offer a lot of resources not only for the clients but for the clients' families. When a loved one gets a diagnosis of dementia, you have to go out on your own to find resources because most people are uninformed about the phases of the disease.

"Town Square has nursing, primary care, and a psychiatrist. They will cut his hair and even bathe him if he needs that done, and that's a huge help. So many places just put them in front of a TV, but they have so many activities here. He is really happy when he goes there. He is enriched. They are so great, and they have improved our quality of life."

**Town Square Adult Day Center University Parkway is located at 8450 Lockwood Ridge Road in Sarasota, 34243. For more information, please call 941-277-5048 or visit their website at [www.townsquare.net/adult-day-care/florida/university-parkway](http://www.townsquare.net/adult-day-care/florida/university-parkway).**

**REMY'S ON MAIN**  
BRADENTON'S Best THE PEOPLE'S CHOICE BRADENTON HERALD 2022 WINNER

*"What a fantastic experience!"*  
"Besides the food being top quality and appetizing, the owners, Larry and Barbara, and the wait staff were welcoming and kind. It was nice to see the owners so involved with the customers, and every single dish Barbara recommended was delicious. It was refreshing to visit an establishment where people are actually smiling, conversing, and enjoying each other's company."  
- Janine L.

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**Adult Day Care Services Focused On Reminiscence & Health**

**FREE HEALTH EXPO Saturday, October 14th from 10 AM to 4 PM**

Our services are **FREE to Veterans** who qualify for aid and assistance. That includes free breakfast, free lunch, free medication management, activities and entertainment.

**Town SQUARE ADULT DAY CENTER**  
University Parkway

8450 Lockwood Ridge Road  
Sarasota, FL 34243  
**941-277-5048**

Catherine & John McDermott

*"They take really good care of my wife—it has been a great experience!"*  
"My wife has dementia and I do volunteer work, so this is a great place for her to go out and do different activities while I'm volunteering. She is getting so much out of it. My grandkids visited her there and they had so much fun, they didn't want to leave! They take really good care of her and the experience has been great." - Steve London

[www.townsquare.net/adult-day-care/florida/university-parkway](http://www.townsquare.net/adult-day-care/florida/university-parkway)