

Memory and aging

Separating fact from fiction

by Anna Marie Weiner

Have you ever forgotten someone's name as you bump into her in a store or at a party? Do you sometimes misplace an item that you desperately need and find yourself frantically searching for it?

Circumstances like those described above happen to all of us from time to time, regardless of age. Although younger people do not usually believe that such moments of forgetfulness signify a serious memory problem, older people often do worry and may think their memory is gradually "going down hill." They may be giving into the myth that aging and memory loss go hand in hand.

According to Dr. Andrew Monjan, chief of the National Institute of Health (NIA), Neurobiology of Aging Branch, "We're changing from the old dogma that when you get old you'll be senile. We're learning that dementia and memory loss commonly associated with old age are not in

fact part of the normal aging process." Dr. Monjan suggests that most brain-function loss can be attributed to some kind of pathological event not directly tied to old age.

Other myths about memory, aging and the brain are being disproven as well. Contrary to commonly held beliefs, people continue to develop new brain cells throughout their lifetimes. "It was once thought that at birth, you had all the brain cells you would ever have," says Dr. Molly Wagster, director of NIA's grants program in the neuropsychology of aging, "but recent research tells us that brain cells are still being born, even into older adulthood."

How Age Affects Memory

Although experts agree that the vast majority of people will never suffer severe memory loss, some changes do occur as a result of the aging process. Research indicates that the most common difficulties older people have with memory relate to:

Difficulty paying attention to more than one thing at a time. Multiple conversations or competing activities going on at the same time may interfere with memory. For example, an older

person visits the physician and has several questions in mind to ask the doctor, but when the physician asks other questions, the older individual must refocus his thoughts in order to answer and may then forget his own questions.

Learning new information. It takes greater effort to learn something new. The good news is that research has demonstrated that unless there is actual brain impairment, older people can continue to learn and remember to the end of life.

Retrieving information. It is more difficult to call to mind familiar names and words on demand. Experts suggest that slower recall may be attributed to poorer organization of information in the long-term memory.

You Can Improve Your Memory

There are things you can do right now to improve your memory, regardless of age. In the booklet "Staying Sharp: Memory Loss and Aging," the AARP Andrus Foundation and the Dana Alliance for Brain Initiatives suggest the following:

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2002

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Education



Annual SLO conference

Slated for June 28, 2002

On Friday, June 28, the Alzheimer's Association will present a daylong conference in San Luis Obispo. The conference is titled "Alzheimer's Research and Care: Horizons of Hope." The event will be held at the Embassy Suites Hotel in San Luis Obispo and will feature a variety of excellent nationally and locally known speakers who will address the most current information on research and treatment in the field of dementia.

The conference will begin with a presentation by Stuart Feinstein Ph.D., Associate Professor, Neuroscience Research Institute, University of California, Santa Barbara. His lecture is titled "Rethinking Plaques and Tangles: Are These the Real Villains? New Ideas on Causation and Exciting New Prospects for Effective Alzheimer's Therapies."

Other sessions include: "Together We Can Make a Difference," given by Julian Dean, Health and Caregiver Educator for the Alzheimer's Association and a panel presentation, "Dealing with Losses: Interpersonal, Driving, and Communication." Panel members include Margaret West, MA, MFT, Marriage and Family Therapist, Private Practice; Elizabeth Frost, MA, CCC-SLP, Speech Pathologist, Private Practice; and David Jeffrey, OTR, Occupational Therapist, French Medical Center and Founder/Owner Central

Coast Driver Safety Evaluations. The inspirational closing address is titled "Hope is not a four-letter word" and will be given by Helen Sampson, LCSW. Helen is the Linkages Project Manager for Life Steps Foundation, Inc.

Continuing Education Credit will be available and pre-registration is required. Free respite will be provided by AdCare with advance registration. ■

This conference is supported, in part, by the following sponsors and vendors:*

Alzheimer's Association Corporate Partners:

Villa Bella/Villa Rose
Villa Alamar Alzheimer's Residence
The Samarkand Retirement Community
Santa Barbara Bank and Trust
The Village at Sydney Creek Alzheimer's and Dementia Care Community
Casa Dorinda
The Urban Group

Conference Sponsors

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Coast Caregiver Resource Center
Gentiva Health Services
Lifespan Services Network
Senior Living Consultants
LifeSteps/Linkages

Vendors:

Amdal
Best Care Home Health
Hospice of San Luis Obispo, Inc.
Core Home Health Services

**List current at the time of printing.*

A caregiver resource library coming to your town soon!

As a part of the education and support programs provided through Caregiver University, 42 resource libraries will be available by the end of June. Grant funding for the project, provided through the local Area Agency on Aging, has enabled the Association to place caregiver resource libraries in every public library and adult day care center in Santa Barbara and San Luis Obispo. Additional libraries are located at the Area Agency on Aging office in Santa Maria and the Alzheimer's Association offices in Santa Barbara and Grover Beach. Two mobile resource vans will also be equipped with a variety of brochures, books and videos to assist caregivers who may be a bit more isolated.

The materials available range from informational resources on Alzheimer's disease, dementia and other chronic conditions to materials on caregiving techniques and support for the caregiver. "We are so pleased to be able to offer the community such a wide variety of excellent educational materials. Currently our counties possess the largest number of resource libraries in the state," says Debbie McConnell, Director of Education. The libraries will be up and running by the end of June. Please call the Alzheimer's Association office at (800) 660-1993 for a complete listing of locations and contact information. ■

Research & Treatment

A simple remedy

Studies link weaker source memory to frontal-lobe changes

At the University of Arizona, new psychological research gives hope to people who fear they will lose their memory as they age. Researchers found that contrary to popular belief, only some people over 65 suffer greater losses in “source (contextual) memory” than in memory for facts and items. The brain’s frontal lobes seem to be the culprits, but only some people suffer frontal-lobe impairment as they age. What’s more, despite this age-related brain deficit, people may be able to learn to improve their source memory.

Researchers from the University of Arizona conducted four experiments that compared the memory performance of healthy adults over the age of 65 from the Tucson area, with that of college undergraduates. Subjects in the four experiment series numbered 32 older and 24 younger adults in experiments one and four; and 24 older and 24 younger adults in experiments two and three.

First, they assessed frontal-lobe efficiency with a battery of neuropsychological tests. Then, they studied the association between frontal-lobe strength and efficiency in remembering source information, which is harder than storing and retrieving items. Source memory is memory for the broad contextual aspects — perceptual, spatio-temporal, emotional, social — surrounding an event, such as

who was speaking, or whether you learned something from a book or television. “It’s a more demanding mental process than remembering facts,” said Elizabeth L. Glisky, Ph.D., “because it involves more details and decisions, even as it links these surrounding details to the item or event at their core.”

The researchers found that half of their subjects with above-average performance on frontal-lobe tests did not show significant impairments in source memory as a group. The other half of the sample, with below-average performance, tended to have impaired source memory as a group. The data revealed that source-memory problems are not an inevitable consequence of aging, as has been widely thought, but rather are a function of frontal-lobe efficiency. The proportion of older adults who experience frontal-lobe decline, at what ages, and to what degree, is unknown at this time. What’s clear is this, says Glisky: “The better one’s frontal-lobe function, the better the source memory performance.” Older adults with good frontal-lobe function performed source memory tasks as well as young adults.

What’s more, when researchers required people to consider the relation between an item and its source, age differences in memory performance completely disappeared. “It seems important for older adults to try to integrate several aspects of an experience in order to remember the experience as a whole,” says Glisky. “For example, it’s not enough to remember your car and that you parked it somewhere in the shopping mall parking lot. It’s important to attend specifically to the relation between your car and its location in the

parking lot. Older people may have to make a specific effort to encode these relations in order to remember them later.”

In short, source memory problems may happen only to a subgroup of older adults who are aging cognitively in different ways, and even then, they can be helped to learn to remember the context better. ■

Article Sources: “Source Memory in Older Adults: An Encoding or Retrieval Problem?” Elizabeth L. Glisky, Ph.D., Susan R. Rubin, M.A., and Patrick S.R. Davidson, M.A., University of Arizona, Tucson.

Journal of Experimental Psychology — Learning, Memory, and Cognition, Vol. 27, No.5.

Achieving and Maintaining Cognitive Vitality with Aging

International Longevity Center-USA and Institute for the Study of Aging

Physicians and neuroscientists examine the process of cognitive aging in this 25-page report. They review current scientific and clinical knowledge of normal human cognitive aging, the biological mechanisms that underlie this process, and risk factors associated with mental decline. They make recommendations for lifestyle changes and outline a research agenda for the development of new therapies to prevent mental decline and maintain cognitive vitality. The report can be found on the Web at

www.ilcusa.org/pub/books.htm.

Philanthropic News

IRIS

It was a magical night at Santa Barbara's Bacara Resort for over 200 who attended the local premier of the movie IRIS, a Miramax film about the life of British writer Iris Murdoch. Iris Murdoch was one of Great Britain's leading scholars and writers before she developed Alzheimer's disease. She died in 1999.

The evening raised over \$20,000 and was a joint effort of the Santa Barbara Alzheimer's Association and the Santa Barbara Film Festival. The unusual collaboration was a natural according to Jelinda DeVorzon,



Board President of the Film Festival. That night she noted how film teaches millions of people around the world about a subject like Alzheimer's disease. In fact, the "home-release" DVD version of the film will have commentary about Alzheimer's disease and

the Alzheimer's Association, thanks to the Los Angeles Alzheimer's Association.

David Troxel, Executive Director of the Alzheimer's Association, praised the filmmakers for their sensitive and accurate portrayal of the disease.

Lol Sorsensen, Board President, thanked the evening's other supporters — Miramax Films and Bacara Resort. Miramax donated the film for the evening and Bacara underwrote the evening's elegant and delicious dinner.

When the film is released in video or DVD later this year, the Association plans to sponsor several "movie nights" to screen the movie and have a discussion afterwards. ■

Reagan Gala wrap up!

This year's Ronald and Nancy Reagan Gala brought 350 people together at Fess Parker's Doubletree Resort to raise money for local respite care grants and innovative family services.

It was a remarkable evening made even more special by the presence of David Hyde Pierce and the family of the late Maureen Reagan — her brother Michael and his wife Coleen, and Maureen's husband Dennis Revell and daughter Rita. Captain William Goodwin, commander of the new USS Ronald Reagan was also present.

David Hyde Pierce was the evening's master of ceremonies. The award winning star of *Frasier* brought his sparkling wit and passion to the evening. He is a national spokesperson for the Association and lost his father and grandfather to dementia.

The late Maureen Reagan was a tireless champion for the Alzheimer's Association



and for increased funding for research. To honor her memory, the Alzheimer's Association Board of Directors voted to give her this year's Leadership Award, which was presented by Founding Chair Marge Nordyke and accepted in her memory by Dennis Revell.

In accepting the award, Dennis noted his family's special fondness for the Central Coast.

Due to their special interest in our area, President and Mrs. Reagan lent their support and names to the Santa Barbara Alzheimer's Association for a special fund to give respite care grants to families and to

support innovative local services. The evening's dinner raised over \$50,000 for that fund; almost \$400,000 has been raised to date.

As always, a highlight of the evening was the Live Auction and Silent Auction, featuring memorabilia and gifts from the Reagan presidency, as well as gifts from local wineries, restaurants and other businesses and organizations. Major supporters included the Fess Parker Winery and Vineyard, the Jelly Belly Company and many others.

Special thanks to the hard-working and dedicated committee: Kris Kallman, Marge Nordyke, Sandy McGraw, John Barletta, Lynn Emerson, Lauri Bolt, Kathy Osborn, Dee MacGillivray, Beth Harake, Mandy Ellis, Helena Ross, Adrienne Schule, Carolyn Mente, Scott McCosker, Victoria Lindstrom, Jean Mangus, Dana Newquist, Ashley Parker Snider, Emily Zenoni and David Troxel. ■

3rd annual SLO Memory Walk

Generates summer excitement

by Dianne Timmerman
Director of Community Relations

The excitement is building for our next scheduled Memory Walk — to be held at Charles Paddock Zoo at Atascadero Lake Park on Saturday, September 7 from 8 to 11:30 a.m.

What kind of excitement can you expect? We have for the first time a Title Sponsor.

The honor belongs to The Village at Sydney Creek Alzheimer's and Dementia Care Community that has pledged to raise \$20,000. In 2001, Sydney Creek raised \$10,267. To our delight, they think they can double this amount and we say "more power to 'em."

If you would like to join their team and their effort, please call Mindy Nissen at (805) 543-2300, extension 21.

Of course, you may want to form your own family, business, church, club, school or healthcare facility team. Friendly team competition can be fun and often helps to generate extra money. After all, Memory Walk is about raising money to support our chapter office and its many fine services.

A great way to start your Memory Walk support is to attend our Memory Walk Kickoff Luncheon on Wednesday, June 19 from 11:30 a.m. to 1 p.m. at The Village at the Palms Independent Retirement Community, located at 55 North Broad Street in San Luis Obispo. Bring your friends, family members and colleagues along to the luncheon for delicious smoked chicken and sun-dried tomato focaccia sandwich, shrimp

pasta salad, seasonal fruit and Amaretto cheesecake. Call the office at (805) 481-9364 to RSVP for this free fun event. Memory Walk t-shirts, posters, brochures and donation envelopes will be available at the luncheon.

What else makes Memory Walk unique? Would you like to decorate a Memory Tile for our special Memory Wall?

The Memory Wall starts as a series of connected wooden boxes to which 10-inch foam core squares — Memory Wall Tiles — can be affixed with Velcro. Individuals or families can decorate a tile to honor or remember a loved one, or to depict their feelings about Alzheimer's disease, or even salute a gracious and kind caregiver. As tiles

are added, a Memory Wall unfolds to inspire us all.

Receive your free Memory Wall tile at the Kickoff Luncheon. Your tile can include color copies (or originals) of

family photos, or a colorful depiction using inventive art, craft materials, creative writing expression such as a poem, part of a story, a journal entry, etc. Bits of fabric, dried flowers, letters, mementos, stencils, rubber stamps, and baubles, bangles and beads can be affixed also. Decorations used should be lightweight and wind-resistant. The morning of the Walk, your tile will be added to the Memory Wall. What a beautiful way to express your heartfelt feelings!

Memory Walkers will also enjoy an Atascadero Kiwanis pancake breakfast, leisurely walks around Atascadero Lake, Paddock Zoo Tours, a Sigma Kappa children's play area, entertainment by the Atascadero Community Band and Longs Drug Stores Team Photos.

The Grand Prize for the top money-raiser is a two-night stay for two at Yosemite's Wawona Hotel and dinner in the dining room. All Walkers who raise \$150 – 1,000+ will receive Gottschalks gift certificates.

To register for the Memory Walk for the adult fee of \$15 you receive breakfast and one prize drawing ticket. Adults who pledge to raise \$75+ will receive a souvenir t-shirt. The child fee (age 12 and under) is \$10 and includes a youth souvenir t-shirt, breakfast and one prize drawing ticket.

Call (805) 481-9364 to RSVP to the Luncheon or for Memory Walk information. Our continued thanks go to all who support our major fundraising efforts. ■

Fun Opportunity

Supports upcoming Memory Walk

Long time San Luis Obispo County Association volunteer Gordon Mullin is taking the concept of mini-fundraiser to a new level. He is starting to raise money to support his participation as an individual Walker in the third Memory Walk at Charles Paddock Zoo, scheduled for September 7, 2002.

Gordon is working with the San Luis Obispo Blues Baseball Team to put together a Blues versus a local media ball game scheduled for Saturday, June 22 at Sinsheimer Park in San Luis Obispo. Media who will be suiting up to try to beat the San Luis Obispo Blues include *The Tribune*, KSBY TV6, *New Times* and Clear Channel Radio Stations.

You can have a summer day of fun and support our Association by purchasing tickets at all Longs Drug Stores and Vons Grocery stores throughout San Luis Obispo County. Tickets are \$10 each and all net proceeds will go to the Alzheimer's Association.

Your \$10 ticket will admit you to both the San Luis Obispo Blues versus Media game at 4 p.m. and the regularly scheduled game of the Blues versus the Oxnard Dawgs at 7 p.m. You will also receive a FREE hot dog, soft drink and snack.

Tickets will be available two weeks before the game at Vons and Longs and also by calling the Association's office at (805) 481-9364 to purchase your tickets. ■



Caregiver Corner

Preventable diseases

You can avoid or control preventable diseases and disorders, or behaviors that are known to impair brain function. These include:

- Low blood sugar, which can be caused by skipping meals or over-exercising.
- High blood pressure, which can lead to strokes (including mini-strokes that may go unnoticed).
- Heart disease.
- Diabetes.
- Thyroid problems.
- Cigarette smoking, which constricts blood vessels.
- Excessive alcohol consumption, which kills brain cells.
- Nutritional deficiency. Shortages of essential nutrients such as protein, B vitamins like folic acid, B6 and B12 and the antioxidant nutrients (vitamins E and C and beta-carotene) can impair brain function.
- Drug interactions. Those most likely to interfere with memory include anti-hypertensives, barbituates, tranquilizers, and pain medications that induce sleep.
- Depression.
- Stress and anxiety.
- Mental and physical inactivity.

Memory and aging

Continued from front page

Relax. People who are tense and under stress are prone to lapses.

Concentrate. Pay attention if you want to remember something later.

Focus. Reduce distractions and minimize interferences.

Slow down. If you are rushing, you may not be paying full attention.

Organize. Keep important items in a designated place that is visible and easily accessible.

Write it down. Carry a notepad and calendar and record important things when you first hear them.

Repeat it. Repetition improves recall; use it when meeting new people and learning new things.

Visualize it. Associate an image with something you hope to recall.

Other Helpful Hints

To maintain cognitive vitality, consider the following:

Exercise regularly to keep the blood flow to the brain.

Eat nutritious foods. Provide your brain with the nutrients it requires. Research shows that older people with higher intakes of the antioxidant nutrients

Vitamins E and C and beta carotene (found in fruits and vegetables) have better memories.

Stay mentally active and engaged in activities such as classes, reading, travel, crossword puzzles, memory exercises, and playing intellectually stimulating games.

Maintain social contacts and a good support system.

Reduce stress by pursuing stress reduction techniques that include physical activities, meditation and/or prayer.

Increase your sense of self-efficacy. Studies show a clear connection between emotional health and cognitive ability. Depression, which is common in older people, can rob persons of the motivation and concentration necessary to remember. Though regular exercise and group activities can help, professional treatment is recommended.

So there is a lot we can do to keep mentally sharp as we age. Most important is to keep in mind that memory decline is not inevitable. Stay alert to the many things that can make you prone to forget. You can take action to overcome or mitigate most of them. Above all, keep a positive attitude. ■

Sources: The National Institute on Aging; National Policy and Resource Center on Women and Aging, Volume 1 No. 5; Janice M. Park, Ph.D., Gerontology Specialist; Jane E. Brody, New York Times, January 8, 2002.

Opening doors

New adult day care facility in Cambria

Cambria CARES is a small non-profit adult day care facility that opened its doors one year ago in February, after many months of preparation and strong community support. It is licensed by the state of California for 10 participants a day.

“Volunteer participation is a key factor to our success,” says Program Director Ann Hardin, who is one of two paid staff members. “Our volunteers work with our clients on a one-to-one basis and lead and conduct many of the activities. They have been phenomenal in helping to launch our program.”

As a former licensed nursing home administrator, Ms. Hardin understands firsthand the vital importance of socialization and planned activities for frail older adults, and for those suffering from dementia.

“Almost all of our clients have some form of dementia,” says Ms. Hardin. “It takes time, patience, and planning to develop a program of activities that will challenge, motivate and stimulate. It is so rewarding and inspiring to watch our clients progress. We care and do make a difference!”

Cambria CARES’ mission is to enhance the quality of life for frail and dependent adults. The goal is to focus and strengthen their clients’ present abilities by offering a rich and varied program of activities, which include:

- Speech therapy
- Music
- Exercise and relaxation techniques
- Mental stimulation games
- Art
- Gardening
- Pet visitation

“Adult day care facilities present a wonderful opportunity to bring some measure of joy into these people’s lives,” continues Ms. Hardin. “It is one of the most cost effective and productive means of keeping our loved ones socially active, while allowing them to remain at home with dignity and love. Caregivers benefit as well by providing them a respite from their caregiving duties. I think the future will find an increase of more and larger facilities throughout our country.”

Cambria CARES is open Fridays and Thursday from 9:00 a.m. to 3:00 p.m. at St. Paul’s Episcopal Church Parish Hall. Additionally, a caregiver support group meets twice a month on Tuesdays and Thursdays at St. Paul’s Library from 9:00 a.m. to 11:00 a.m.

Cambria CARES is supported financially by donations, gifts, and grants. Participants pay on a sliding scale, according to their individual circumstances.

The Alzheimer’s Association remains a strong supporter of adult day care facilities. We encourage all family members to use this wonderful resource. ■

**For more information, please contact:
Ann Hardin, Program Director
Cambria CARES
805-924-0420**

Is it age-related memory loss or the first symptoms of Alzheimer’s disease?

The symptom of memory loss may seem similar in a person who is just forgetful and a person who has the beginnings of Alzheimer’s disease. However, there are some real differences between these types of memory loss. The National Council on the Aging, Inc. gives the following differences:

- Memory loss associated with Alzheimer’s progresses more rapidly and is much more apparent to family and friends.
- Age-related memory loss may affect a person’s ability to remember new information, but it will not interfere with a person’s ability to live independently and function socially and professionally.
- Alzheimer’s affects not only memory, but also certain basic capabilities, such as the ability to find the right words for simple objects and to locate once familiar places.
- A person with age-related memory loss may have temporary trouble remembering something, but will eventually be able to recall it. Someone with Alzheimer’s disease rarely has this ability.

If you are concerned about yourself or someone you know who is experiencing memory problems, contact the Alzheimer’s Association in Santa Barbara at 563-0020 or in Grover Beach at 481-9364 for a free consultation.

Association News



Recent activities... continued goals

by Lol Sorensen, President

I've often taken some time in this column to be a "proud parent" for all our accomplishments as an Alzheimer's Association. Here are some of our recent accomplishments and activities.

We held two special events that are reported on in this newsletter. The first was a benefit showing of the film IRIS. With support from Bacara Resort & Spa, Miramax Films and partnering with the Santa Barbara Film Festival, over 200 gathered to see the film, have dinner and raise over \$20,000 for the film festival and Alzheimer's Association. It was an incredible evening, and we introduced many new people to our work and mission.

The second event was our annual Reagan Gala. Dare I say that it just gets better and better every year! This year we honored the late Maureen Reagan and welcomed her brother Michael and husband and daughter Dennis and Rita Revell. David Hyde Pierce lent his gracious presence as master of ceremonies. Over \$50,000 was raised thanks to our generous friends and supporters.

Alas it was too late for seeing the cherry blossoms, but a group of us did go to Washington DC recently to attend our annual Public Policy Conference. I had a chance to visit with legislative staff members, attend a congressional hearing on Alzheimer's disease research, and walk

hand-in-hand with hundreds of others at a candlelight vigil in front of the Lincoln Memorial to remember those taken by Alzheimer's disease. Our goal, and it is achievable, is to encourage the federal government to spend \$1 billion a year to find a treatment and cure for Alzheimer's disease.

In my last column, I announced our merger with the Ventura Chapter. All is going well on this effort and we will join forces July 1 as the California Central Coast Chapter. More in our next newsletter!

As I think of all three events, it occurs to me that even though this is one of the toughest and most damaging diseases, some of the best people are attracted to the cause. As President, I've had an opportunity to meet so many wonderful and talented people, all united to help one another, help their communities, and work to support efforts to find a treatment and cure.

Thank you for being part of this movement and for your ongoing support of the Alzheimer's Association. ■

Achievement Certificate in Alzheimer's Care

Recent graduates of the Achievement Certificate in Alzheimer's Care are shown in the photo and are from left: Gates Dixon, Valley Haven; Melinda Tognetti, Valley Haven; Anse Hopkins, Valley Haven; Marilyn Hill, The Samarkand; Rosalba Tamayo, The Samarkand; Sherrie Morris, The Samarkand; Esteban Sanchez, The Samarkand; Mary McGrath, Treacy Villa; Sharon Williamson, At Home Senior Services; Andrew Speck, Family Caregiver; Rolando Ramirez, At Home Senior Services.



Family Resource

Family Support groups

1. Spouse caregiver
2. Adult Child caregiver
3. Recent Diagnosis in Family
4. Post-placement
5. Bereavement
6. General Interest (open to all)

Santa Barbara

*3rd Wednesday of each month. (Call for times as they vary).
Friendship Adult Day Care Center, 89 Eucalyptus Lane.
Call Mary Sheridan, 969-0859. **6**

Every Tuesday (Call Elayne Brill for time).
Good Shepard Lutheran, 380 N. Fairview Ave.
Call Elayne Brill, 892-5599. **1**

2nd and 4th Wednesdays, 5:30 - 7:00 pm.
Good Shepard Lutheran, 380 N. Fairview Ave.
Call Julian Dean, 563-0020. **2, 6**

First Wednesday of each month, 3:30 - 4:45 pm.
Vista Del Monte, 3775 Modoc
Call Elayne Brill first at 892-5599. **6**

First Friday of each month (Call Elayne Brill for time)
900 Calle De Los Amigos
Call Elayne Brill, 892-5599. **6**

Solvang

*1st Thursday of each month, 1:00 - 2:30 pm. **1**
3rd Thursday of each month, 7:00 - 8:30 pm. **2**
Valley Haven, 1825 Alamo Pintado Road.
Call Val Maxey, 688-0297.

Lompoc

2nd and 4th Fridays of each month, 1:00 - 3:00 pm.
St. Mary's Episcopal Church,
Harris Grade Rd.
Call Diana Lovejoy, 733-9459. **6**

Santa Maria

Last Wednesday of each month, 2:00 - 4:00 pm.
Grace Lutheran Church, Rm 3, 420 Fesler Street
Call Judy Miller, 481-9364. **6**
2nd and 4th Tuesdays of each month, 10:30 am - 12:00 pm.
Santa Maria Wisdom Center, 1414 N. Broadway
Call Sherri Collier, 349-9810. **1,2,3**

Last Wednesday of each month, 6:30 - 8:00 pm.
Arborview, 1220 N. Suey Rd. (The Chapel)
Call Dorothy Howell, 937-9193. **6**

Los Osos

*3rd Thursday of each month, 1:00 - 2:30 pm.
First Baptist Church of Los Osos, 1900 Los Osos Valley Rd.
Call Alyce Crawford at 534-9234 for details.
Respite is always available.. **6**

San Luis Obispo

3rd Monday of each month, 5:30 - 7:00 pm.
Sydney Creek Care Community,
1234 Laurel Lane., SLO.
Call Alyce Crawford at 534-9234 or 474-1075. **2**

*1st Thursday of each month, 1:00 - 2:30 pm.
AD Care Center, Congregational Church, 11245 Los Osos
Valley Road, SLO. Call Alyce Crawford, 534-9234, or
545-8446 for respite reservations. **6**

Halcyon/Arroyo Grande

*2nd Wednesday of each month, 1:30 - 3:00 pm.
AD Care Center, Hiawatha Lodge, 3065 Temple Street.
Call Georgia at 489-1365 for respite reservations. **6**

Templeton

*Last Friday of each month, 1:00 - 2:30 pm.
AD Care at Church of the Good Shepherd
Duncan Rd. at Petersen Ranch Rd., Templeton.
Call Pat Bower, 226-8669 or 434-0945 for
respite reservations. **6**

EARLY-STAGE PATIENT GROUPS ARE AVAILABLE

In Santa Barbara, call Deborah Dunn at 563-0020.
In San Luis Obispo, call Judy Miller at 481-9364

RESPIRE for CAREGIVERS

SPECIAL SERVICES

In-Home Respite Care

Independent Living Resource Center

Call 963-0595

Real Help

Call 965-1531

Extended Family Associates, LifeSpan

San Luis Obispo

Call 782-8515

Various Home Health Agencies

offering in-home care

Call 563-0020 for more information

Out-of-Home Respite Care

Various Residential Facilities

Offering short-term care.

Call 563-0020 for information

Day Care Centers

Friendship Center (Santa Barbara)

Call 969-0859

Solvang Valley Haven

Call 688-0297

Lompoc Valley Haven

Call 733-9459

AD Care (Halcyon)

Call 489-1365

AD Care (San Luis Obispo)

Call 545-8446

AD Care (Templeton)

call 434-0945

Cambria CARES

call 927-4290

Day Care/Health Care Centers

Santa Maria Wisdom Center

call 349-9810

Our Patient and Family Advisors offer one-on-one and family counseling, education and support by phone, office appointment and home visit

There are no charges for these services.

For more information, please call our office at 563-0020.

SAFE RETURN SITES

Go to any of these locations to have a photo taken and register for Safe Return. Please call first to make an appointment.

Locations

Alzheimer's Association

2024 De la Vina, Santa Barbara

call Deborah Dunn, 563-0020

Grover Beach Office

197 North 10th Street, #104

call Judy Miller, 481-9364

Friendship Adult Day Care Center

89 Eucalyptus Lane, Santa Barbara

call Mary Sheridan, 969-0859

Valley Haven

1825 Alamo Pintado Rd., Solvang

call Tammy Nichols, 688-8052

Santa Maria Wisdom Center

1414 N. Broadway., Santa Maria

call Sherri Collier, 349-9810

Ad Care - Halcyon

Hiawatha Lodge, 3065 Temple, Halcyon

call Teresa Perez, 489-1365

Ad Care - Templeton

690 Petersen Ranch Rd.

call Peggy Yost, 434-0945

Ad Care - San Luis Obispo

Congregational Church, 11245 Los Osos Valley Rd.

San Luis Obispo, CA 93405

call 545-8446

Creston Village

1919 Creston Road

Paso Robles, CA 93446

call Eric Hostetter, 239-1313

Lompoc Valley Haven

St. Mary's Episcopal Church, 2800 Harris Grade Rd.

Lompoc, CA 93433

call Mary Kate Meske, 733-9459

8:30 a.m. – 3:00 p.m. Mon. — Wed. — Fri.

Sydney Creek

1234 Laurel Lane

San Luis Obispo, CA 93401

call Susan Stewart, 543-2350

Alzheimer's Helpline Volunteers

Call them when you need someone to talk to.

Santa Barbara	Elayne Brill Selma Rubin	692-4051 964-1246
Carpinteria	Louise Davis	684-8403
Santa Maria	Henriette Thomason	928-5301
Los Osos	Tom Law	528-5139
San Luis Obispo	Dorothy Robbins	466-1814 (8am - 8pm)

Volunteer spotlight

Meet Judy Manriquez

by Cindi Thompson
Volunteer Coordinator

Judy Manriquez is one of many volunteers who donate their time and energy to support the Alzheimer's Association. Once a week Judy comes to the Santa Barbara office to help with any number of projects that include organizing the office supply cabinets to putting together education binders for caregiver training classes.

During her four years with us, she has seen her role as a volunteer in the Association grow and evolve. Now, with years of experience under her belt, our staff relies on Judy for feedback on running volunteer projects more efficiently. She also acts as mentor to new volunteers.

Judy has found she is helping in ways she never imagined. Unexpectedly, she has come across many in our community who are living with Alzheimer's disease and is able to use her knowledge of our programs and services to let people know how the Alzheimer's Association can help them and what resources are available. We asked Judy to share with *Side by Side* readers her feelings on volunteering with the Alzheimer's Association.

Why do you volunteer?

I never made a conscious decision to do volunteer work. I've been volunteering since grade school. It's just part of my nature and how I was brought up.

Why did you choose to volunteer for the Alzheimer's Association?

My aunt had Alzheimer's disease. After she died, I knew I wanted to do something to help others in my community who are living with this disease. Through RSVP, a local non-profit

service that matches volunteer skills with community needs, I contacted the Association to find out the best way I could help out based on what I was comfortable doing.

What has been your favorite volunteer assignment?

Serving food at the Santa Barbara Memory Walk fundraisers. It's fast paced and fun! It's rewarding to know that I contributed in raising funds that support the programs and services I see implemented each week when I volunteer at the office. I like knowing that the money raised is being spent efficiently.



Are there projects you work on that emphasize for you the importance of the work of volunteers?

Yes, with mailings. When I see that these mailings are getting good responses, I realize that would not have been possible without the

help of volunteers.

Would you recommend the Alzheimer's Association to friends and family that might want to volunteer?

I would and I have! I've recruited at least three volunteers so far. I didn't even have to ask. When people learn of what volunteers are doing at the Association they want to help out as well. Volunteering has not only benefited the Association but my friends too. They feel better about themselves knowing that they are doing something to help others.

Our many thanks to Judy and to all of our volunteers. We rely on volunteers to help the Alzheimer's Association expand its programs and services. ■

If you are interested in volunteering, please call: The Santa Barbara Office:
805-563-0020 or 1 (800) 660-1993
The SLO County Office in Grover Beach:
805-481-9364

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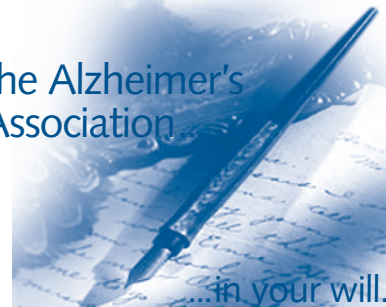


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Remember

the Alzheimer's
 Association



A tribute... to Mary Jane Challinor

In March of this year, Mary Jane Challinor died from complications of Parkinson's disease. With great sadness, she is remembered by all of us associated with the Alzheimer's Association of Santa Barbara chapter in its earliest years.

When our office was barely a closet with the County's Geriatric Assessment Program, Mary Jane volunteered two mornings a week assisting me with office duties. She



had lost her mother to Alzheimer's disease, and her father, Albert Phillips, was a member of the Board of Directors. She was also elected to the Board in 1986 and served as Secretary for two years, and still continued her indispensable volunteer services in the office. At that time, it was just the two of us — both part-time — doing the daily work of the organization.

Finally, in 1988, the Association was financially able to offer Mary Jane employment. She continued her work, now five mornings a week, as my

invaluable assistant. Because of her personal experience with Alzheimer's, she was dedicated to helping caregivers with caring and wise advice. She was also the most conscientious and careful recorder of the constant flow of information and details, and even mastered our first computer when it finally arrived on the scene.

Best of all, she had a wonderful sense of humor, and it was a joy for me to work with her until we both retired in 1990, after having helped nurture the growing chapter through its earliest years of existence. Without dedicated souls like Mary Jane, we would not have the solid foundation on which the flourishing chapter rests today. ■

Mary H. Walsh
 Executive Director, 1983-1990



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