

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

The Heart of Alzheimer's Care + Cure

— 2017 —

IMPACT REPORT



Letter from Shelita



Dementia is a difficult disease to navigate — I know many of you reading this have experienced the challenge

firsthand. I am grateful for all that you do on behalf of the nearly 65,000 San Diegans living with Alzheimer's disease and other dementias, and for investing in our life-changing work to make their journey a little bit easier.

In our second year as a local and independent organization, Alzheimer's San Diego reached more than 32,000 San Diegans through our innovative programs and services. I'm proud to lead such a

talented staff, including expert social workers with more than 82 years' of combined experience. I hope this report illuminates the work we do to support local families dealing with dementia, and to advance research for a cure. Most of all, I want to thank you for being such a strong supporter. Thousands of San Diegans are more prepared in the face of this terrible disease — and more hopeful — because of you.

With gratitude,

Shelita Weinfield
President

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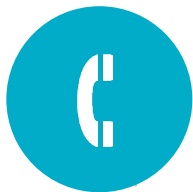
Susan Guerra

Dennis Schoville

Marty Levin

Derrick Walsh

A LOOK BACK AT 2017



JANUARY
10,000th Caller

Our social work team took the 10,000th call for help and support



MARCH
Launched New North County Program at Tri-City Wellness Center



MAY
Visionary Women Luncheon & Auction

First-time event featuring Mary Murphy from "So You Think You Can Dance"



JULY
ALZ Companions Respite Program Turns 3!

Program Highlights

In 2017, Alzheimer's San Diego...

HELPED
 ≈ **32,000**
 San Diegans through our
 free programs and services

9,475
 one-on-one sessions with
 our expert social workers

7,341 
 people reached at
211 community education classes

216
 people took control of a
 new diagnosis through our
 early-stage programs

 **754**
 Support & Discussion
 Group meetings with
5,446
ATTENDEES

1,971
 attendees at weekly social
 activities and outings

5,273 **HOURS**
 of weekly in-home
 respite to give
 exhausted caregivers
 a much-needed break



AUGUST
SD Rides4ALZ

First annual 100-mile motorcycle ride
 to raise money for Alzheimer's
 support and research



SEPTEMBER
A Celebration of Courage & Hope

We honored a local physician, researcher, advocate
 and caregiver at this evening event



SEPTEMBER
Date With A Cure
Alzheimer's Research Forum



OCTOBER
Walk4ALZ — 3,000+ attended

CALL US AT 858.492.4400

VISIT US AT ALZSD.ORG

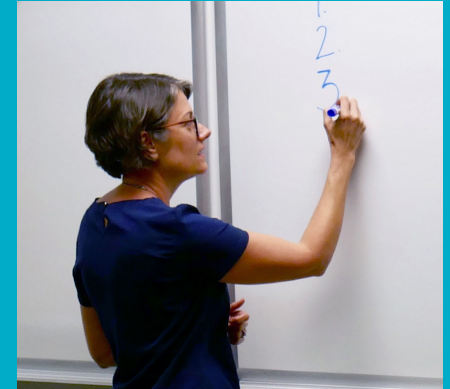
Your Dollars in Action



Respite

“ We adore our volunteer, she is so precious and perfect for my husband. It’s giving me such a nice little break on Saturday morning that I needed so badly. And he is so comfortable with her. We could not ask for a more perfect match! Love her! ”

The ALZ Companions program is powered by dedicated volunteers. They provide free in-home respite care each week so that family caregivers can take a break without sacrificing peace of mind.



Education

“ So much helpful information — a real education! Amy explained information with enthusiasm and knowledge to make this presentation digestible and (for lack of a better word at this time) fun. ”

Our education program sets caregivers up for success, teaching everything from practical caregiving skills to legal and financial basics. Our classes also help people living with dementia learn strategies for coping with daily challenges of the disease.

Early Stage

“ I have never been more impressed with an organization — Alzheimer’s San Diego has so much to offer. The Take Charge series was life-changing for us. ”

Our early-stage programs are designed to empower people in the beginning stages of dementia and their families. Specifically, **Take Charge**, a 5-week dementia crash course, provides both education and support through a network of families going through the same journey.



Thomas and Lynn Shaw say they don’t know how they would navigate a young-onset Alzheimer’s diagnosis without programs like Take Charge.



Social Work Support

“ Thank you for your support during this difficult time. I appreciate your thoughtfulness, care and the many resources/ information you’re giving to help in our time of transition. I’m so grateful. ”

Our team of eight social workers are available for one-on-one support both in person and over phone. They provide vital guidance to families trying to navigate this disease every single day, and help them develop care strategies that meet their unique needs.

Social Activities & Outings

“ My mother-in-law’s mind is stimulated, and she can see that she can still create art. She also enjoys the socializing. It is a very positive environment for the both of us :). ”

Our social activities help people living with dementia and their caregivers stay active and connected with the community. There’s music, art, dance, laughter and so much more! These activities and outings focus on the person and experience — not the disease.

Support & Discussion Groups

“ My support group is the lifeline for both my husband and myself through the extensive information I receive at each meeting and through the affirmation of my feelings and the concern and love I feel. ”

These aren’t your typical support groups. By emphasizing sharing and discussion, we provide much-needed support to families — and practical strategies to move forward.

Research

“ I may not be a scientist, but I can still help find a cure. That’s why I signed up for a clinical trial. ”

We help advance research for a cure by funding San Diego research grants and connecting hundreds of people with local clinical trials. We also hold educational events throughout the year like Date With A Cure, our annual Alzheimer’s research forum.

Giving the Gift of Respite

200 families, 12,000 hours...and we're just getting started

We created the ALZ Companions respite program with a simple goal in mind: to give families caring for people with dementia a break for a few hours each week. Since it launched in 2014, your support has connected qualified volunteers with 200 local families and provided more than 12,000 hours of respite care. In fact, it's grown to become the largest free, in-home dementia respite program in the nation!

Anita Hedman is currently caring for her mother, who has Alzheimer's. She says getting matched with an ALZ Companion to help out a few hours a week has been life-changing.

"Taking care of my mom is the hardest thing I've ever gone through," Anita explains. "Some days are so long, so challenging, it's truly a gift to have someone come in and volunteer. In the world we live in, time is so precious... the fact that someone comes in and gives of herself is so special."



PICTURED: Respite volunteer Celeste (right) was matched to help caregiver Anita (left), whose 91-year-old mother has Alzheimer's disease. To read the full story about their moving journey together, go to alzsd.org.

WAYS TO VOLUNTEER

There are so many ways you can give back to help thousands of families impacted by dementia in San Diego.

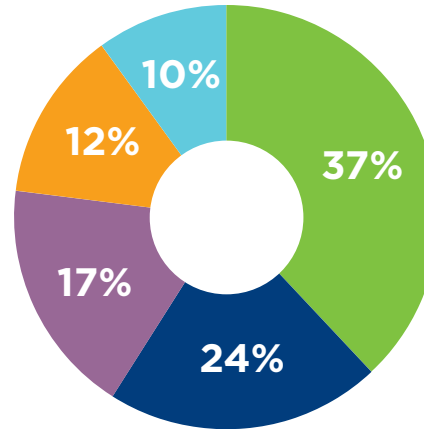
- ALZ Companion (respite)
- Education and Outreach
- Support Groups
- Marketing/Communications
- Special Events
- Receptionist
- Office Help
- Walk4ALZ 2018

To learn more, go to alzsd.org/volunteer

2017 Financials

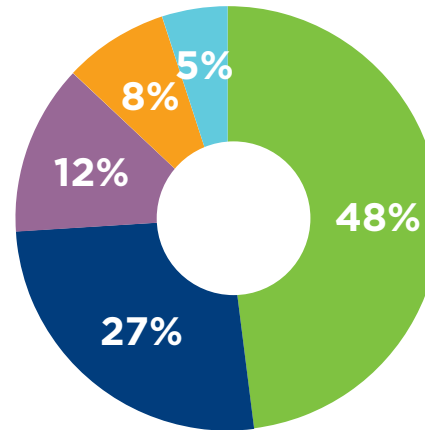
Revenue & Support:

● Walk4ALZ and Other Events	\$1,188,295
● Grants	\$795,385
● Individuals	\$556,764
● Major Gifts	\$396,000
● Estates and Trusts	\$325,960
TOTAL	\$3,262,404



Expenses:

● Family Support	\$1,181,396
● Education & Outreach	\$644,254
● Fundraising	\$301,063
● Research Grants	\$195,000
● Administration	\$125,122
TOTAL	\$2,446,835



WE VALUE OUR VOLUNTEERS

In 2017, 330 volunteers contributed more than 11,500 hours valued at:

\$327,290

Calculated at \$28.46 per hour (independentsector.org)





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San Diego, CA 92111

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Make a Lasting Impact

*Support local families today,
help find a cure for tomorrow.*



**Set up a
monthly donation**



**Name ALZSD in
your estate plan**



**More info:
alzsd.org/donate**

alzsd.org
858.492.4400

Helping all of San Diego County

6632 Convoy Court, San Diego, CA 92111

