

Join the stars in January – a special evening with Gena Rowlands

The Alzheimer's Association is proud to announce - "The Notebook, an Evening with Gena Rowlands." On January 14th, 2007 at Santa Barbara's Lobero Theatre, there will be a special screening of The Notebook, which recounts a couple's poignant story of love persevering through the progression of Alzheimer's disease. Actress Gena Rowlands, who plays the lead opposite James Garner, will join us for a VIP reception prior to the screening and an onstage interview after the movie.



Tickets range from \$25.00 to \$125.00 for priority seating and a special reception with Ms. Rowlands prior to the movie. Please consider being a part of this amazing night as a patron or sponsor and help us continue to serve families dealing with Alzheimer's disease. For tickets call 963.0761 or www.lobero.com

valuable information and schedules inside.

800 272 3900
www.alz.org

The compassion to care,
leadership to conquer.

Alzheimer's Association, Inc.
1528 Chapala Street, Suite 204
Santa Barbara, CA 93101

alzheimer's  association

NONPROFIT
U.S. POSTAGE
PAID
SANTA BARBARA, CA
PERMIT NO. 741

California Central Coast Chapter Newsletter

Information from the Alzheimer's Association
for our caring community

Winter 2006

www.centralcoastalz.org
1.800.272.3900

Who Could I Turn To?

Caregiver Discovers Help Is A Phone Call Away

October 31, 2006

Dear Friends,

There are few darker and more isolating places than those of observing the mental deterioration of one that has given love, laughter, friendship and been a wonderful husband for 26 years.

The additional calamity came to us in February 2006. All the savings we had managed to accumulate dwindled – we paid \$677 monthly for prescriptions alone, plus doctors and hospital bills.

There was an ad in the Santa Barbara News Press offering counseling at Santa Maria Senior Connections. There I was referred to a blessed Alzheimer's Association Associate by the name of Kellie Gallegly.

For the first time in years, my façade of total control and strength was heard. Her kindness and gentle questions into my fears allowed me to verbalize that the only answer to Norm's care was for me to commit suicide. After requesting Medi-Cal for Norm we had been refused; as my Social Security payment brought our income over the poverty line, it appeared that only without me would he be eligible.

Kellie not only spent telephone hours with me but initiated and followed through with contacts, agencies and grants available. She visited our home and became my true lifesaver.

How can I thank and bless each and everyone of the Alzheimer's Association? You are always at hand for those with huge needs.

Bless you all,

Jane Eastman

Like so many of the families I help, my first interaction with Jane was by telephone. I will never forget the day she called, it was late one Friday afternoon, just before a three day weekend.

Her voice was trembling as she began to tell me her story and I could hear that she was trying to hold back the tears. Jane was the sole caregiver for her husband Norm, and while she had been doing the best she could, she was at the end of her rope and was considering suicide.

I knew she needed help and needed it then. I spent time on the phone listening to her and reassuring her that what she was experiencing was normal for caregivers of Alzheimer's patients and that I was here to help.

Each week I receive many courageous calls like this from family members in distress. Like Jane, they are no longer able to cope with the stress and daily details of being a caregiver of someone with Alzheimer's disease.

This work can be draining, but each day I have the satisfaction of knowing that I provided someone with the support and information she needed in a real time of crisis. I hope everyone knows that the Alzheimer's Association is here for them if they need us.

Kellie Gallegly
Caregiver Educaiton

Director's Biggest Challenge – how to say . . .

Can you guess my greatest challenge as the new executive director of the California Central Coast Alzheimer's Association? It wouldn't be geography, although we do cover San Luis Obispo, Santa Barbara and Ventura counties. Nor would it be how to provide support to families, service to community or current information on resources and research, because we have a wonderfully competent staff to assist you with programs and education.

My greatest challenge is finding new ways to say 'thank you' for the support offered to our Chapters through donations, volunteers and every day acts of inspiration. I relish writing a personal note on each acknowledgment of a donation – no matter how large or small.

I am reminded each day of the compassion of caregivers, family and friends as memorial gifts are received or our when our organization is named as a beneficiary of a bequest.

How does one adequately say "Thank you," to those donors who help us do so much for so many who are afflicted with this disease? It is putting words to the best of humanity that poses my greatest challenge: support, compassion, generosity, thoughtfulness and heartfelt kindness.

I will never tire of using such words to appreciate your support of our vision: to create a world without Alzheimer's disease.



Loretta Redd, new Executive Director at the Central Coast Chapter, was born and raised in Atlanta, Georgia, where she received her doctorate in Educational Psychology from Georgia State University.

Loretta's varied experience includes private practice specializing in terminal illness; she was a Captain in the US Air Force, she directed the non-profit agency, Project Open Hand and worked as director of the San Francisco Horizon Foundation. Prior to joining the Alzheimer's Association, she ran for Santa Barbara City Council and continues to serve as Water Commissioner and on several Boards of Directors.

High Steppin', Toe Tappin', Tummy Fillin' Memory Walks!

Memory Walks a huge success.

This year the Alzheimer's Association, California Central Coast held 4 very successful Memory Walks in Santa Barbara, San Luis Obispo, Thousand Oaks and Ventura. Together they raised over \$200,000 for our local chapter and still counting! Equally important, the walks serve as an awareness-raiser, spreading the word throughout the tri counties about the incredible work being done for Alzheimer's patients and their families. Each of the Memory Walks had its own character but none would have been possible without our numerous and vital team of volunteers – THANK YOU ALL!



Highlights:

In **Santa Barbara**, The Alzheimer's Association's Memory Walk logged over 800 individual donors and had nearly 400 registered walkers – the largest team, from The Samarkand, took top team donation at \$16,000! Special thanks to the incredible Lynda Kinney who brought in over \$32,000!

In **Thousand Oaks**, the Gardens of the World was a wonderful spot to walk. Betsy Sumner from Ventura County AWARE was the top individual money raiser and Team Sam Rugh had the largest team donation. Most "Team Spirit" award went to the Noontime Camarillo Rotary.

San Luis Obispo Memory Walk had a total of 217 registered walkers raised over \$64,000 and still counting. There were 32 teams from Paso Robles to Santa Maria. The highest individual walker was Darlene Kellett with \$4,005.

Ventura Memory Walk was a beautiful stroll along the seaside with teams such as Continuing Together, Reyes Construction, and Saticoy Strollers leading the charge.

SEE YOU NEXT YEAR – The Association is already receiving calls from people interested in forming teams, walking and volunteering their time for our Memory Walk's 2007!

In The News . . .

Coffee, Curry and Cabernet

Mom was right: eat those veggies. But did she know that coffee, curry and cabernet may also lower the risk of developing Alzheimer's disease? While a diet rich in fruits, vegetables, olive oil, legumes, cereals and fish may help keep the brain young and may slow the mental decline sometimes associated with growing old, spicing it up with curcumin, a component of curry and turmeric, seems to help the immune system get rid of beta-amyloid – the protein that builds up

to form damaging plaques in the brains of people with Alzheimer's.

Good news for coffee and wine drinkers, studies regarding consumption of both substances are indicating that they may lower the risk of developing dementia, including Alzheimer's disease.

Read more about these topics and other latest research at the national Alzheimer's Association website: www.alz.org



SLO Staff Kay Goodwin, Sara Bartlett, Dana Humphreys and Pam Munson.



SB Staff left to right: Loretta Redd, Genny Bolton, Julian Dean, Suzanne Hunt, Catherine Remak, Kristin Frascella, Kellie Gallegly, Cynthia Ray and Diana Vandervoort (not pictured Sue Murphy).



Santa Maria Staff Roy Allen



VTA Staff: Mary Gonzales, Marie Chincuangco and Marcia Ortiz.

California Central Coast Chapter 1 (800) 272-3900 www.centralcoastalz.org

Ventura County

1339 Del Norte Road
Camarillo, CA 93010
(805) 485-5597, (805) 485-4767 fax

Headquarters - Santa Barbara

1528 Chapala Street suite 204
Santa Barbara, CA 93101
(805) 892-4259, (805) 892-4250 fax

Santa Barbara County North

528 South Broadway
Santa Maria, CA 93454
(805) 636-6432, (805) 784-9400 fax

San Luis Obispo County

3480 South Higuera Street, Suite 120
San Luis Obispo, CA 93401
(805) 547-3830, (805) 784-9400 fax

More News is Good News

Would you like to receive more news from us? We will begin sending e-mailings with news and information about the latest research in Alzheimer's disease, as well as news and events going on around the chapter.

Email: info@centralcoastalz.org with news in the subject line.

class schedule – slo

Daily Living: Bathing, Dressing, Mealtime

1/11/2007, 3:00-5:00 pm
Merrill Gardens
1220 Suey Road
Santa Maria, CA 93454

Medication Management

2/8/2007, 6:00-8:00 pm
Alzheimer's Association
528 S. Broadway
Santa Maria, CA 93454

Incontinence

2/16/2007, 3:00-5:00 pm
The Village at Sydney Creek
1234 Laurel Lane
San Luis Obispo, CA 93401

Powerful Tools for Caregivers

3/5/07-4/9/07 (6 weeks), 1:00-3:30 pm
EOC Adult Day Services
690 Peterson Ranch Rd.
Templeton, CA 93465

Daily Living: Bathing, Dressing, Mealtime

3/8/2007, 10:00 am-12:00 pm
Alzheimer's Association
3480 S. Higuera St., Ste. 120
San Luis Obispo, CA 93401

What Now?

3/15/2007, 1:00-3:00 pm
Karen Weitzel Community Center
(at Housing Authority Senior Housing)
640 North Q St.
Lompoc, CA 93436

Caregiving with Resiliency

4/4/2007, 9:00 am-12:00 pm
Hospice of San Luis Obispo County, Inc.
1304 Pacific St.
San Luis Obispo, CA 93401

Levels of Care: Panel

4/19/2007, 3:00-5:00 pm
Merrill Gardens
1220 Suey Road
Santa Maria, CA 93454

Levels of Care: Panel

5/3/2007, 3:00-5:00 pm
The Village at Sydney Creek
1234 Laurel Lane
San Luis Obispo, CA 93401

Respite Care: Panel

5/10/2007, 1:00-3:00 pm
Karen Weitzel Community Center
Housing Authority Senior Housing
640 North Q St.
Lompoc, CA 93436

What Now? (Spanish)

5/15/2007, 1:00-3:00 pm
Karen Weitzel Community Center
at Housing Authority Senior Housing
640 North Q St.
Lompoc, CA 93436

Family Finance/Paying for Care: Panel

6/14/2007, 6:00-8:00 pm
Alzheimer's Association
528 S. Broadway
Santa Maria, CA 93454



The annual education conference was a sold-out success – Alzheimer's Association staff Julian Dean, Loretta Redd with Dr. Peterson, of the Mayo Clinic and board member Dr. Harbaugh, after Dr. Peterson's informative keynote address on cutting edge research on dementia and Alzheimer's disease.



Debbie McConnell and Julian Dean present Jeanne West (center) with the Alzheimer's Care Community Service Award for 23 years of outstanding service to the Santa Barbara care community.

caregiver university santa barbara

Workshop Schedule September 2006 through July 2007

*** Programs are constantly being added and improved upon, so please call Kellie or Suzanne at 805-892-4259 to inquire about updates and to RSVP.*

Powerful Tools for Caregivers

(6-week course)
1/30/2007-3/30/2007
Friendship Center
1:00-3:30 pm
89 Eucalyptus Lane
Santa Barbara, CA 93108
** Respite is available, please call to inquire
Coast Caregiver Staff

Daily Living: Bathing, Dressing, Mealtime

2/16/2007
3:00-5:00 pm
Alzheimer's Association
1528 Chapala Street, 3rd floor conf. room
Santa Barbara, CA 93101
Kellie Gallegly

What Now?

2/20/2007
6:00-8:00 pm
Alzheimer's Association
1528 Chapala Street, 3rd floor conf. room
Santa Barbara, CA 93101
Kellie Gallegly

Respite Care Panel

3/13/2007
2:00-4:00 pm
Vista Del Monte Retirement Community
3775 Modoc Road
Santa Barbara, CA 93105
Kellie Gallegly and Panel

Driving and Dementia

4/5/2007
6:00-8:00 pm
Alzheimer's Association
1528 Chapala Street, 3rd floor conf. room
Santa Barbara, CA 93101
Pearl Chow

Caregiving with Resiliency

5/8/2007
6:00-8:00 pm
Alzheimer's Association
1528 Chapala Street, 3rd floor conf. room

You Can Donate Stock! End of the Year donations – Everyone Wins

The end of the year is an excellent time to make a donation, in fact 50% of all charitable donations are made between Thanksgiving and Christmas. Tax benefits for donations are reflected in the year that they are donated.

You can make a donation of stock easily by downloading our stock donation form from our website www.centralcoastalz.org or calling the office (805) 892-4259 to receive a copy.

Donations can be designated according to your wishes, but are generally used locally for services to families touched by Alzheimer's disease – the diagnosed and the caregivers.



Geoff Stone drops by the office to present Executive Director Loretta Redd with a check for \$20,267.55 on behalf of his mother and father's estate. Thanks Geoff!

Are you AWARE?

What is AWARE? It stands for Auxiliary Working for Alzheimer's Resources and Education; a non-profit all-volunteer auxiliary of the Alzheimer's Association, California Central Coast Chapter, overseen and encouraged by the Chapter's staff. AWARE members have also found the group to be a great source of friendship and support.

Because AWARE is composed of unique individuals, each group has its own focus. The possibilities of what it can achieve for the Association are endless – and different in each county.

AWARE Ventura County: Since January 2005, AWARE Ventura County has raised \$42,000 for the Chapter by volunteering time and holding events. To join or learn more about AWAREVC, contact Jim Sumner at 805.376.2112, jimsumner@verizon.net, or visit our website at www.awarevc.org.

AWARE Santa Barbara: The primary purpose of this group is to raise funds to support of programs benefiting our local Alzheimer's Association Chapter and support the mission of the Association. If you would like to know more about us, please contact Pam Hall, President, at 805.683.1739 or email AWAREsb@aol.com.

AWARE SLO-SM: This auxiliary was started in March 2006 and assists the Chapter by volunteering at the local office, helping with events and supporting community programs. For more information or to join AWARE SLO-

SM, contact Lorraine Cronin, President, at 805.489.6607 or email lcronin@charter.net.

This is an exciting time for those who have the heart to help make a difference. Alzheimer's disease affects all of us all, directly or indirectly. This is how you fight back- get involved!



Thanks Santa Barbara AWARE for purchasing these beautiful flags with the new Alzheimer's Association logo. You will see them fly on State Street in Santa Barbara during the month of August each year and at other special events. Thanks AWARE SB!

support groups

SANTA BARBARA COUNTY

LOMPOC

General Interest (open to all) St. Mary's Episcopal Church

2nd and 4th Friday of each month
1:00-3:00 pm
805.735.9459
Facilitator: Rebeckah Villa-Lopez
Call Wednesday or Friday morning prior to group meeting to arrange on-site respite care.

SANTA BARBARA

Spouse Caregiver Vista Del Monte

1st & 3rd Thursday of each month
3:00-4:30 pm
805.892.4259
Facilitators: Jackie Marston & Barbara Rose

Spouse Caregiver Vista Del Monte

3rd Tuesday of each month
3:00-4:00 pm
805.892.4259
Facilitator: Jackie Marston

Adult Child Caregiver Vista Del Monte

2nd Thursday month
6:30-8:00 pm
805.892.4259
Facilitator: Jana Smith
For adult children of a parent with dementia.

Walking Together, General Interest, All Welcome Shoreline Park

1st and 3rd Wednesdays, 10:00 am-12:00 pm
805.892.4259
Facilitators: Kellie Gallegly & Suzanne Hunt

MONTECITO

Recent Diagnosis and General Interest Friendship Adult Day Care Center

1st Thursday of the month, 2:00-4:30 pm
3rd Wednesday of month, 9:30-11:00 am
805.969.0859
Facilitators: Judy Boesler & Eryn Eckert
Call Friendship Center the day before for free on-site respite care. For Family and Friends; not appropriate for those with memory loss.

Faith Based Spouse Caregiver Location to be determined (Montecito area)

2 Saturday's each month (Dates and Time TBD)
805.892.4259
Facilitator: Marilyn Berman

SANTA MARIA

General Interest (open to all) Grace Lutheran Church

Last Wednesday of each month,
2:00-4:00 pm
805.547.3830
Facilitator: Pam Munson

Spouse Caregiver, Adult Child Caregiver of Recent Diagnosis Edwards Community Center

1st and 3rd Friday of each month
10:30 am-12:00 pm
805.349.9810 x206
Facilitator: Lachelle Cabacugnan
Co-sponsored by Wisdom Center,
Adult Day Center

General Interest (open to all) Merrill Gardens

Last Wednesday of each month
7:00-8:30 pm
805.937.9193
Facilitator: Dorothy Howell
Co-sponsored by ArborView Retirement
Community.

SAN LUIS OBISPO COUNTY

ARROYO GRANDE

General Interest (open to all) First United Methodist Church,

275 Halcyon Road
2nd Wednesday
1:00-2:30 pm
805.547.3830
Facilitator: Sara Bartlett

CAMBRIA

General Interest (open to all) St. Paul's Episcopal Church Library,

2700 Eaton Road
1st & 3rd Thursdays
9:30-11:00 am
805.927.4290 call Harold Light
Facilitators: Christine Greek, Gay Blundell
Co-sponsored by Cambria CARES

LOMPOC

General Interest (open to all) St. Mary's Episcopal Church,

Harris Grade Road
2nd and 4th Fridays
1:00-3:00 pm
805.733.9459
Facilitator: Rebeckah Villa-Lopez
Call Wednesday or Friday morning prior to group meeting to arrange for on-site respite care.
Co-sponsored by Valley Haven Day Center

LOS OSOS

General Interest (open to all) First Baptist Church of Los Osos,

1900 Los Osos Valley Road
3rd Thursday
1:00-2:30 pm
805.534.9234
Call Facilitator Alyce Crawford to arrange respite care
Co-sponsored by the Rehabilitation Institute at
Santa Barbara/Coast Caregiver Resource Center

SAN LUIS OBISPO

Caregivers (Early-Stage) The Villages at The Palms,

55 Broad Street
1st & 3rd Tuesdays
10:00-11:15 am
805.547.3830 call Pam Munson
Facilitator: Alyce Crawford
Co-sponsored by the Rehabilitation Institute of
Santa Barbara/Coast Caregiver Resource Center

Adult Child Caregiver The Manse on Marsh Assisted Living

475 Marsh Street
3rd Tuesday
7:00-8:30 pm
805.534.9234 Call Alyce Crawford
Facilitator: Cory Kent
Co-sponsored by the Rehabilitation Institute at
Santa Barbara/Coast Caregiver Resource Center

Late-Stage Dementia/End of Life Issues Best Care Home Health,

277 South St., Ste. W
4th Thursday
1:00-3:00 pm
805.547.3830 Call Pam Munson
Facilitators: Pam Munson, Janet White, Claire Aagaard
Co-sponsored by Best Care Home Health &
Hospice Partners



support groups

Mid-Stage Alzheimer's/Dementia The Ardara Group, Ltd.

3220 S. Higuera St., Ste. 311
3rd Wednesday
3:00-4:15 pm
805.544.1444 x 40,
Facilitator: Carol Longo

SANTA MARIA

Early Stage Group for Persons with Memory Loss

Grace Lutheran Church
General Interest (open to all)
423 Fesler Street, Chapel
Last Wednesday
2:00-4:00 pm
805.547.3830
Facilitator: Pam Munson
For individuals with newly diagnosed memory
impairment, including Alzheimer's disease and
other memory challenges

Spouse Caregiver, Adult Child Caregiver, Recent Diagnosis in Family Edwards Community Center,

809 North Freemont
1st & 3rd Friday
10:30 am-12:00 pm
805.349.9810
Call The Santa Maria Wisdom Center

General Interest (open to all) Merrill Gardens at Santa Maria

Chapel, 1220 North Suey Road
Last Wednesday
7:00-8:30 pm
805.937.9193
Facilitators: Dorothy Howell or Candy Rioux

TEMPLETON

General Interest (open to all) Templeton Baptist Church,

690 Peterson Ranch Road
Last Friday
1:00-2:30 pm
805.226.8669
Call Facilitator Pat Bower to arrange
for respite care

VENTURA COUNTY

CAMARILLO

For All Caregivers Camarillo Health Care District

2nd and 4th Mondays
10:00-11:30am
805.485.5597
Facilitator: Marie Chingcuangco

Families Facing Long-Term Care Decisions Camarillo Health Care District

Thursdays
1:00-2:30 pm
805.656.1986
Facilitator: Kimm Bryan

OJAI

For All Caregivers Help of Ojai

1st Tuesday
10:30 am-12:00 pm
3rd Tuesday
7:00-8:30 pm
805.646.0161
Facilitator: Eleanor Land

OXNARD

Bilingual Caregiver Support Group Wilson Senior Center

Wednesdays
10:00-11:30 am, Bilingual English/Spanish
805.656.1986
Facilitator: Mary Gonzalez

SIMI VALLEY

For All Caregivers Simi Valley Senior Center

2nd Wednesday
7:00-8:30 pm
805.497.0159
Facilitator: Jean Ruecker

Sunrise at Simi Hills For All Caregivers

4th Thursday
6:30-8:00 pm
805.583.3500 x314
Facilitators: Mary Marcouiller, Teri O'Herron

THOUSAND OAKS

For All Caregivers Goebel Senior Adult Center

1st and 3rd Fridays
9:30 am-12:00 pm
805.498.1988
Facilitator: Sue Lindemann

For All Caregivers, Families & Friends Hillcrest Inn - Game Room

2nd and 4th Fridays, 9:30-11:30 am
Co-sponsored by Senior Concerns
For Adult Children of Dementia Patients
Senior Concerns
805.497.0159
Facilitators: Maureen Symonds, Linda Rogers-Fuess

1st and 3rd Tuesdays, 7:00-8:30 pm
Free adult day care provided at the Hillcrest Inn.
Arrangements must be made prior to meeting on
a first come, first served, space-available basis. Call
Senior Concerns, 805.497.0159 for details.

VENTURA

Adult Children of Dementia Patients Trinity Lutheran Church

1st and 3rd Thursdays, 7:00-8:30 pm
805.485.5597
Facilitator: Sherril Bover

For All Caregivers Community Memorial Hospital

2nd Friday, 3:00-4:30 pm
805.445.1181
Facilitator: Arlene Reynolds

For All Caregivers Moran Senior Day Center

2nd and 4th Thursdays, 10:00-11:30 am
805.485.5597
Facilitator: Marie Chingcuangco
Free adult day care services provided. Arrange-
ments must be made prior to meeting. Call
805.643.5000.

If Wandering is the question, Safe Return® is the answer. Call 800-272-3900

How Safe Return Works

Alzheimer's Association Safe Return®
is a nationwide identification, support
and enrollment program that provides
assistance when a person with Alzheim-
er's or a related dementia wanders and
becomes lost locally or far from home.

Assistance is available 24 hours a day,
365 days a year. If an enrollee is missing,
one call immediately activates a com-
munity support network to help reunite
the lost person with his or her caregiver.

Enroll a Loved One Today:

- 1) Online. <http://www.alz.org/Services/SafeReturn.asp>
- 2) Phone. Call 1.888.572.8566
between 7 a.m. -11:30 p.m.
(CST). Monday through Friday.