WE ARE #ALZSTRONG

A Letter from our President & Board Chair

What it means to be #ALZstrong.

We are living in a time of unprecedented openness and acceptance. And yet – there is still a powerfully negative stigma when it comes to Alzheimer’s and other dementias. So we decided to change the conversation.

That’s where #ALZstrong comes in. If you follow us on social media, you’ve probably seen this hashtag before. It’s our way of replacing all the ugly words and stereotypes that come to mind when most people think of Alzheimer’s disease.

It’s how we honor the courage of those living with a diagnosis, as their brains undergo changes they cannot predict or control. It’s how we acknowledge the resilience of care partners under incomparable heartache and strain, and why we empower them to keep going and giving. It’s the reason we push ourselves to keep growing and innovating as an organization, to ensure we provide the highest quality of support. And it’s the core value of the community we’re proud to have built with each and every one of you reading this.

Thank you for your continued generosity and support. Together, we are #ALZstrong.

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www.alzsd.org
“I often refer to the Walk4ALZ as one great big group hug. It’s where I am drawn to each year knowing that I will be inspired and renewed by the thousands of San Diegans who rise each day and face this disease with enduring love, patience and courage. Their courage lifts me up and propels me forward, sure again that we have what it takes to care for those affected now and one day lead the world to a cure.”

-Top Walk4ALZ Team Captain Linda Cioffi

WE ARE COURAGEOUS

More than 2,500 people raised $639,000 for Alzheimer’s support and research at the 2019 Walk4ALZ in Balboa Park. Every dollar will stay in San Diego County to help the community we know and love.
His wife, Carolyn, is his primary care partner. It’s a title she holds proudly – but it can be overwhelming at times. Carolyn reached out to us about getting an ALZ Companion volunteer to spend time with Doug each week, so she can have a few hours to herself to recharge. Alzheimer’s San Diego was able to match them with two local volunteers.

Together, they regularly go to Doug’s favorite place – Safari Park in Escondido.

“Doug is having a wonderful time at the Safari Park with Kylie and Gabby. They are delightful and have given him so much to look forward to,” Carolyn shares. “We saw a new doctor who confirmed that the swelling in Doug’s feet and legs is due to inactivity. The swelling has diminished since he has been back to the Safari Park!”

Not only has Doug bounced back physically – Carolyn says the program has renewed his spirit. “It has given back to Doug a little independence, or at least the illusion of independence. That gives him a little power over his life. I am so grateful,” Carolyn explains. “He was an amazingly smart, kind and interesting man. This gives what is left of that Doug a chance to live.”

She says Kylie has enabled Doug to explore beyond Safari Park.

“Kylie is just wonderful. She is proactive and is suggesting wonderful ideas about other places to take Doug to hike and enjoy the area. She, and Alzheimer’s San Diego, are making a very big difference in Doug’s life, and mine,” Carolyn says. “I cannot thank you enough...you have changed our lives! I feel so much less alone.”
WE ARE EMPOWERED

Expenses:
- Family Support & Education: $1,928,196
- Events: $151,159
- Research Funding: $160,000
- Administration: $199,368
TOTAL: $2,438,722

Revenue & Support
- Walk4ALZ & Other Events: $887,644
- Grants: $1,020,285
- Donations: $1,143,500
TOTAL: $3,051,429

Community Partners:
- AB Sales of San Diego
- Alliance Healthcare Foundation
- Allison and Robert Price Family Foundation
- Alpine View Lodge
- A.M. Ortega
- Apreva Hospice
- Arthur N. Rupe Foundation
- Axos Bank
- Burns & McDonnell
- Charles Schwab
- Cordoba Corporation
- County of San Diego
- Dr. Seuss Foundation
- Excell Research
- Featheringill Mortuary
- GIS Surveyors, Inc.
- Grossmont Healthcare District
- Home Instead
- Icon Utility Services
- Indian Motorcycle of San Diego
- Ionis Pharmaceutical
- Issa Family Foundation
- Janssen Pharmaceutical
- Jewish Family Service
- Jingoli Power, LLC
- Las Patronas
- Pacific Research Network
- PAR Electrical Contractors Inc.
- Rancho Bernardo Community Foundation
- Rancho Bernardo Rotary Club Foundation, Inc.
- San Diego Gas & Electric
- SCAN Health Plan
- SDSU Research Foundation
- Sharp HealthCare
- SLIG Charitable Foundation
- Stellar Care
- Takeda
- The Allergan Foundation
- The Country Friends
- The Neurology Center of Southern California
- Tomlinson Foundation
- USC Alzheimer’s Therapeutic Research Institute
- Walter J. & Betty C. Zable Foundation
- Withington Foundation

858.492.4400
WE ARE GROWING

“I enjoyed getting to know the family, and of course, forming a genuine companionship. It truly was like I gained a second family. The relationships that developed through this program are life-changing. I think this is an incredible program, and an absolutely fulfilling experience for anyone. I have loved every second of being an ALZ Companion.”

“’If it weren’t for your educational classes and meetings, I would not be as prepared for the different stages of my husband’s care.’”

4,704 one-on-one sessions with a dementia expert

More than 25,000 people served

1,250 people with dementia & their care partners at our social activities & outings

12,165 volunteer hours, valued at $364,352

“The social workers are very helpful with any problems that you may be going through. They genuinely care and have helped me and my family out beyond what I could have ever expected.”

159 memory screenings

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www.alzsd.org
New in 2019:

- **Launched “Let’s Talk” television and digital campaign**, working to break the stigma of Alzheimer’s disease and other dementias.

- **Expanded the Alzheimer’s Response Team**, in partnership with Aging & Independence Services, from a small pilot program starting in East County to now reaching most of San Diego County. This special program uses County and Alzheimer’s San Diego social workers to provide in-home crisis support to people at risk for abuse and neglect.

- **Produced a Video Library for care partners**, with a suite of animated educational videos (www.alzsd.org/videos).

- **Increased the number of education classes and trainings by 39%**, including new curriculum like After the Move to Memory Care and Using Movement & Motion for Quality of Life.

- **Received 151,832 pageviews on** www.alzsd.org, **with visitors getting vital information from the US, Canada, Mexico, India and Australia.**

- **Created the Law Enforcement Referral Program**, with a dedicated phone line for law enforcement officials to refer families in crisis.

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"You shine light where we only felt darkness. You let us know we were not alone. Thank you."

**5,852 hours of respite** for family caregivers valued at **$175,262**

"My family and I are so thankful to have such a wonderful organization to help us through this difficult time."

"Social workers are skilled, knowledgeable and helpful."

**$0 cost:** **All of our programs are free of charge**

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**7,784 people attended 284 education classes & workshops**

**7,868 people found comfort at 775 support & discussion group meetings**

**WE ARE INNOVATING**

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WE ARE A COMMUNITY

“I FEEL LIKE I HAVE A COMMUNITY AT ALZHEIMER’S SAN DIEGO.”

Alzheimer’s SAN DIEGO
Helping families today, finding a cure for tomorrow

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2020 Events
Save the Dates

Visionary Luncheon & Auction
May 8, 2020
Rancho Bernardo Inn

Date With A Cure
June 27, 2020
Qualcomm Hall

Rides4ALZ
July 18, 2020
Across San Diego County

Walk4ALZ
October 17, 2020
Balboa Park

Alzheimer’s San Diego turns 5!
December 3, 2020
Alzheimer’s San Diego

For more information about these events, please contact Michelle Van Hoff, Development Director, at 858.966.3300 or mvanhoff@alzsd.org.