

“ **THE PERSON AFFECTED  
 WITH ALZHEIMER'S  
 IN MY  
 LIFE IS **MY  
 MOM.****

She's been slowly deteriorating.  
 It's just crushing. What can you say?  
 You see someone you love  
 lose their sense of self. ”

**TONY HAWK**

*Professional Skateboarder*



**alzsd.org**

**858.492.4400**

Serving ALL of  
 San Diego County!

*Inside this issue...*

» Walk4ALZ

» Education  
 Calendar

» Tips for Summer  
 Safety

» Local Research  
 Trials



From the CEO  
*Mary Ball*

**Alzheimer's San Diego is the heart of Alzheimer's care and cure.** We know there is no one-size-fits-all approach to dementia caregiving.

Our education and support programs, help ease the emotional, physical, psychological, and financial burdens of managing the disease, while we treat each individual and family with dignity and compassion.

Alzheimer's San Diego has deep local roots in the diverse County we call home. Our partnerships with local government, community leaders and world-renowned researchers are stronger than ever.

It is our greatest hope that together we will help build a community where the stigma of an Alzheimer's or dementia diagnosis no longer forces families to retreat, but instead helps them to reach out and ask for help. **I am grateful for your support!**

Sincerely,

*Mary Ball*

Mary Ball  
President & CEO



## Know Your Charity

Alzheimer's San Diego is an independent tax-exempt organization under Section 501(c)(3) of the Internal Revenue Code (Tax ID number 47-5534541) and your gifts are tax deductible to the full extent of the law.

# 100%

of your donation will stay in San Diego!

## Local & Independent!

Alzheimer's San Diego is **NOT** affiliated with:

- » Alzheimer's Association
- » Alzheimer's Association San Diego/Imperial Chapter
- » Alzheimer's Drug Discovery Foundation
- » Alzheimer's Foundation of America (AFA)
- » Bright Focus Foundation

**alzsd.org**  
858.492.4400



**Balboa Park: Oct. 15 | Oceanside Pier: Oct. 22**

**Walk4ALZ** is the ONLY Alzheimer's walk in San Diego where **100% of funds raised stay in San Diego.**

Look for the BLUE & sign up to walk at local landmarks you have loved for years.

### Balboa Park: October 15

Registration & Festival: 6:30AM  
Walk Start Time : 8AM

### Oceanside Pier: October 22

Registration & Festival: 2:30PM  
Walk Start Time: 4PM

**Sign up today!**  
[alzsd.org/walk4alz](http://alzsd.org/walk4alz)

### Signing up is easy & FREE!

1. Visit [alzsd.org/walk4alz](http://alzsd.org/walk4alz)
2. Fill out the registration form
3. You will receive a confirmation email with instructions to setup your fundraising page.

### Need Help? Have Questions?

Call our Walk Hotline at 858.966.3319 and we will help you sign up!



# 100% of funds raised stay in San Diego!



All Classes  
Are FREE!

**SUMMER**  
JUL . AUG . SEPT

2016

**REGISTER**  
**alzsd.org**  
858.492.4400

# Education & Programs Calendar

## **Alzheimer's** | **SAN DIEGO**

Meet our local ALZ experts & get your questions answered

### Understanding Dementia

Learn about memory loss, Alzheimer's disease and other types of dementia, how to get a diagnosis, and important next steps.

**Sat. 7/9 • 10:00 - 11:30am**

Alzheimer's San Diego  
6632 Convoy Court, San Diego, 92111

**Thurs. 8/4 • 1:00 - 2:30pm**

Alzheimer's San Diego  
6632 Convoy Court, San Diego, 92111

**Fri. 8/19 • 10:30am - 12:00pm**

Border View YMCA  
3601 Arey Drive, San Diego, 92154

**Thurs. 9/22 • 12:30 - 2:00pm**

JFS University City Older Adult Center  
8804 Balboa Avenue, San Diego, 92123

**Mon. 9/26 • 5:00 - 6:30pm**

Alzheimer's San Diego  
6632 Convoy Court, San Diego, 92111

### Entendiendo la demencia En Español

**Fri. 8/12 • 10:30am - 12:00pm**

Border View YMCA  
3601 Arey Drive, San Diego, 92154

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

### Brain Health as You Age

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.

**Thurs. 7/7 • 4:00 - 5:30pm**

Crest Branch Library  
105 Juanita Lane, El Cajon, 92021

**Thurs. 7/28 • 12:45 - 2:15pm**

Temple Emanu-El  
JFS College Avenue Center  
6299 Capri Drive, San Diego, 92120

### Signs & Symptoms: Is This Normal, or is it Alzheimer's?

Understand normal aging, the warning signs for Alzheimer's disease and the important next steps if you are concerned about yourself or someone you know.

**Wed. 8/17 • 12:30 - 2:00pm**

Congregation Beth Israel  
JFS University City Older Adult Center  
9001 Towne Centre Drive, San Diego, 92122

**Tues. 9/13 • 10:00 - 11:30am**

Foothills United Methodist Church  
4031 Avocado Blvd., La Mesa, 91941

 **Alzheimer's**  
**SAN DIEGO**

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# Legal and Long Term Care Benefits Planning

*When the diagnosis is dementia*

Join experts from Alzheimer's San Diego and San Diego Elder Law Center to learn the essentials of legal and financial planning, understand what key documents you should have, and what options are available to help pay for long-term care.

**WHEN:** Saturday July 16, 2016

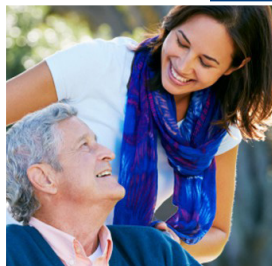
**TIME:** Registration: 8:30 AM  
Presentations: 9:00 AM - 12:00 PM

**WHERE:** Skyline Church  
11330 Campo Road, La Mesa, CA 91941

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

*Special thanks to our sponsor Home Instead Senior Care*

**SAN DIEGO  
ELDER LAW  
CENTER**



Sign Up Today!

**Free conference in partnership  
with San Diego Elder Law Center**

## Caregiving Essentials: Skills for Communication, Behavior Management, and Self-Care

Caring for a person with dementia is a journey and it helps to know what to expect. This class provides caregivers with practical techniques for communication, managing behaviors and personality changes, and practices for self-care.

**Fri. 7/15 • 10:00am - 12:00pm**

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

**Wed. 8/3 • 6:00 - 7:30pm**

Gloria McClellan Senior Center  
1400 Vale Terrace Drive, Vista, 92084

**Thurs. 8/18 • 1:00 - 3:00pm**

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

**Sat. 9/24 • 10:00am - 12:00pm**

Alzheimer's San Diego  
6632 Convoy Court, San Diego, 92111

## Caregiving Skills and Techniques for Care at Home

As a person with dementia experiences cognitive and physical changes, caregivers are often challenged by providing assistance. Learn how to safely assist with daily tasks, as well as how to maximize quality of life. Offered in partnership with the SDSU Adaptive Fitness Clinic.

**Tues. 8/16 • 2:00 - 4:00pm**

Alzheimer's San Diego  
6632 Convoy Court, San Diego, 92111

## Confessions of a Caregiver

Caring for someone with dementia can be challenging, exhausting, and leave you wondering if you're doing the right thing. Join us to hear the honest truth, 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.

**Fri. 7/29 • 1:00 - 3:00pm**

Alzheimer's San Diego  
6632 Convoy Court, San Diego, 92111

## Care & Support Options for Caregivers

Is it time for more help? Get an overview of care options, including day programs, memory care, help at home, Medi-Cal and more.

**Wed. 7/6 • 6:00 - 7:30pm**

Gloria McClellan Center  
1400 Vale Terrace Drive, Vista, 92084

**Wed. 8/10 • 2:00 - 3:30pm**

Rancho Santa Fe Senior Center  
16780 La Gracia, Rancho Santa Fe, 92067

**Tues. 9/20 • 10:00 - 11:30am**

Alzheimer's San Diego  
6632 Convoy Court, San Diego, 92111

**Home Instead**  
SENIOR CARE  
*To us, it's personal.*

**SILVERADO**  
lives enriched

**THANK YOU!**

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

## Learning to Live with Early Stage Dementia

A special class for individuals with early-stage dementia and their care partners to learn strategies for coping with daily challenges, enhancing safety and wellness, and planning for the future.

**Wed. 7/13 • 1:00 - 3:00pm**

Alzheimer's San Diego  
6632 Convoy Court, San Diego, 92111

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## Behind the Wheel: Cognitive Decline and Driving

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.

**Tues. 8/9 • 2:00 - 4:00pm**

Alzheimer's San Diego  
6632 Convoy Court, San Diego, 92111

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## Preparing for the Late Stage

Learn what to expect during the advanced stage of Alzheimer's disease and explore options for care and support.

**Thurs. 9/8 • 1:00 - 3:00pm**

Alzheimer's San Diego  
6632 Convoy Court, San Diego, 92111

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## Safety and Independence at Home

Home safety is important; get practical tips on reducing the risk of injury, fall prevention, medication safety, and reducing the risk of wandering.

**Wed. 9/14 • 12:00 - 1:30pm**

Point Loma Community Presbyterian Church  
2128 Chatsworth Blvd, San Diego, 92107

## Advanced Care Planning: Legal & 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.

**Wed. 8/3 • 10:00am - 12:00pm**

Alzheimer's San Diego  
6632 Convoy Court, San Diego, 92111

**Thurs. 9/15 • 4:00 - 6:00pm**

Alzheimer's San Diego  
6632 Convoy Court, San Diego, 92111

## Special Workshops!

### Maximizing Your Brain Health

Everyone wants to know the best way to stay healthy and reduce their risk of dementia. This two-hour workshop will focus on the lifestyle habits associated with healthy aging. Join us for an informative and interactive discussion led by Alzheimer's San Diego and a local integrative Chinese Medicine Practitioner.

**Mon. 8/15 • 4:00 - 6:00pm**

Alzheimer's San Diego  
6632 Convoy Court, San Diego, 92111

### Safety at Home and in the Community

A few minor adjustments at home can mean more years of independence and quality of life. This interactive workshop provides practical tips for reducing the risks of injuries, preventing falls, and reducing dementia-related wandering. Participants will take home a free home safety kit, enter to win a free enrollment in Medic Alert San Diego. Taught by experts from Alzheimer's San Diego and Seniors' Choice Home Improvement Specialists.

\*Seating is limited and pre-registration is required.

**Wed. 8/31 • 1:00 - 3:00pm**

Grossmont Healthcare District Conference Center  
9001 Wakarusa Street, La Mesa, 91942

**Special thanks to Grossmont Healthcare District!**

Mom arrived  
for dinner  
at midnight.

It's never too early  
(or too late) to talk  
about Alzheimer's  
support.

Call us, we can help!  
**858.492.4400**

FREE & Confidential  
**alzsd.org**

- » Education Classes
- » Family Care Consultations
- » Support & Discussion Groups
- » Social Activities
- » ALZ Companions Respite
- » Early Stage Support

**100%** of donations stay  
in San Diego!

»»» **FUN!** «««

**FRIDAYS!**

**Join us every Friday for a different social activity!**

All activities are offered FREE and are available  
to individuals with dementia to attend with  
a family member or caregiver.

**Activities are held at Alzheimer's San Diego**

**10:00 - 11:30am**

6632 Convoy Court, San Diego, 92111



**1<sup>st</sup> & 3<sup>rd</sup> Friday:**

**MEMORIES IN THE MAKING**

**2<sup>nd</sup> Friday:**

**MUSIC CENTERED WELLNESS**



**4<sup>th</sup> Friday:**

**MOVEMENT & MOTION**

**More Info & RSVP:**

Tracy Erlandson, MSW  
858.966.3292

**Donate & 100% stays in San Diego**



**ONLINE**  
alzsd.org



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



**CALL US**  
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- Corporate Giving
- Payroll Deductions
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- Bequests

**Learn More:**

**Gloria Baker**  
858.966.3307  
gbaker@alzsd.org

# Beat the Heat!

Learn more at:  
**alzsd.org**  
858.492.4400

## Be a summer savvy caregiver!

Summer is a time of fun and relaxation, but for seniors, especially those with Alzheimer's or another dementia, the heat and sun can be dangerous.

### Stay Hydrated

People with dementia may not feel thirsty or ask for a drink. Encourage them to drink frequently and avoid alcohol and caffeine as these drinks may contribute to dehydration.

### Limit Sun & Heat Exposure

Stay indoors or in the shade during the hottest parts of the day. When outside, remember to wear sunscreen and consider a hat.

### Dress for the Weather

It may be hard for someone with dementia to choose weather-appropriate clothing. Put away winter clothes and make sure cool summer clothes are easily available to them.

### Be Mindful of Wandering

The summer months have the highest incidents of wandering as the heat can lead to increased confusion and restlessness.

### Here are some tips to reduce the risk of wandering:

1. Make sure your home is secure and always provide supervision.
2. Know your neighbors and ask them to keep an eye out.
3. Increase physical activity. Even a simple walk around the block may decrease agitation and restlessness.
4. Provide visual cues. People with dementia may forget where they are, even when inside their own home. A sign on a door that says "stop" or "do not enter" can be enough to prevent wandering.
5. Avoid busy places that can cause confusion; be aware of noise and activity levels and be sure basic needs are met.
6. Consider using a GPS device or ID bracelet.
7. Sign up for the San Diego County Sheriff's Take Me Home registry at: [sdsheriff.net/tmh](http://sdsheriff.net/tmh)



**Companion Volunteers** provide in-home breaks to caregivers in the form of social visits with their loved one who has Alzheimer's disease. Volunteers do not help with any physical or personal care.

Volunteers spend time with individuals who have dementia & provide:

- **Companionship** – encouraging reminiscing about the past or enjoying a movie together.
- **Socialization** – engaging in activities such as games, listening to music or gardening.
- **Supervision** – ensuring their safety while their caregiver is absent.

Contact: Adrianna McCollum: 858.966.3296

More questions about safety or wandering? Call and talk with an ALZ Expert: 858.492.4400

6632 Convoy Court  
San Diego, CA 92111  
858.492.4400

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San Diego, CA

Did you  
know?

Alzheimer's disease is the **third-leading cause of death** in San Diego and has **no treatment or cure.**

September 10<sup>th</sup>  
10am-12pm

# DATE WITH A CURE

University of San Diego  
Shiley Theatre

FREE opportunity to hear from leading scientists about cutting-edge Alzheimer's research and drug discovery projects happening in San Diego! [alzsd.org/events](http://alzsd.org/events)

## How do we make an impact on local research for a cure?

- » **WE FUND** critical local research and drug discovery projects that might otherwise go unfunded.
- » **WE COLLABORATE** with world-renowned research institutes, local government and community leaders to combine resources to accelerate research.
- » **WE EDUCATE** the community about the latest findings and provide local classes, workshops and conferences.
- » **WE CONNECT** San Diegans with local clinical trials taking place around San Diego County.

## 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.synergysresearchcenters.com](http://www.synergysresearchcenters.com)

### 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

The UC San Diego Shiley-Marcos Alzheimer's Disease Research Center is enrolling persons with and without memory problems for a wide array of observational studies and clinical drug trials.

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

### The Research Center of Southern California

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



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