

**“ MY MOTHER WAS  
DIAGNOSED WITH  
ALZHEIMER’S AT**

**59 YEARS  
OLD**

I didn't know then where to turn for help. Today, I support Alzheimer's San Diego so that no one else has to feel alone like I did and together we can find a cure! ”

**MARY MURPHY**

*SO YOU THINK YOU CAN DANCE  
CHOREOGRAPHER*



**alzsd.org**

**858.492.4400**

**Serving ALL of  
San Diego County!**

*Inside the Fall Issue...*

» Walk4ALZ

» Program Calendar

» Why Support  
Alzheimer's San Diego?

» Holiday Caregiver Tips

» Dance Class with  
Mary Murphy!



From the CEO  
*Mary Ball*



Dear Friends,

I want to thank you for your loyal support as we near the end of our first year as a truly local organization.

Building on 30 years of commitment to our local community, we are proud to be pioneering a future for Alzheimer's and dementia caregiving that responds to the urgent needs of today. A future where no one is afraid to ask for help and where we treat people, not a disease.

When you support Alzheimer's San Diego, **100% of your donations stay right here in San Diego** to support individuals and families affected by a dementia diagnosis. **Thank you!**

While the Alzheimer's Association is advertising a San Diego Chapter, understand that their 800-number operators are located in Chicago and cannot provide the same local expertise as Alzheimer's San Diego's local staff.

**At Alzheimer's San Diego, all of our services are free of charge.** Families have the

opportunity to call our helpline or meet in person with a social worker, attend classes, workshops and support groups right here in the community. We work closely with the San Diego County Sheriff's Department to ensure the safety of someone who wanders.

**I see clearly that great things are ahead for Alzheimer's San Diego.** In the eight months since becoming an independent local organization, calls, program participation, family meetings with social workers and awareness of who we are and what we do are all dramatically up.

**It's never too early or too late to ask for and get our help,** to become a Alzheimer's San Diego supporter, or to become an advocate for good care. We are here for all San Diegans. We are here for you.

Warmly,

*Mary Ball*

Mary Ball, President & CEO

# Your Support Matters...

## Why Give to Alzheimer's San Diego?

### We're 100% Dedicated to San Diego County

100% of donations support free programs and services delivered in San Diego County by San Diegans.

### We Know Our Community

Every month our social workers see and talk to more than **1000** caregivers and individuals looking for help and we have nearly **1,200 attendees to our free classes, activities and support groups.** We provide more than **500 hours of free respite** to families who desperately need a break.

### We Provide Access to Care

Our social work team have deep and long-standing relationships with San Diego community partners including diagnostic centers, hospitals, nursing homes, case managers, assisted living facilities, day care programs, legal and financial advisors and home care providers.

### We're The First Port of Call

Our Early Stage Services provide unique specialized programs for those in the early stage of dementia who don't know where to start after receiving their diagnosis.

**Questions? Call Gloria Baker at 858.966.3307**

## Help us help San Diego!

### We all live in hope for a world without Alzheimer's.

But until that day comes, the most important thing we can do is provide caregivers with the training, resources and the support they need to care with confidence and make today a little bit brighter.

This is our time to care. Every mother. Every father. Every child. Every San Diegan.

## Give Today!

1. Fill out the attached **remit envelope** and mail in a check or credit card donation
2. Go online to **alzsd.org/donate**
3. Call us! **858.492.4400**

Your tax-deductible gift will fund vital programs and services to improve the lives of thousands of San Diegans who are impacted by Alzheimer's today and fund critical research to find a cure tomorrow! Tax ID 47-5534541



## Education Calendar

All Classes & Workshops  
are offered FREE of charge!

REGISTER  
[alzsd.org](http://alzsd.org)  
858.492.4400

Classes with no address listed are held at our office:  
Alzheimer's San Diego - 6632 Convoy Court, San Diego, CA 92111

## Dementia & Brain Health:

### Understanding Dementia

A class designed for anyone who wants to know more about memory loss, Alzheimer's disease and other types of dementia, how to get a diagnosis, and important next steps.

- » **Thurs. 10/13 • 4:00 - 5:30pm**
- » **Thurs. 10/27 • 10:00 - 11:30am**
- » **Tues. 11/8 • 2:00 - 3:00pm**
- » **Sat. 12/10 • 10:00 - 11:30am**

### Entendiendo la demencia - en Español

- » **Tues. 10/4 • 10:30am - 12:00pm**  
Chula Vista Public Library  
389 South Orange Avenue, Chula Vista, CA 91911

Clases en español están disponibles para grupos de la comunidad que las soliciten.

### The Latest in Alzheimer's Research

As the impact of Alzheimer's disease increases, efforts to find effective methods for prevention, treatment, and a cure are gaining momentum. Learn the latest updates, and get information about clinical trials.

- » **Wed. 10/19 • 10:00 - 11:30am**
- » **Thurs. 11/17 • 10:30am - 12:00pm**  
Rancho Santa Fe Library  
17040 Avenida de Acacias, Rancho Santa Fe, CA 92091

### Maximizing Brain Health

Aging well means taking care of your brain, as well as the rest of your body. Learn the risk factors for dementia, and how to reduce your risk of cognitive decline through some simple lifestyle changes.

- » **Wed. 10/5 • 2:00 - 3:30pm**  
Rancho Santa Fe Senior Center  
16780 La Gracia, Rancho Santa Fe, CA 92067
- » **Wed. 11/23 • 11:00am - 12:00pm**  
Jewish Family Service North County  
Inland Center at Temple Adat Shalom  
15905 Pomerado Road, Poway, CA 92064

### Signs & Symptoms

Are you worried about memory loss? Understand normal aging, the warning signs of Alzheimer's disease, and important next steps you can take if you're concerned about yourself or someone you know.

- » **Thurs. 10/20 • 1:00 - 2:30pm**
- » **Sat. 12/3 • 2:00 - 3:30pm**  
La Mesa Library  
8074 Allison Avenue, La Mesa, CA 91942

Not sure where to start?  
Call us! 858.492.4400

# Caregiving Essentials:

## Communication, Behavior Management and Self-Care

Learn new techniques for effectively communicating with a person experiencing memory loss, managing challenging behaviors and personality changes, and practices for self-care.

- » **Wed. 10/12 • 2:00 - 4:00pm**
- » **Sat. 11/12 • 10:00am - 12:00pm**
- » **Tues. 12/20 • 10:00am - 12:00pm**

## Skills and Techniques for Care at Home

Practical tips for assisting with tasks such as bathing, meals, and getting dressed. Learn to safely incorporate more physical and social activity into daily routines to maximize quality of life. Offered in partnership with the SDSU Adaptive Fitness Clinic.

- » **Thurs. 12/8 • 10:00am - 12:00pm**

## (NEW) How to Talk About Memory Loss

With the holidays approaching, difficult family conversations may be ahead. Should I mention my concerns about recent memory changes? How do we talk about getting more help? Who will bring up the subject of driving? Whether you are making decisions about current needs, caregiving from a distance, or just thinking ahead about the future, join us to learn how to set yourself up for success, and to approach challenging discussions with more confidence.

- » **Thurs. 11/10 • 10:00 - 11:30am**  
Point Loma Library  
3701 Voltaire Street, San Diego, CA 92107
- » **Mon. 11/14 • 1:00 - 2:30pm**  
Grossmont Healthcare District  
Conference Center  
9001 Wakarusa Street, La Mesa, CA 91942
- » **Wed. 12/7 • 2:00 - 3:30pm**  
Rancho Santa Fe Senior Center  
16780 La Gracia, Rancho Santa Fe, CA 92067

**Register at: [alzsd.org](http://alzsd.org) | 858.492.4400**

## FREE CONFERENCE

IN PARTNERSHIP WITH SHARP HEALTHCARE

*Saturday, October 29<sup>th</sup>*

### “Keeping Your Brain Healthy”

Join us to hear what the latest research tells us about ways to reduce the risk of dementia; from diet and exercise to managing depression and sleep. Whether you are concerned about yourself or caring for someone with dementia, you will learn valuable information about keeping your brain healthy.

**When:** Saturday, October 29, 2016

*Registration: 8:30am*

*Presentations: 9:00am - 12:00pm*

**Where:** Sharp HealthCare System Auditorium  
8695 Spectrum Center Blvd, San Diego, CA 92123

**RSVP: [alzsd.org](http://alzsd.org) or 858.492.4400**

## Safety Concerns:

### Safety at Home

Six out of 10 people with dementia will wander. Learn how to reduce the risk of wandering, and how the use of GPS technology and other local resources can help ensure a faster return home for those who become lost. Review important home safety tips to reduce the risk of injuries, falls, and medication errors.

- » **Tues. 10/11 • 2:00 - 4:00pm**
- » **Tues. 12/13 • 10:00am - 12:00pm**

### Driving and Memory Loss

Dementia causes memory and visual changes that impact the ability to drive safely. Learn about methods for evaluating driver safety, transportation resources, and tips for having difficult conversations about driving, and keeping everyone safe.

- » **Mon. 10/17 • 10:00am - 12:00pm**

# Planning Ahead:

## Learning to Live with Early Stage Dementia

A class designed for individuals with early-stage memory loss and their care partners to learn strategies for coping with daily challenges, enhancing safety and well-being, and planning for the future.

» **Wed. 10/19 • 4:00 - 6:00pm**

## Legal and Financial Basics

Legal and financial planning is essential for those living with, or caring for, a person with a progressive disease. Learn from local estate planning and elder law experts about getting key legal documents in place and planning ahead for the costs of future care needs.

» **Tues. 10/18 • 10:00am - 12:00pm**

San Luis Rey Valley United Methodist Church  
5570 Old Ranch Road, Oceanside, CA 92057

» **Thurs. 10/27 • 4:00 - 6:00pm**

*\*Special thanks to San Diego Elder Law Center*

» **Thurs. 11/30 • 1:00 - 3:00pm**

## Memory Care Options

Is it time for more help? Learn about the range of options, including in-home care, day programs, and residential care so that you can make informed decisions about care, placement, and accessing community services.

» **Fri. 10/21 • 10:00am - 12:00pm**

Scripps Miramar Ranch Library  
10301 Scripps Lake Drive, San Diego, CA 92131

» **Fri. 11/18 • 1:00 - 3:00pm**

San Rafael Parish  
17252 Bernardo Center Drive, San Diego, CA 92128

» **Thurs. 12/15 • 10:00am - 12:00pm**

## Preparing for the Late Stage

Learn what to expect as Alzheimer's disease progresses, new ways to connect and communicate, and options for late-stage care, including hospice and palliative services.

» **Thurs. 12/1 • 1:00 - 3:00pm**

# Special Programs:

## Confessions of a Caregiver

Join us to hear the real, honest truth about caring for a person with dementia, and have your questions answered by a panel of family members who have been in your shoes. Ask them how they've handled difficult situations, what strategies work for them, or just how they make it through the day.

» **Thurs. 10/6 • 1:00 - 3:00pm**

## Living in the Moment: Improvisation for Caregivers

"Improvisation" is the process of responding or developing a solution to a problem without preparation, the art of making it up as you go. In this informative and interactive workshop held in partnership with improvisation instructors at Yes Living, caregivers will learn new techniques for responding to a person with dementia who is experiencing confusion or disorientation, by letting go and joining them in the moment. Play and laughter will also be explored as essential tools in caregiver self-care.

» **Tues. 12/6 • 10:00am - 12:00pm**

## THANK YOU!

*Special thanks to our education sponsors,  
Home Instead and Silverado.*



## Interested in Sponsorship?

*Call Shelita Weinfield today and learn more!*

**858.966.3302**

REGISTER AT: 858.492.4400 - ALZSD.ORG



# Sign up to Walk!

## alzsd.org/walk4Alz

### BALBOA PARK

### OCEANSIDE PIER

October 15 @ 8AM

October 22 @ 4PM

*Presented by SDG&E*

*Presented by Tri - City Medical Center*

Walk4ALZ is San Diego's favorite Alzheimer's Walk to raise awareness and funds for local families impacted by Alzheimer's disease, as well as critical research for a cure.

San Diegans have been walking at Balboa Park and Oceanside Pier for more than 30 years and we can't wait to walk with you this October!

Come walk with thousands of your fellow San Diegans. By joining us your will be joining the local movement to fight Alzheimer's disease right here in our backyard and support friends, families and San Diego!

*Together we...*

**Walk4FAMILY - Walk4FRIENDS**  
**Walk4SAN DIEGO - Walk4THE FUTURE**



# 100%

of every dollar raised stays in San Diego!

**Get your Walk T-shirt!**

(Raise \$50 or more)



**QUESTIONS? CALL US!**  
858.966.3319



# 10 Tips FOR CAREGIVING DURING *The Holidays*

Don't just survive this holiday season...Thrive! Call us 858.492.4000

*The holidays are full of fun, family and tradition, but for some caregivers and people living with dementia, they can be incredibly stressful.*

**1. Give Yourself Permission to Say “No”**

Downtime is key for both you and your loved one. Don't be afraid to save some time just to relax and enjoy each other.

**2. Avoid Crowded and Noisy Places**

Try to prioritize smaller and more low-key events that won't add to confusion or stress.

**3. Manage Sugar and Alcohol Intake**

Sugary foods can lead to behavioral issues. Also, avoid alcohol which can lead to depression and increase the risk of falls.

**4. Prepare Out-of-Town Guests**

Let visiting family and guests know that the individual may not remember them and explain any known behavioral issues.

**5. Maintain Routines**

Try to keep your loved one on a similar routine so that holiday preparations do not become disruptive.

**6. Involve Your Loved One in Holiday Preparations**

Decorating cookies, hanging decorations, setting the table,

and even wrapping gifts are some examples of things people with dementia can do to help celebrate the holidays.

**7. Join a Support Group**

The holidays can be a tough time for caregivers and people who are in the early stages of dementia. Support groups are a great way to connect to others who understand what you are going through.

**8. Be Creative in Giving Gifts**

Think through safe gifts that a loved one can use and ask people to purchase those gifts. Also, never be afraid to ask people for their help rather than a physical gift.

**9. Keep Traditions Alive and Well**

Just because a loved one may not remember past traditions does not mean that you can't continue to honor them.

**10. Trust Your Instincts**

You know more than anyone else how much you as a caregiver and a loved one can handle without feeling overwhelmed.

## *Did you know?*

We have nearly **40 support groups** meeting in person throughout the County, providing a lifeline for hundreds of caregivers and individuals with dementia.

## *Why Attend?*

*By attending a group you will have the opportunity to:*

- » Understand you are not alone in the daily struggles of caring for someone with Alzheimer's disease or another dementia.
- » Connect with a group of your peers.
- » Learn from other caregivers who understand what you are going through.
- » Develop new coping strategies.
- » Find comfort, strength and hope in a compassionate and safe environment.

**For more information, please call Rebecca De Campos at 858.966.3303**





# Alzheimer's SAN DIEGO

# Meet our Team!!!



Serving San Diego from San Diego

## WHY CONTACT US?

**No matter where you are on your caregiving journey, it is never too early — or too late** — to talk to the professionals at Alzheimer's San Diego. Whether you have a suspicion that something might be wrong with a family member or friend or whether you've been struggling on your own for years caring for someone who has dementia, don't be afraid to ask for help. You don't have to travel this road alone.

## LOCAL & INDEPENDENT

Late in 2015, the **former local chapter separated from the national Alzheimer's Association** because their plan to consolidate all local chapters into a single organization run out of Chicago, would jeopardize the programs and services this community has relied on for decades.

In the eight months since we became an independent and truly local organization, calls, program participation, family meetings with social workers, and, most importantly, awareness of who we are and what we do are all dramatically up.

## GIVE TO YOUR COMMUNITY

We believe in local dollars, supporting local needs. Give today and 100% of every dollar will stay in San Diego to help San Diego. [www.alzsd.org](http://www.alzsd.org) | 858.492.4400

## FREE PROGRAMS & SERVICES

- » Classes & Workshops
- » Meet with ALZ Experts
- » Support & Discussion Groups
- » Activities: Art, Music, Exercise
- » Social Outings
- » FREE Respite & Companionship
- » Support for Recently Diagnosed
- » San Diego Research & Trials

## FAST FACTS:

<b>+ 62K</b>	<b># 3</b>	<b>+ 150K</b>
LIVING WITH ALZHEIMER'S IN SAN DIEGO	CAUSE OF DEATH IN SAN DIEGO	SAN DIEGANS CARING FOR A LOVED ONE

## Did you know?

When you call Alzheimer's San Diego for help, you are talking to a social worker right here in San Diego.



## *“Alzheimer’s San Diego gives 100 families a free GPS Device through their Wandering Prevention Pilot Program” - August 2016*

**6 in 10 people with dementia will wander** at some point. Many people do not realize how common wandering is for someone with dementia and that it is in fact life threatening.

Lauren Baltzell-Adams was one of 100 Individuals who was given a FREE GreatCall device through the Alzheimer’s San Diego Wandering Prevention Pilot Program, which was **funded by a \$10,000 County grant recommended by Supervisor Greg Cox and the Board of Supervisors.**

Lauren’s mother-in-law Joan (pictured wearing her device on the right) was diagnosed with Alzheimer’s disease a year and a half ago.

Though Joan has never wandered off more than getting lost for a few minutes in a department store, Lauren understands that there is a very real possibility that Joan will wander away some day and she will not be able to find her on her own.

*“Our family had a close call with my grandfather who disappeared and the police found him wandering on the highway... It’s scary. It’s a reminder that it doesn’t always end well.”*

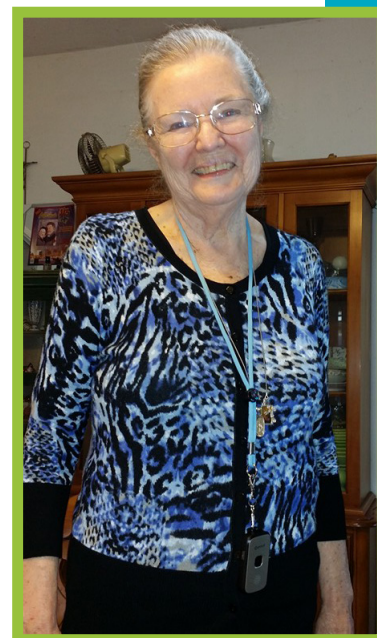
**The Wandering Pilot program was launched with support for San Diego County Sheriff’s Department** who is responsible for the search and rescue of lost individuals with memory loss.

*“For every minute that goes by, that person has made another turn and gone another mile. So, we want the call early,” said Lt. Michael Knobbe.*

GPS may not be the right fit for every individual or situation, but we are proud to have the opportunity to break down the financial barrier that prevents many families from trying the technology route.

**Everyone living with Alzheimer’s disease or any form of memory loss is at great risk for wandering and the consequences can be deadly.**

This program is just one example of our commitment to educating local families about dementia-related safety and to giving them the tools they need to keep their loved ones safe.



*Joan Adams showing off her new device*

**Concerned about wandering?  
Call us today! 858.492.4400**

## *Do-It-Yourself Fundraising!*

Jon McKee pedaled across the country and with our help and support raised nearly \$30,000 dollars to support local families and research for a cure.

***What will you do? Host a golf tournament?  
Whip up a bake sale?***

Jon proved that there is no one way to raise money for a cause you are passionate about. Let us help you bring your idea to life and through our peer-to-peer online fundraising system. It will be easy and fun to get the word out to your friends and family and will help you raise money online. Check out our website or call us to get started! **[www.alzsd.org](http://www.alzsd.org) | 858.492.4400.**



*Jon starting his ride from ALZSD on May 20, 2016*

# Concerned about memory loss?

Schedule your FREE Memory Screening today!

858.492.4400

We are proud to partner with Sharp Mesa Vista Hospital to offer FREE memory screenings to individuals who are worried about memory loss or would like to establish a baseline, so that future changes can be detected.

**When:** Thursday, November 16, 2016

**Where:** Alzheimer's San Diego  
6632 Convoy Court, San Diego, CA 92111

**Time:** 10:00AM - 2:00PM

15 minute appointment

## What is a Memory Screening?

A memory screening is a wellness tool that helps identify possible changes in memory and cognition.

*Make an appointment for you or a loved one and take control of your future!*

**Special thanks to our partner!**

**SHARP** Mesa Vista Hospital

## Eat, Drink & Be Merry

Holiday Open House – December 13<sup>th</sup>  
Alzheimer's San Diego

It has been an incredible first year as an independent local organization. We are so thankful for the outpouring of support so many of you have shown us. We hope that you will stop by our office for some holiday cheer and to celebrate a wonderful year in the fight against Alzheimer's disease.

*More information coming soon! Please check [alzsd.org/events](http://alzsd.org/events)*

# GIVE THE GIFT OF SUPPORT, HELP AND HOPE THIS HOLIDAY SEASON!

100% of your gift stays in San Diego



**ONLINE**  
[alzsd.org](http://alzsd.org)



**MAIL**  
Alzheimer's San Diego  
6632 Convoy Court  
San Diego, CA 92111



**CALL US**  
858.492.4400

## Other ways to give:

- » Give Monthly
- » Give in Tribute - Ask about our tribute web pages!
- » Matching gifts
- » Corporate Giving
- » Payroll Dedications
- » Donate a Car
- » Host a DIY Fundraiser
- » Walk with us!  
10.15 & 10.22

**Not sure where to start?** Call Gloria Baker today, and she will walk you through all your options and answer any questions you may have. 858.966.3307

Please make sure checks are made payable to:  
**Alzheimer's San Diego**

Are we listed correctly on your planned giving documents?  
**Tax ID 47-5534541**

## Planning your legacy

As you consider your goals for the future, we hope that you will explore ways to continue your support of Alzheimer's San Diego through a planned gift in your will or estate plan.

Many of these gifts will not only further the work of our organization, but will also feature benefits to you, such as tax savings or increased income in your retirement years.

**Questions? Interested in learning more about your giving options? Call Gloria Baker today at 858.966.3307.**



Activities and outings are designed for individuals with dementia to enjoy with a care partner, family member or friend.

**10:00am - 11:30am - For locations, please visit [alzsd.org](http://alzsd.org)  
To RSVP, please contact Tracy Erlandson, MSW at 858.966.3292**



## 1<sup>ST</sup> & 3<sup>RD</sup> FRIDAY: Memories in the Making

Memories in the Making® is a unique program that encourages persons with Alzheimer's disease or another dementia to express themselves, share memories and connect with others through art.



## 2<sup>ND</sup> FRIDAY: Music Centered Wellness

A class designed for relaxation, memory exercises, self-expression, socialization and fun through music. This class is led by an experienced music therapist and uses therapeutic techniques to improve social, emotional and physical well-being.



## 4<sup>TH</sup> FRIDAY: Movement & Motion

Staying physically active is an essential part of a healthy lifestyle. With movements and exercises led by Kinesiologists, classes will focus on balance, stretching, maintaining strength and overall physical health.

*Offered in partnership with the SDSU Adaptive Fitness Clinic.*



## 2<sup>ND</sup> & 4<sup>TH</sup> THURSDAY: Social Outings

Explore the community, stay active and connect with others living with Alzheimer's disease or another dementia. We offer a variety of fun outings at exciting locations throughout San Diego.

**Don't Miss – September 22<sup>nd</sup>**  
Special dance class at Mary Murphy's  
Champion Ballroom Academy!

## Support for the Recently Diagnosed

### TakeCharge!

Living Well with Dementia

Take Charge is a specialized 8-week program designed to help you, your friends and family understand what to expect, how to plan for the future and connect with others on the same journey.

*\*Offered in the Spring, Summer, Fall & Winter*



Join others who understand what you are going through for support, information and education. Two sessions meet at the same time in different rooms; one for those with MCI or dementia and the other for their care partners.

*\*Offered twice monthly on Fridays.*

**For more information or to enroll, please contact:  
Kelly Rein, MSW: 858-966-3291**



6632 Convoy Court  
San Diego, CA 92111  
858.492.4400

[alzsd.org](http://alzsd.org)

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San Diego, CA

Did you  
know?

San Diego is an epicenter for Alzheimer's research & is home to premier research institutes.

## Local Research Studies

*These clinical trials are actively looking for participants*

### Sharp Health Care Clinical Research

- Mild Cognitive Impairment - The purpose of this study is to see if the drug BAN2401 reduces the amount of amyloid protein in the brain and if it has a benefit on a person's cognitive (mental) status.
- Mild Alzheimer's - The Navigate AD study - The purpose of this study is to see if the drug LY3202626 slows the progression of Alzheimer's.
- Mild Alzheimer's - The DAYBREAK study - The purpose of this study is to see if the drug LY3314814 slows the progression of Alzheimer's.
- Prodromal Alzheimer's - The purpose of this study is to see if the drug Solanezumab slows the progression of Alzheimer's.

For more information call Mark Dobrina at 858-836-8350 or visit [www.sharp.com/hospitals/mesa-vista](http://www.sharp.com/hospitals/mesa-vista)

### Synergy Research Centers

- A study for Alzheimer's patients who are also dealing with agitation. The patients can remain on their medications for the treatment of Alzheimer's and then will be given the study medication or placebo for the treatment of the agitation.
- A study for the treatment of mild to moderate Alzheimer's and is comparing study medication to placebo.

For more information call 888-619-7272 or visit [www.synergyresearchcenters.com](http://www.synergyresearchcenters.com)

### Excell Research

- Study for individuals with mild to moderate Alzheimer's disease who have been on a stable dose of 10mg of Donepezil.
- Study for individuals with Early Onset Alzheimer's disease (or individuals suffering from memory problems but without a diagnosis of Alzheimer's).

For more information call 760-758-2222 or visit [www.excellresearch.com](http://www.excellresearch.com)

### The Research Center of Southern California

- Starbeam Study: This study evaluates a potential new treatment for mild-to-moderate Alzheimer's disease. Participants may receive an investigational treatment, designed to help improve memory, thinking and reasoning.

For more information call Estela Soto at 760-732-0557 or visit [www.neurocenter.com](http://www.neurocenter.com)

### UCSD Department of Psychiatry

- Alzheimer's Caregiver Study: This study investigates whether providing caregivers with coping tools will lower physiological markers related to heart disease. All study visits conducted in-home.

For more information call 858-534-9479

### Pacific Research Network

Pacific Research Network (PRN) is a clinical research facility that specializes in examining new, investigational medications for the treatment of Alzheimer's disease. With over 250 clinical research trials completed over the last 35 years, we are still looking for answers. If you or someone you know is interested in participating in a clinical research study or would like a no-cost memory exam, we are currently looking for volunteers for six AD trials.

For more information call 619-294-4302 or visit [www.PRNSD.com](http://www.PRNSD.com)

### UCSD Shiley-Marcos Alzheimer's Disease Research Center

- A4: Anti-Amyloid in Asymptomatic AD: This trial will assess solanezumab (an antibody that helps the body rid the brain of beta amyloid) on persons with no symptoms of Alzheimer's.
- Cognitive Aging Longitudinal Study: The purpose of this study is to learn how the brain changes as we age. This is an observational study with no medication. It involves behavioral, medical and cognitive data collection and testing, as well as a neurologic exam. For individuals over the age of 65, with or without a diagnosis of dementia.
- EMERGE - Biogen (BIB037): This study will evaluate the efficacy and safety of Aducanumab (BIB037) in persons with early Alzheimer's disease. This drug is being evaluated to determine whether it can remove the amyloid plaques and slow the progression of symptoms in early Alzheimer's.

For more information call 858-822-4800 or visit [www.adrc.ucsd.edu](http://www.adrc.ucsd.edu)

Learn More:  
[alzsd.org](http://alzsd.org)  
858.492.4400