

Alzheimer's | SAN DIEGO

The Heart of Local Care, Cure & Hope

FALL 2017

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to Break the Stigma**

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Helping all of San Diego County

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Know Your Charity: What does it mean to be local?

Alzheimer's San Diego is proud to be a local charity. But what does that really mean?



100% of every dollar raised stays in San Diego County! No exceptions.



We're your neighbors. Call or visit our Kearny Mesa office for one-on-one support!



Local governance. We're led – and held accountable – by a local Board of Directors.



Please join us for a

Holiday Open House!



December 5th, 4 PM | Alzheimer's San Diego

It's been an incredible year! We are so thankful for the support many of you have shown us. We hope you will stop by our office for some holiday cheer and to spend time with our team!

More information: alzsd.org/events

Alzheimer's Speaks:

One woman's fight to break the stigma



Deborah Gould, 70, has Alzheimer's disease – and she wants everyone to know about it.

She was diagnosed in 2016, a fact she shares as plainly as she would the day of the week. To some, her candor could be jarring. After all, Alzheimer's is a disease many struggle to discuss openly.

But Deborah wants you to talk about it, and to start by looking her in the eye.

"If you have Alzheimer's, everyone thinks you don't even know the difference between night and day, and they don't look at you in the eye," she explains. "I have beautiful blue eyes! In any communication, there's eye contact. I don't have that."

Deborah is tired of being discussed in whispers. She is completely aware of the changes happening inside her brain at this very moment. As she lists her top pet peeves of how people react when they find out she has Alzheimer's, it's clear her personality hasn't dimmed. She's bright, defiant and direct as she says she's tired

of being talked at, rather than being talked to; of her friends who have stopped calling; and of no longer experiencing the simple, human joy of eye contact.

Greg Gould, her husband of 46 years, says he noticed an immediate change in how people treated Deborah once her mild cognitive impairment developed into Alzheimer's.

"If there's two of us here... they'll ask me if Debi wants something," he explains. "Well, she's sitting right here! You can ask her yourself."

Over the last year, Alzheimer's San Diego has been a place of refuge for them. They enrolled in **Take Charge** (see page 4 for more info), signed up for this year's Walk4ALZ and are regulars at the early-stage support group. Deborah especially enjoyed Cognitive Stimulation Therapy at Alzheimer's San Diego, which is a research-proven program designed to improve memory and slow the progress of early dementia.

They know that people's

awkward reactions to the diagnosis come from a place of inexperience rather than malice. So they're determined to fight the stigma of Alzheimer's by shining light on their story.

"People who don't know much about Alzheimer's – and I have to admit, I used to be one of them...they get so uncomfortable," Deborah says. "Society needs to be taught more about the disease...to understand that I'm still here."

Fighting for dignity

Deborah is used to fighting stigmas.

As a child, her teachers told her that college wasn't an option. What no one knew was that she had dyslexia.

"I was a slow reader, but I also knew I was capable of learning," she says. "It was my tenacity that made me keep going. How dare they underestimate me?"

She ended up getting her master's degree and spent 35 years as an educator. San Diego County recently honored her for her work in education – in fact, May 23,

2017 was Deborah Gould Day.

It's only now, looking back on her many accomplishments, that Deborah gets emotional.

"At the end of my life, to end it the way it started? That's the one that hurts," she says. "But I'm not going to go down without a fight."

Deborah says she's not normally this emotional, and she knows it's a symptom of the disease.

"But it's not a sign of weakness at all. If anything, it's a sign of recognizing what's going on," she explains, drying her eyes.

Friends through it all

As Deborah wipes away her tears, Greg looks at her tenderly. It's clear he's her biggest champion, and has been since they met almost 50 years ago.

"Debi told me something I thought was really poignant... all her life, she set very high goals for herself and met every single one through her hard work, tenacity, and no-one-is-going-to-stop-me attitude," Greg explains.

Now, she's no longer setting long-term goals for the future, and is instead focusing on what she can accomplish

day-by-day.

"It's a different kind of goal," Deborah adds. "But it's still worthwhile."

Throughout this conversation, Greg doesn't make a single mention of the toll the disease has taken on him. His focus is on Deborah and how to make her happy every single day, even if she can't remember the day before. It's a life lived in moments, without complaint.

When asked what he loves most about Deborah, Greg instantly starts smiling.



Follow Deborah and Greg's journey on their Facebook page, My Life with Alzheimer's: [Facebook.com/mylifewithalzheimers](https://www.facebook.com/mylifewithalzheimers)

"She loves life. She's my best friend, and I think I'm her best friend, and we pretty much do everything together," he explains. "We're not only husband and wife and lovers, we're friends and have so much fun together."

With tears in her eyes that have nothing to do with the disease, Deborah responds: "Ditto."

To learn more about the FREE classes and programs mentioned in this article, please go to alzsd.org.

What is Take Charge?

- Specialized 5-week program for people with early-stage dementia and their care partners to attend together
- Empowers the person with dementia to understand the diagnosis and prepare for what comes next

The next session starts in October. A brief interview is required for enrollment. For more information, contact Sarina Barker, MSW at 858.966.3293.

Support the Goulds' Walk4ALZ Team!

- 1 Go to alzsd.org/walk4ALZ
- 2 Click "DONATE"
- 3 Search for their team name: "Dignity for ALZ"

October-December Calendar



FREE classes and workshops throughout San Diego County

More information and to register: alzsd.org or 858.492.4400

Getting Started

Classes in this category are suitable for all attendees.

Memory Loss 101

A comprehensive overview for anyone who wants to know more about memory loss, Alzheimer's disease and other dementias. Learn about risk factors, signs and symptoms, how to get a diagnosis and what to expect if you do.

Oct. 16, 9 AM-10:30 AM: McGrath Family YMCA (Spring Valley)
Nov. 30, 4 PM-6 PM: Alzheimer's San Diego
Dec. 15, 2 PM-3:30 PM: Rancho Santa Fe Senior Center
Dec. 19, 10 AM-12 PM: Alzheimer's San Diego

Healthy Aging

Learn about the latest research on healthy lifestyle, how it affects brain health and the healthy daily habits that may reduce your risk for dementia.

Oct. 13, 2 PM-3:30 PM: Rancho Santa Fe Senior Center
Oct. 20, 10 AM-12 PM: Scripps Miramar Ranch Library
Nov. 15, 10 AM-11:30 AM: Tri-City Wellness Center (Carlsbad)
Dec. 14, 1 PM-3 PM: Alzheimer's San Diego

Caregiving

Classes in this category are not recommended for persons with dementia.

Communication Skills

A class to help you understand how to communicate with a person experiencing memory loss and recognize what types of behaviors may actually be their way of communicating.

Oct. 24, 1:30 PM-3:30 PM: Alzheimer's San Diego
Nov. 4, 10 AM-12 PM: Alzheimer's San Diego
Dec. 20, 1 PM-3 PM: Alzheimer's San Diego

Coping with Personality and Behavior Changes

Learn why people with Alzheimer's disease and other dementias experience behavior and personality changes, what those changes mean and how to cope with them.

Oct. 6, 1 PM-3 PM: Alzheimer's San Diego
Nov. 1, 10 AM-12 PM: Alzheimer's San Diego
Dec. 9, 10 AM-12 PM: Alzheimer's San Diego

Skills Clinic

Learn practical caregiving skills and techniques. This is a hands-on way to learn more about: bathing, grooming, meal time, fall prevention, medication management, activity planning and more.

October 11, 10 AM-11:30 AM: Tri-City Wellness Center (Carlsbad) – Techniques for hands-on care
October 18, 4 PM-6 PM: Alzheimer's San Diego – Bathing and showering
November 13, 10 AM-12 PM: Alzheimer's San Diego – Mealtime

More information and to register: alzsd.org or 858.492.4400

Planning

Classes in this category are suitable for all attendees.

Legal and Financial Basics

Learn from local estate planning and elder law experts about getting key legal documents in place and how to plan ahead for the costs of future care needs.

Oct. 17, 1 PM-3 PM: Alzheimer's San Diego

Nov. 14, 10 AM-12 PM: Alzheimer's San Diego

Dec. 7, 4 PM-6 PM: Alzheimer's San Diego

Home Care, Day Care & 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.

Oct. 12, 10 AM-12 PM: Alzheimer's San Diego

Nov. 8, 2 PM-3:30 PM: San Marcos Senior Activity Center

Dec. 6, 10 AM-12 PM: Alzheimer's San Diego

Special Workshops

How to Talk About Memory Loss

Learn how to have successful, low-stress discussions surrounding topics like changes in memory, driving and living alone. Not recommended for persons with dementia.

Nov. 3, 1 PM-2:30 PM: Grossmont Healthcare District Conference Center

Nov. 9, 10 AM-11:30 AM: 2-1-1 Connections Center (Serra Mesa)

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. Suitable for all attendees.

Oct. 5, 2 PM-3:30 PM: San Marcos Senior Activity Center

Living in the Moment

In this informative and interactive workshop that incorporates the use of play and storytelling, 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. Not recommended for persons with dementia.

Dec. 5, 10 AM-12 PM: Alzheimer's San Diego

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. Suitable for all attendees.

Nov. 17, 10 AM-11:30 AM: South Bay YMCA (Chula Vista)

Confessions of a Caregiver: Holiday Edition

Join us to hear real, honest stories about caring for a person with dementia and the unique challenges that may come up during holiday gatherings. A panel of caregivers who have been in your shoes will share their tips for handling tough situations and getting through the difficult days at this special holiday session. Not recommended for persons with dementia.

Dec. 12, 1 PM-3 PM: Alzheimer's San Diego

Safety and Fall Prevention

Review important home safety tips to reduce the risk of injuries, with a special focus on maintaining balance and preventing falls. Additionally, learn how to reduce the risk of wandering in people with dementia, and how technology and community resources can help. Suitable for all attendees.

Dec. 13, 10 AM-11:30 AM: Tri-City Wellness Center (Carlsbad)

Thank you to our generous local sponsors!

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SDG&E

Sign up for Walk4ALZ 2017

San Diego's largest Alzheimer's walk!

alzsd.org/walk4alz | 858.966.3319



Oceanside Pier: Saturday, Oct. 7 4 PM



Emcee: Pat Brown, former ABC 10
News Chief Weather Anchor

Presented by Tri-City Medical Center

Balboa Park: Saturday, Oct. 21 8 AM



Emcee: Kathleen Bade,
FOX 5 News Anchor

Presented by SDG&E

*Get
your
Walk
t-shirt!*

**Raise \$50
or more**



Why Walk4ALZ?

100% of every
dollar raised
stays in San Diego

Ensure local support for
the 65,000 San Diegans
living with Alzheimer's and
other dementias

Social Worker Spotlight

Meet Rebecca!

If you have ever called Alzheimer's San Diego with questions about support groups, chances are you have talked with Rebecca. Her calm and understanding demeanor makes her a great peer – and an excellent manager of our Support and Discussion Groups. Rebecca graduated with her Master of Social Work from San Diego State. She was drawn to Alzheimer's San Diego because of our focus on people that society sometimes finds easier to ignore.



"I lived in Japan for a period of time, and I really saw a contrast between how we as a society treat older adults and those in other countries," she explains. "I wanted to be an advocate for them."

Rebecca says the Support and Discussion Groups at Alzheimer's San Diego are much more than the cliché of people sitting in a circle and being emotional – there's an emphasis on the discussion aspect, which leads to specific problem-solving. "There's a lot of empowerment that happens when people are sharing their stories and experiences with each other," she says. "Someone might come in feeling isolated and scared, and to see them become more at ease and comfortable...it's incredible."

Find a full list of Support and Discussion Groups throughout the county: alzsd.org/support

New Program: Coping with Caregiving

Coping with Caregiving is a new, 6-week series to support anyone caring for someone with dementia. Learn new techniques and dig deeper into topics including the changing brain, building a support team, planning for the road ahead and identifying the missing pieces.

A brief interview is required to sign up for Coping with Caregiving. The next session starts in October. To learn more, contact Rebecca De Campos at 858.966.3303 or rdecampos@alzsd.org.

Find us on Social!

If you really like us, make it Facebook official. Follow Alzheimer's San Diego for exclusive digital content and to stay up-to-date on the latest news.



Facebook.com/AlzheimersSD



@AlzheimersSD

Checking in with the Shaws: Going Home

We got to know Thomas and Lynn Shaw in the Summer 2017 newsletter, where they opened up about Lynn's young-onset Alzheimer's diagnosis. They're allowing us to chronicle their journey – peaks, pits and all – to see what a year in the life of this disease can really look like.

Lynn was born and raised in the Philippines, and is the only one of 16 children who moved away. She and Thomas's sister, Kitty, had been planning a trip back home for years, and they were determined not to let Alzheimer's stop them.

"I was a bit nervous, but Tom and I couldn't have been more prepared," Kitty said.

Prior to the trip, Kitty learned all she could about Alzheimer's, got tips from the Alzheimer's San Diego team and attended a caregiving support group. Kitty also used Companion Cards from Alzheimer's San Diego to alert flight and hotel staff she was traveling with someone with dementia. She even kicked Thomas out of the master suite at home for a few days so Lynn could get used to sleeping in the same room as Kitty.

Lynn and Kitty had a fantastic trip. While there was a brief scare when they got separated at a hotel when an elevator door slammed shut, the staff (remembering the Companion Cards) stayed by Lynn's side until they found each other a few minutes later.

Thomas said he knows there's no one-size-fits-all when it comes

to traveling with a person with dementia, but for them, the key was preparation and flexibility.

"We figured out a lot of things by accident, just by Kitty coming out here in advance and spending time with Lynn," he said. "And, as always, we live life day by day."



Above: Thomas and Lynn outside their Point Loma home.

Left: Lynn poses with a young woman who greeted guests at their hotel on Mactan Island.

Plan Today for a Better Tomorrow

Alzheimer's San Diego is able to help families like the Goulds and the Shaws at zero cost to them – but we couldn't do it without the generosity and foresight of people like you.

Ways to Give
100% of all donations stay in San Diego!



Set up a **monthly donation**



Name ALZSD in your **estate plan**



More info:
[Alzsd.org/donate](https://alzsd.org/donate)

ALZSD Innovates with “Positive Approach to Care”

If you’ve been to a class at Alzheimer’s San Diego recently, you may have noticed a shift in our content and how we talk about dementia. Over the last 18 months, we’ve worked with renowned dementia educator Teepa Snow to integrate the “Positive Approach to Care” (PAC) model. Five social workers have become certified and all have completed hours of additional training.

“In other settings, the focus is often on what they’ve lost,” explained Jessica Empeño, Vice President of Programs and Family Services for Alzheimer’s San Diego. “But our goal is to focus on strengths and what they can still do despite the brain changes caused by dementia.”

That spirit is reflected in the new **Skills Clinics offered at Alzheimer’s San Diego** (sign up at alzsd.org/classes), which focus on a different topic every month. Skills clinics teach practical skills and hands-on techniques to help make caring for someone with dementia a little easier.

“We want to be as helpful as possible and give families the tools they need to feel empowered – and for the person with dementia to feel like they’re being heard,” Empeño said. “If we make their lives even a little bit easier, our work is done.”

Wanted: Respite Volunteers!

Alzheimer’s San Diego has the largest free, in-home respite program for dementia caregivers – but we can’t do it without our incredible volunteers. As a respite volunteer, you’ll provide vital breaks to caregivers.

Spend time with a person with dementia to provide:

- Companionship
- Socialization
- Supervision

To learn more, contact Adrianna McCollum: 858.966.3296 or amccollum@alzsd.org



FREE Memory Screening

Nov. 7, 9 AM-1 PM | Alzheimer’s San Diego

If you’re worried about memory loss or interested in establishing a baseline to detect future changes, sign up for a free memory screening! **Space is limited, so please register by calling 858.492.4400.**

In Case You Missed It...



SD Rides4ALZ Raises \$75,000!

Nearly 150 bikers came out to support Alzheimer's San Diego on Sunday, August 13th at the first-ever SD Rides4ALZ. The 100-mile motorcycle ride was the brainchild of SDG&E President Scott Drury, whose mother is living with Alzheimer's disease.

Thanks to the generosity of the community and our incredible sponsors SDG&E, San Diego Harley Davidson and the San Diego Hogs, the event raised close to \$75,000! As always, 100% of those donations will stay in San Diego County.

Is Alzheimer's in my Genes: A Genetics Workshop

Alzheimer's San Diego brought together leading geneticists and neuroscientists to tackle the question: Is Alzheimer's genetic?

More than 220 people attended the free workshop on July 13th, where the four speakers – Dr. Michael Lobatz, Medical Director at Scripps Health Neurosciences; Dr. William Mobley, Associate Dean of the UCSD Department of Neurosciences; Dr. Terry Gaasterland, Director of the Scripps Genome Center and Professor at UCSD; and Dr. Lisa Madlensky, Genetic Counselor and Professor at UCSD – attempted to answer this very complicated question.

They explained that while there are certain genes that can increase your risk of developing Alzheimer's, true familial Alzheimer's accounts for only 1% of all Alzheimer's cases.

Download the full presentation at alzsd.org/news

In the News

Alzheimer's San Diego works closely with local news outlets to bring awareness to Alzheimer's and other dementias. We've been featured on FOX 5, KUSI, ABC 10News, KFMB Radio and in the San Diego Union-Tribune this quarter.

Read all about it: alzsd.org/media



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Support Local Research!

San Diego is home to some of the top researchers working to find a cure for Alzheimer's – but they need your help! Please consider signing up for a local clinical trial.

Sharp Mesa Vista Hospital Clinical Research

858-836-8350
sharp.com/clinicaltrials

UCSD Shiley-Marcos Alzheimer's Disease Research Center

858-822-4800
adrc.ucsd.edu

Excell Research

760-758-2222
excellresearch.com

Pacific Research Network

619-294-4302
PRNSD.com

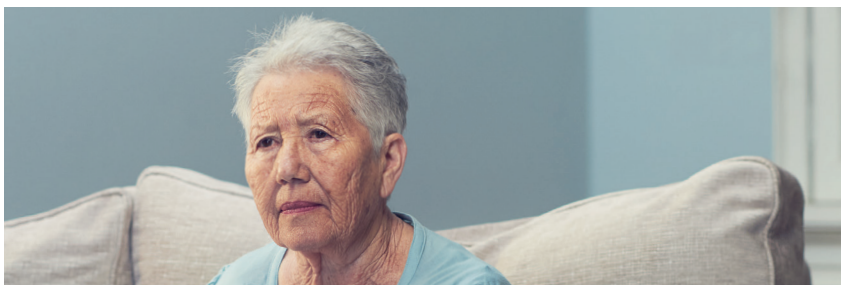
The Research Center of Southern California

760-732-0557
neurocenter.com

UCSD Department of Psychiatry

858-534-9479
psychiatry.ucsd.edu

**More info visit
alzsd.org or call
858.492.4400**



WHAT WAS I DOING ?

Do you or someone you know have mild Alzheimer's disease? Then you may be interested in the DAYBREAK-ALZ clinical research study. We're looking for volunteers to help us find out whether an investigational medication will slow the rate of cognition and functional decline.

To learn more please visit
www.daybreak-alzstudy.com
or contact your local study team at

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NCT – NCT02783573
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