

Inside The Winter Issue:

- » Oh What a Year!
2016 Highlights
- » Class Calendar
- » Drive Your Brain
Health in 2017
- » Reducing Your
Risk for
Dementia
- » Coming in 2017

alzsd.org
858.492.4400

Serving ALL of
San Diego County!



“THE MORE WE TALK ABOUT DEMENTIA, THE MORE WE CAN HELP EACH OTHER.”

Dementia has touched our lives in ways we never expected. First with Kathryn's mom and then through my football career. We are proud to raise our voices to help our fellow San Diegans. ”

**DONNIE & KATHRYN
EDWARDS**

FORMER SAN DIEGO CHARGER
& TV PERSONALITY



6632 Convoy Court, San Diego, CA 92111



Alzheimer's SAN DIEGO

*The Heart of Local
Care, Cure & Hope*

Letter from the CEO: Mary Ball



Dear Friends,

One year ago, we decided to put San Diego first and formed Alzheimer's San Diego; a truly local organization that has the freedom and commitment to focus on the growing urgent needs of San Diego County.

As an independent organization, not bound by the restrictions of a national organization, not only have we **helped more than 32,000 individuals this year**, but we now have the opportunity to help them in a more meaningful, personal and of course local way.

Sounds good, right? But what does this really mean? It means that San Diegans can call or stop by our office for in-person support with a master's level social worker. It means dance, art and music classes that for many families are the only outlet they have for getting out of the house. It means continuously working to grow our programs, such as launching FREE memory screenings, a wandering prevention program and new classes that go deeper into practical tips and techniques for caregiving and brain health.

It is through our extensive direct service to local

families that we know good care and support is not one size fits all. This is why our team (pictured above) is made up of experienced professionals who are passionate about meeting with each family or individual, listening to their story and working with them to provide the essential tools they need to improve their quality of life and empower them to feel hopeful even in the face of an Alzheimer's diagnosis.

This holiday season I hope you will include us in your year-end giving plans so that together we can ensure that there is always a local organization in San Diego that our community can turn to.

There may not be a cure for Alzheimer's disease yet, so until that day comes, we will be here answering calls, holding support groups and classes, offering respite to caregivers who desperately need a break and collaborating with other organizations to improve care, advance research for a cure and grow the hope for a brighter tomorrow.

Warmest wishes,

Mary Ball
Mary Ball
President & CEO

Donate to help us expand our FREE programs & services



ONLINE
alzsd.org



CALL US
858.492.4400



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

100% of donations stay in San Diego

Oh What a Year!

With your support, we helped more than 32,000 San Diegans.

2016

SIX REASONS TO SUPPORT US:



1. Our Person-to-Person Family Support

Our social work team met and talked with nearly **10,000 individuals** looking for support. *"Knowing that I can pick up the phone or stop by your office when I have questions or just need someone to talk to has been invaluable to me."*

2. Our Social Activities & Outings

We **more than doubled attendance** at our weekly art, music, exercise classes and outings; hosting nearly **8,000 participants**.

"I feared I may never see my mom get excited about leaving the house again and now going to these classes are what gets us through the week."



3. Our FREE Respite Program

We trained companion volunteers to provide more than **4,000 hours** of FREE respite for families in their home.

"Our volunteer has become part of the family. Having a few hours to run errands or even just take a nap has been such a blessing - I don't know how we survived before."

4. Our Classes & Workshops

We welcomed more than **7,700 attendees** at more than 225 classes, workshops and conferences held throughout the county.

"The ALZSD staff is so knowledgeable and is great at giving practical information that makes me a better caregiver."



5. Our Early Memory Loss Programs

Our early memory loss programs provided meaningful ways for nearly **1,300 people** experiencing early memory loss and their families to build a social network and connect with others.

"Take Charge was life changing. We now feel ready and confident to handle the challenges that are ahead."



6. Our Local Partnerships

We work closely with **Mayor Kevin Faulconer, Supervisor Dianne Jacob, Sheriff Bill Gore,** and San Diego's premier research institutes and health systems to ensure we are making the greatest impact to improve CARE and advance local research for a CURE.

"We're a city that doesn't just think about our future, we're leaders that choose our own destiny and create solutions for the world...Which is why I'm proud to support Mary Ball and Alzheimer's San Diego on their new journey." - Mayor Kevin Faulconer

Now
Enrolling!

MORE INFO
858.492.4400
alzsd.org

SUPPORT FOR THE RECENTLY DIAGNOSED

NEW! Cognitive Stimulation Therapy (CST) Maintain Your Memory



We are proud to announce that Alzheimer's San Diego is now one of only two places in the United States that offers CST: a research-proven program designed to improve memory and slow your decline.

Research has shown a positive impact on:

- » Language skills: naming, word finding, comprehension
- » Concentration
- » Memory and mood
- » Self-esteem and confidence
- » Socialization skills
- » Quality of life

How does CST work?

CST focuses on exercising the brain in order to retain skills through the “use it or lose it” theory. Participants will attend two sessions a week for the 7-week series. Each session will have its own theme and will guide participants through a variety of mental stimulation exercises proven to improve memory, attention, reasoning and language skills.

“CST should be routinely given to all people with early stage dementia.” –World Alzheimer's Report 2011

Schedule your enrollment interview today! 858.492.4400

TakeCharge!

Living Well with Dementia

Take Charge is a specialized 5-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**



“It was wonderful to meet and be around people who are in the same situation. We felt overwhelmed until we started coming to these meetings.”

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



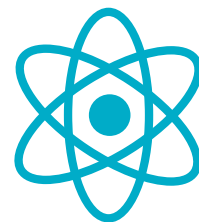
DRIVE your BRAIN HEALTH in 2017

Be in the Know

Research suggests that certain lifestyle factors can reduce your risk for dementia. It is important that you understand what you can do to keep your brain healthy as you age.

☐ **Attend our “The Latest in Alzheimer’s Research” class.**

See page 10



Stay Mentally Active

Stimulate your brain through reading books, playing games, learning new things or trying a new hobby. By keeping your brain active you will encourage blood flow to the brain and will promote new pathways and brain connections. ☐ **Check out our NEW Cognitive Stimulation Therapy program. See page 4**

Get Screened

We offer free memory screenings for people who are worried about memory loss or would like to get a baseline of where they are at with their memory. ☐ **RSVP for an upcoming screening:**

858-492-4400. See page 12

Exercise & Stay Physically Active

Research has shown that physical activity is the #1 thing you can do to reduce your risk of cognitive impairment. The increased stimulation, blood and oxygen flow to the brain has many benefits. Be sure to check with your doctor before beginning any new exercise program. ☐ **Attend our Movement & Motion Class.**

See page 8

Eat Healthy

A diet low in fat and added sugar, while high in fruits, vegetables and whole grains can reduce the risk of many chronic diseases, including heart disease and type 2 diabetes. A diet rich in leafy greens and cruciferous vegetables (i.e. broccoli) is associated with a reduced rate of cognitive decline. Research points to the benefits of two diets in particular: the DASH (Dietary Approaches to Stop Hypertension) and the Mediterranean diet. ☐ **Attend our “Maximizing Brain Health” class.**

See page 9

**Call us & talk one-on-one
with an ALZ expert:
858.492.4400**



Stay Social

Staying social challenges the brain, benefits overall health and may delay the onset of dementia. When people feel good about their social networks, they tend to make healthier choices.

☐ **Attend our Social Activities: Art, Music, Movement & Outings.**
See page 8



FINDING A CURE

The Latest in Alzheimer's Research & Clinical Trials

SAN DIEGO TRIALS CURRENTLY ENROLLING:

Not sure where to start?
Call us 858-492-4400

**Sharp Health Care
Clinical Research**
Mark Dobrina at 858-836-8350
www.sharp.com/hospitals/mesa-vista

Synergy Research Centers
888-619-7272
www.synergyresearchcenters.com

Excell Research
760-758-2222
www.excellresearch.com

**The Research Center of
Southern California**
Estela Soto at 760-732-0557
www.neurocenter.com

**UCSD Department
of Psychiatry**
858-534-9479

Pacific Research Network
619-294-4302
www.PRNSD.com

**UCSD Shiley-Marcos Alzheimer's
Disease Research Center**
858-822-4800
www.adrc.ucsd.edu

As the numbers of those affected is skyrocketing, a worldwide quest is under way to find treatments to stop, slow or even prevent Alzheimer's disease. Lucky for us, some of the most promising research is happening right here in San Diego.

Many of the new drugs in development aim to modify the disease process by impacting the many brain changes that Alzheimer's causes. In addition to investigating experimental drugs, many clinical trials include brain imaging studies and testing of blood or spinal fluid. Researchers hope these techniques will help diagnose Alzheimer's disease in its earliest stages or even before symptoms appear.

Today at least 50,000 volunteers, both with and without Alzheimer's disease are urgently needed to participate in more than 130 actively enrolling clinical trials relating to Alzheimer's and other dementias. Recruiting and retaining trial participants is now the greatest obstacle, other than funding, to developing the next

generation of Alzheimer's treatments.

At Alzheimer's San Diego we are the connector between San Diegans and local trials. We know signing up for a trial can sound overwhelming and scary, but we want you to know we are here to take away the uncertainty and walk you through the process.

"I want to thank you for all the information you and the ALZSD team has provided regarding clinical trials. With your help my husband finally got into a clinical trial for the Biogen drug last month. Even if he is receiving the placebo, the clinical trial has brought hope into our lives. Thank you for providing the information and encouragement, without which none of this would be possible."

**For more information
and to talk with an expert
about your options, please
call 858-492-4400**

INTERESTED IN THE LATEST NEWS?

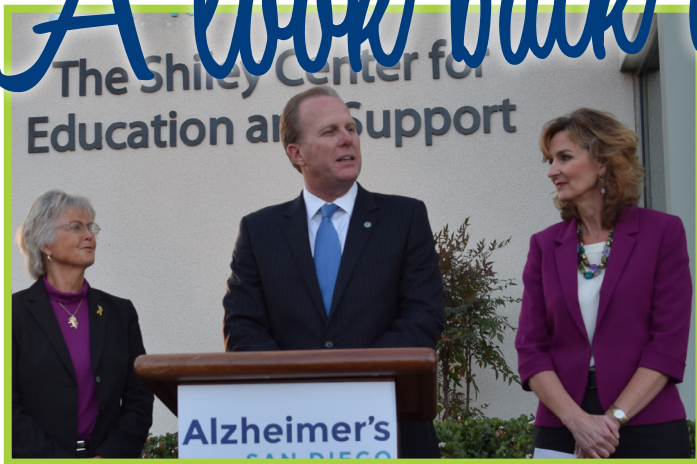
Be sure to like our Facebook and Twitter page and check out the news page on our website:
alzsd.org/news

Thank you to our Premium Sponsors in 2016

- » Alpine View Lodge
- » Grossmont HealthCare
- » Home Instead Senior Care
- » SDG&E Sempra
- » Scripps Health
- » Sharp HealthCare
- » Silverado Senior Living
- » Stellar Care
- » Tri-City Medical Center

Interested in Sponsorship? Call Shelita: 858.966.3302

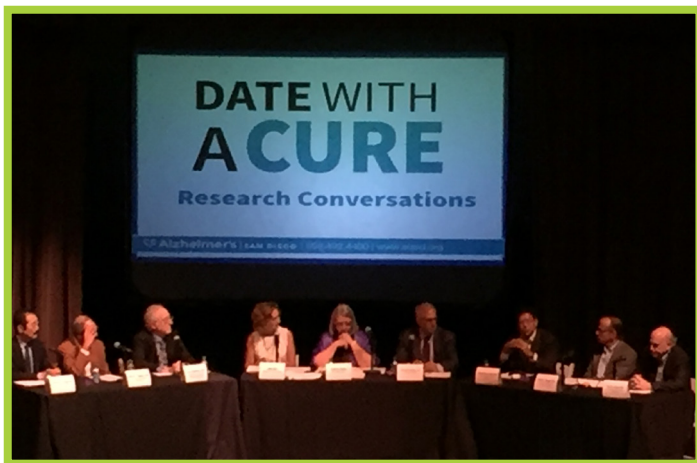
A look back at 2016...



December 2015: Mayor Kevin Faulconer & Supervisor Dianne Jacob help us unveil Alzheimer's San Diego.



September 2016: Nearly 300 friends and supporters joined together for A Celebration of Courage & Hope.



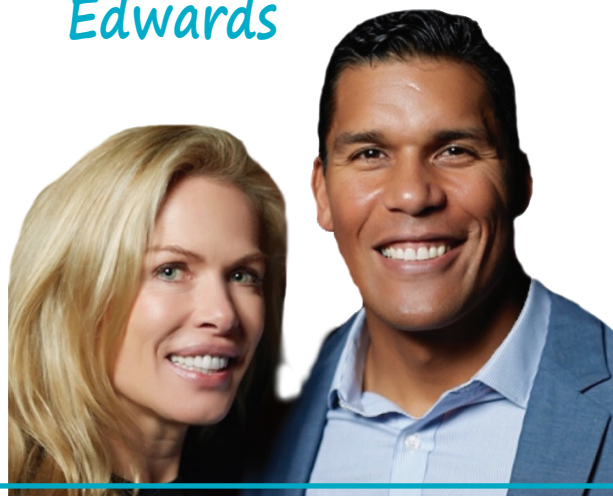
September 2016: Hosted San Diego's leading researchers for our Date with a Cure Research Forum.



October 2016: Nearly 4,000 San Diegans joined us at the Walk4ALZ and together we raised almost \$700,000.

ON THE COVER:

Donnie & Kathryn Edwards



We are proud to introduce two more local famous faces who have joined us to help raise critical awareness that will help us serve more families and advance local research for a cure.

"My hope is to help break the stigma. I never want my mom to feel ashamed of her disease," explained Kathryn.

You may recognize Kathryn from Bravo's *Real Housewives* and Donnie, a San Diego native, from his time playing in the NFL.

The Edwards come to us with a

unique experience with dementia as not only does Kathryn's mother suffer from dementia, but Donnie has seen several of his former teammates begin to succumb to dementia due to repeated head trauma throughout their NFL careers.

"The more information we can get out there about the risk of Traumatic Brain Injury and its relationship to dementia, the more we can protect our children and future athletes," said Donnie.

Read more at: alzsd.org

We Are Here To Help...Call Us



858.492.4400

ANSWERED IN SAN DIEGO BY ALZ EXPERTS

No matter where you are on your dementia 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 yourself or a family member 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.

FREE PROGRAMS & SERVICES

- » **Classes & Workshops**
Held throughout San Diego County
- » **Meet with ALZ Experts**
Call, email or in-person at our office
- » **Support & Discussion Groups**
More than 40 groups to choose from
- » **Activities: Art, Music, Exercise**
Expanding to North County in 2017!
- » **Social Outings**
Stay active and make lasting friendships
- » **FREE Respite & Companionship**
Companion Volunteers needed!
- » **Support for Recently Diagnosed**
Improve your brain health & get support
- » **San Diego Research & Trials**
Trial participants needed!

+62K
LIVING WITH
ALZHEIMER'S
IN SAN DIEGO

#3
CAUSE OF
DEATH IN
SAN DIEGO

+150K
SAN DIEGANS
CARING FOR A
LOVED ONE

"It brings me to tears to think about all that Alzheimer's San Diego offers. My family and friends ask me what I want for Christmas, I tell them a donation to Alzheimer's San Diego! That's all I want. If anyone gets me anything, I'm going to return it and give your organization the money."



MORE INFO: ALZSD.ORG | 858.492.4400

Please consider making a gift to Alzheimer's San Diego to support and help us expand our free local programs and services.

EDUCATION



Free Classes, Workshops & Conferences Held Throughout San Diego County

Register at: alzsd.org or 858.492.4400.

★FREE Respite available at select locations. Call to RSVP.

Dementia & Brain Health

Understanding Dementia

A place to start if you're concerned about yourself or someone you know, and want to know more about memory loss. Learn about the risk factors for Alzheimer's disease and other types of dementia, including family history and genetics, as well as how to get a diagnosis, symptom management, and important next steps.

- » **Wed. 1/18 • 1:00 - 3:00pm**
Alzheimer's San Diego
6632 Convoy Court, San Diego, CA 92111
- » **Wed. 2/8 • 2:00 - 3:30pm**
Rancho Santa Fe Senior Center
16780 La Gracia, Rancho Santa Fe, CA 92067
- » **Thurs. 2/16 • 4:00 - 6:00pm**
Alzheimer's San Diego
6632 Convoy Court, San Diego, CA 92111
- » **Wed. 3/22 • 2:00 - 3:30pm**
San Marcos Senior Activity Center
111 Richmar Avenue, San Marcos, CA 92069
★FREE ON-SITE RESPITE

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. 1/25 • 2:00 - 3:30pm**
San Marcos Senior Activity Center
111 Richmar Avenue, San Marcos, CA 92069
★FREE ON-SITE RESPITE
- » **Tues. 3/7 • 10:00 - 11:30am**
Foothills United Methodist Church
4031 Avocado Boulevard, La Mesa, CA 91941
- » **Wed. 2/8 • 10:00 - 11:30am**
Tri-City Wellness Center
6250 El Camino Real, Carlsbad, CA 92009
- » **Thurs. 3/16 • 9:00 - 10:30am**
Border View Family YMCA
3601 Arey Drive, San Diego, CA 92154

Signs & Symptoms

Are you worried about memory loss? Understand the difference between normal aging and 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. 1/5 • 12:45 - 2:15pm**
Jewish Family Service College Avenue Center
Temple Emanu-El
6299 Capri Drive, San Diego, CA 92120
- » **Wed. 1/11 • 10:00 - 11:30am**
Tri-City Wellness Center
6250 El Camino Real, Carlsbad, CA 92009
- » **Fri. 2/10 • 11:00am-12:30pm**
South Bay Family YMCA
1201 Paseo Magda, Chula Vista, CA 91910
- » **Wed. 2/22 • 2:00 - 3:30pm**
San Marcos Senior Activity Center
111 Richmar Avenue, San Marcos, CA 92069
★FREE ON-SITE RESPITE

Not sure where to start? Call us! 858.492.4400

Dementia & Brain Health, Continued

Señales y síntomas

¿Le preocupa la pérdida de memoria? Entienda el envejecimiento normal, los signos de advertencia de la enfermedad de Alzheimer y los pasos importantes que puede tomar si está preocupado por usted o alguien que conoce.

- » **Fri. 2/10 • 11:00am - 12:30pm**
Border View Family YMCA
3601 Arey Drive, San Diego, CA 92154

★ 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 cure are gaining momentum. Learn the latest updates and get information about clinical trials.

- » **Tues. 1/10 • 1:00 - 2:30pm**
Alzheimer's San Diego
6632 Convoy Court, San Diego, CA 92111
- » **Wed. 3/15 • 10:00 - 11:30am**
Alzheimer's San Diego
6632 Convoy Court, San Diego, CA 92111

Caregiving Essentials

Note: These programs are designed for caregivers and attendance is not recommended for persons with dementia.

Communication, Behavior Management, and Self-Care

Learn new techniques for effectively communicating with a person experiencing memory loss, managing changing behavior and key practices for self-care.

- » **Mon. 1/23 • 10:00 - 11:30am**
Point Loma Library
3701 Voltaire Street San Diego, CA 92107
- » **Fri. 2/10 • 1:00 - 2:30pm**
Grossmont Healthcare District Conference Center
9001 Wakarusa Street, La Mesa, CA 91942
- » **Sat. 2/4 • 10:00am - 12:00pm**
Alzheimer's San Diego
6632 Convoy Court, San Diego, CA 92111
- » **Tues. 3/14 • 4:00 - 6:00pm**
Alzheimer's San Diego
6632 Convoy Court, San Diego, CA 92111

Skills and Techniques for Care at Home

Practical tips for assisting with tasks such as bathing, assisting with meals, and getting dressed. Learn to safely incorporate more physical and social activity into daily routines to maximize quality of life.

- » **Thurs. 3/23 • 10:00am - 12:00pm**
Alzheimer's San Diego
6632 Convoy Court, San Diego, CA 92111

How to Talk About Memory Loss

For friends and family concerned about the health or safety of a loved one, it can be difficult to know where to begin. 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.

- » **Fri. 1/6 • 1:00 - 3:00pm**
Alzheimer's San Diego
6632 Convoy Court, San Diego, CA 92111
- » **Tues. 3/28 • 10:00am - 12:00pm**
Alzheimer's San Diego
6632 Convoy Court, San Diego, CA 92111

Planning Ahead

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.

» **Fri. 1/20 • 10:00am - 12:00pm**
Scripps Miramar Ranch Library
10301 Scripps Lake Drive, San Diego, CA 92131

» **Tues. 2/7 • 4:00 - 6:00pm**
Alzheimer's San Diego
6632 Convoy Court, San Diego, CA 92111

» **Tues. 3/21 • 10:00am - 12:00pm**
Alzheimer's San Diego
6632 Convoy Court, San Diego, CA 92111

Home Care, Day Care, and Memory Care: What you Need to Know

Is it time for more help? Learn about the range of available care options, what they cost, and how to access them. Make informed decisions about getting help at home, placement, and community services.

» **Tues. 1/17 • 4:00 - 6:00pm**
Alzheimer's San Diego
6632 Convoy Court, San Diego, CA 92111

» **Thurs. 3/30 • 10:00am - 12:00pm**
Alzheimer's San Diego
6632 Convoy Court, San Diego, CA 92111

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. Previous attendance at *Understanding Dementia* is recommended, but not required.

» **Wed. 2/1 • 10:00am - 12:00pm**
Alzheimer's San Diego
6632 Convoy Court, San Diego, CA 92111

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. Note: This class is designed for caregivers and attendance is not recommended for persons with dementia.

» **Tues. 3/7 • 1:00 - 3:00pm**
Alzheimer's San Diego
6632 Convoy Court, San Diego, CA 92111

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 technology and other local resources can help. Review important home safety tips to reduce the risk of injuries, falls and medication errors.

» **Wed. 3/8 • 10:00 - 11:30am**
Tri-City Wellness Center
6250 El Camino Real, Carlsbad, CA 92009

COMPANION VOLUNTEERS NEEDED!

We are looking for compassionate individuals who have a few hours each week to spend with an individual suffering from dementia talking, reading, playing an instrument or just being their friend.

Your companion visit will give caregivers a desperately needed break!

No experience is required. We will provide you with specialized training and will carefully match you with a family that fits your location, personality and strengths.

Interested? Call us today & learn more!
Adrianna: 858.966.3296



6632 Convoy Court
San Diego, CA 92111
858.492.4400

alzsd.org

Non Profit Org.
US Postage
PAID
Permit #2932
San Diego, CA

Class Calendar

Special Offerings

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. **Attendance is not recommended for persons with dementia.**

» **Tues. 2/28 • 1:00 - 3:00pm**
Alzheimer's San Diego
6632 Convoy Court, San Diego, CA 92111

NEW: Personality and Behavior Changes

A special workshop for family members who are noticing changes in the person that they care for, such as personality changes, confusion and refusing to accept help. This program will identify common behaviors, explore why they happen and what they mean, and give helpful tips to adjust and respond. **Attendance is not recommended for persons with dementia.**

» **Thurs. 1/26 • 10:00am - 12:00pm**
Alzheimer's San Diego
6632 Convoy Court, San Diego, CA 92111

NEW: Memory Screenings

We are proud 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. **Registration is REQUIRED.** Please call 858.492.4400 to schedule!

» **Tues. 2/21 • 10:00am - 2:00pm**
Alzheimer's San Diego
6632 Convoy Court, San Diego, CA 92111

FREE CONFERENCE In Partnership with Scripps Health

Dementia Basics What to expect and how to handle a dementia diagnosis

Join experts from Alzheimer's San Diego and Dr. Michael Lobatz from Scripps Health for an in-depth look at dementia, what to expect as the disease progresses and tips and techniques to help you.

When: Saturday, March 18, 2017
Registration: 8:30am
Presentations: 9:00am - 12:00pm

Where: Scripps Memorial Hospital
9888 Genesee Ave, La Jolla, CA 92037



Michael Lobatz, MD
Neurologist



RSVP: alzsd.org or 858.492.4400
FREE RESPITE AVAILABLE BY RESERVATION

Walk4ALZ | San Diego

SAVE THE DATE 2017

Oceanside Pier: Sat. October 7th
Balboa Park: Sat. October 21st

More Info: alzsd.org/walk4alz

