

Alzheimer's Aid Society

OF NORTHERN CALIFORNIA

“THE BLUE BOOK”

2016 Edition



A PRACTICAL GUIDE FOR ALZHEIMER'S CAREGIVERS

INTRODUCTION

Our Mission:

We exist to provide support, education and compassion to patients and caregivers throughout the journey of Alzheimer's Disease, to support medical research, and to promote public awareness.

*The Alzheimer's Aid Society of Northern California is a
Non-Profit, Tax-Deductible 501(c)(3) corporation*

Federal ID Number: 94-2721961

Alzheimer's Aid Society

OF NORTHERN CALIFORNIA



2641 Cottage Way, Suite 4
Sacramento, CA. 95825

916-483-2002

TOLL-FREE : 1-800-540-3340



Alzheimer's Disease

Alzheimer's Disease was first discovered in 1906 by a German doctor named Alois Alzheimer. It is a disorder of the brain, causing damage to brain tissue over a period of time. Alzheimer's accounts for more than half of all organically caused memory loss. Age is the greatest risk factor. Alzheimer's affects almost 50% of all persons over age 85. At present, the cause of Alzheimer's is not fully understood, and researchers strive to find a cure. The disease progresses for up to twenty-five years before death.

The disease develops very slowly with primary symptoms of short-term memory loss and mild disorientation. These symptoms worsen over time. As the disease progresses, additional cognitive problems appear and behavioral or personality changes are often present.

The Importance of Early Diagnosis

Alzheimer's is diagnosed by testing for, and excluding, other conditions that can cause similar symptoms. It is an essential process, since some of these conditions can be treated or cured. If the final diagnosis is indeed Alzheimer's, then there are important steps to be taken. Medications can give the patient valuable years of independence and improve quality of life.

Early Symptoms Of Alzheimer's Disease

Problems with Recent Memory

Forgetfulness that is interfering with day to day independence and the quality of life.

Disorientation of Time and Place

Losing sense of time passing, becoming confused in familiar settings, getting lost when driving.

Difficulty Performing Familiar Tasks

Problems in completing all the steps in a common task such as setting the table or any multi-step task. Difficulty balancing a check book or maintaining organization.

Problems With Language

Struggling to find common words, especially nouns. Losing train of thought in conversation.

Possible Changes in Mood, Personality, and Initiative

Withdrawing from social situations, inflexibility, frustration or anger, mood changes.

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Our History

THE ALZHEIMER'S AID SOCIETY OF NORTHERN CALIFORNIA

The Alzheimer's Aid Society was founded in 1981. At that time very little was known about the disease as it had not yet become the "household word" it is today. The Society began as a single support group for caregivers in a Sacramento living room. We existed at that time to provide support and education for the caregiver. Today we provide more than forty support group meetings throughout Northern California every month.

Our first Caregiver Conference was held at American River College in 1982, and our partnership with the Gerontology Program at ARC continues to this day. Dr. Barbara Gillogly, the Department Chair, has written many of the excellent articles you will find in this publication. Mini Seminars are offered in many of our outlying counties.

Beginning in the mid 80's, The Alzheimer's Aid Society began providing training to professional caregivers, medical personnel, law enforcement, and first responders. This paved the way in our communities for better understanding and fair treatment of persons with dementia.

As the 90's arrived, advancements in diagnostics and public awareness made it possible for patients to be diagnosed much earlier in the course of the disease. The Alzheimer's Aid Society expanded its mission to include patient support. Today our patient groups meet every week in Sacramento and Stockton. In 2011 we added Brain Exercise and Reminiscence groups, called "The Forget Me Not Club." Caregivers also belong to the "Forget Me Not Club" and they meet in an adjacent classroom. The facilitators of the patient groups are also available to meet one-on-one with patients to answer questions and assist with their issues and concerns.

Much has changed today as far as our under-

standing of the disease. There are now medications which can be helpful in improving or delaying the symptoms. There are programs and classes for the patient and the caregiver.

What has not changed is the devastating challenge patients and caregivers face with Alzheimer's Disease. It is a journey of level paths, perilous twists and turns, and ever-changing climates. We continue our focus of education and support to assist those on this journey to navigate the unfamiliar terrain and, hopefully, to find some meaning and joy along the way.

Please refer to the last page in this publication to learn more about our services. We invite you to phone our offices at any of the numbers below to speak to a peer counselor, resource specialist, or any of us on the staff:

800-540-3340
916-483-2002

You can reach us by email at:
info@AlzAid.org

Please visit our website at:
www.AlzAid.org

Sheryl Ashby
President, CEO,
Alzheimer's Aid Society
Of Northern California

"The Blue Book" A Practical Guide for Alzheimer's Caregivers
A publication of The Alzheimer's Aid Society of Northern California, Edition 2016
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FROM THE "BLUE BOOK" EDITOR

Sheryl Ashby C.E.O.

Dear Reader,

This revised edition of the "BLUE BOOK" has been a labor of love for everyone at the Alzheimer's Aid Society. Every article was written by a local professional and donated specifically for inclusion in this booklet. Please be sure to read the biographies of our writers on pages 4 and 5.

At the center of any story of dementia or Alzheimer's disease there usually lies fear. In the beginning there lies the occasional glimpse that something is wrong: increasing forgetfulness, changes in problem solving skills, or other signs that something isn't right. There will often be days where the patient and caregiver(s) both are quite certain that something is wrong only to be followed by days where everything seems to be fine. But, there is always that unsettling feeling, that haunting specter of uncertainty as to accomplishing normal daily living without cognitive incident.

When you get that diagnosis, there is both, relief and alarm. There is now a definitive answer as to what is wrong, and a label for the "thing" causing our distress. But, it does not, in and of itself, provide an understanding as to its treatment, path and outcome. This requires education. This enlightenment comes by way of others. An organization like the Alzheimer's Aid Society, for example, has support groups, educational tools, resources and offers guidance as to the course of the disease. Finding out that others are going on the same journey as you now find yourself can be comforting. The fact that you are not alone and that there are others similarly situated and available to help you to understand the road ahead can give you the resolve to continue the good fight.

Now that you have found the Alzheimer's Aid Society's "Blue Book", you can begin to put together a plan of action. You will also need to also ask your physician or your pharmacist to explain the medications that may improve memory and slow the symptoms of the disease. Finally, find a support group near you and join. The support you get there will prove to be invaluable.

Remember, every person has their own journey through Alzheimer's / Dementia and so does every caregiver. It is our hope that this booklet will be an invaluable help to you on your journey through this disease.

*Warmest Regards,
Sheryl Ashby*

Do you wish to copy pages from this book?

To use or disseminate any article in this "BLUE BOOK" in any manner (such as handouts for a support group, caregiving classes, etc.) you are welcome to copy any of the pages from this "BLUE BOOK" provided each page is used in its entirety with the top and bottom banners giving credit to the Author and to the Alzheimer's Aid Society of Northern California.

To better serve you, we would be delighted to know how this book is being put to good use! In duplicating any "BLUE BOOK" pages, we would be grateful to hear which articles are used and for what purpose. Please send a brief email to: info@AlzAid.org

For permission to place or quote any article or portion of this "BLUE BOOK" in another publication, please contact the Alzheimer's Aid Society at 1-916-483-2002. Thank you.

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ABOUT THE "BLUE BOOK" CONTRIBUTORS

The Authors Who Have Donated Their Valuable Words and Advice

Max Perry, JD

Max Perry has been actively involved with senior issues since 1993 when he helped to found Respect Your Elders®, a senior referral resource for the greater Sacramento area. Prior to being asked to sit as one of the Directors for The Alzheimer's Aid Society, Max helped organize Adopt an Elder, a non-profit entity founded to assist indigent seniors with their costs of activities of daily living.

Max graduated from Chico State College with a B.A. in Political Science and later received a J.D. degree from Lincoln Law School in Sacramento, with two achievement awards for American Jurisprudence. Max has worked for local area attorneys. He brings to our seminars his many hours of experience regarding senior legal issues, including conservatorships, probates, trusts, wills, powers of attorney, advanced healthcare directives and other related topics.

Arturo Benavidez, ESQ

Arturo Benavidez has been practicing law in the Sacramento area since 2006. Arturo Benavidez runs a small general-practice law firm in downtown Sacramento. He has litigated in probate matters in various counties across Northern California including Sacramento, San Joaquin, Solano, Yolo and Butte.

Arturo Benavidez graduated from the Sandra Day O'Connor College of Law at Arizona State University in 2005. He is a dedicated attorney with a strong work ethic. Mr. Benavidez is a community oriented attorney with an emphasis on his clients. He currently lives with his wife and two small children in the Sacramento area.

Ulric N. Duverney, Esq.

Mr. Duverney earned his Bachelor of Science degree at Long Island University, New York in 1977 with a major in Accounting. In 1980 he was awarded a Juris Doctorate Degree from Western State University in Fullerton, California. He was admitted to the California Bar in 1980 and the Federal Bar in 1981.

During the last 35 years Mr. Duverney has represented large Insurance Companies, National Corporations, Municipalities and many individuals and families during litigation and mediation. He currently practices Probate, Civil Litigation and Bankruptcy and is a current Director for the Alzheimer's Aid Society where he provides free legal advice for caregivers and their loved ones dealing with dementia.

Cynthia Wilson MA, AT, MFTI

Cynthia Wilson MA, AT, MFTI received her Marriage and Family Therapy Masters Degree with an Art Therapy Certificate from Notre Dame de Namur University, her Psychology Bachelors of Art Degree from Sonoma State University with a Gerontology Minor and Certificate and Art Minor from Sonoma State University. Cynthia has Eight years' experience working with adults, older adults, caregivers and families in Art Therapy groups or individual settings.

MaryLee Moritz, RN, BA, MA

MaryLee Moritz received her nursing degree in 1961 from the University of North Dakota. She established the first female health counseling program at the University of Nebraska in 1970. In the 90's she returned to school at UCD, earning a Bachelor's degree in Art then a Master's degree in Art History. She has been a docent at the Crocker Art Museum since 1999.

When MaryLee's mother began her descent into Alzheimer's, the Alzheimer's Aid Society provided education and support. MaryLee has been a Peer Counselor for the Society since 2003.

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The Authors Who Have Donated Their Valuable Words and Advice

Barbara Gillogly, PhD., LMFT, CPG

Dr. Gillogly has been the Chair of the Gerontology Department at American River College for the past 20 years. This program has been awarded the designation of Program of Merit by the Association for Gerontology in Higher Education in Washington, DC. American River College is one of only nine colleges and universities in the U.S. awarded this designation.

Dr. Gillogly also maintains a private therapy practice working with people of all ages, but especially with seniors and their families in challenges of aging within the family. She has both a BA and MA in psychology from CSUS and a Ph.D. in Human Development with an emphasis on aging from U.C. Davis.

Dr. Gillogly wrote The New Nursing Assistant 2000, a textbook published by Medcom, Inc. and widely used in C.N.A. training programs.

She facilitates educational support groups and is a member of the Advisory Boards for the UCD Center for Healthy Aging, CSUS Gerontology Program, UCD Extension Services, California Council on Gerontology and Geriatrics, and the National Association for Professional Gerontologists. In 2005 she was invited to participate with 33 other leaders in the field of aging in a week-long discussion of aging issues at Oxford University in England. She has taught at American River College, CSUS, and UC Davis in gerontology, psychology, and human development.

Kelly Rogers

Kelly Rogers is a certified gerontologist with experience in operating an In-Home-Care Agency. Kelly gained much insight over the years in understanding the needs of both patients and caregivers. Kelly has overseen the in-home care plans of hundreds of patients.

Clara Jackson, RN

Clara Jackson is the VP of Medical Information on the Board of Directors for the Alzheimer's Aid Society. She has been a registered nurse since 1959. She has volunteered her time and expertise to the AASNC for over 30 years. Clara and her family coped with her mother's Alzheimer's in the early 1980's when community support and knowledge were nearly non-existent. In 1982 Clara began attending the only support group for caregivers in Sacramento. It was offered by the Alzheimer's Aid Society. Clara has been instrumental in the expansion of services offered by the Alzheimer's Aid Society of Northern California.

Margie Eisenhower

Margie Eisenhower was involved with the Alzheimer's Aid Society from 1991 to 2012. Margie and her family did everything they could to ease her mother's descent into Alzheimer's. Margie stayed on with the Alzheimer's Society after her mother's death. She has been a volunteer, a peer counselor, a board member, and the Sacramento office manager. She is currently retired from these positions.

Cynda Rennie

Cynda Rennie has been a resource specialist in the Sacramento area since 1985, working for Sutter Hospitals and later in private practice, specializing in dementia and Alzheimer's. She is a former licensed administrator for assisted living. Cynda has been involved with the Alzheimer's Society as a resource specialist, a support group facilitator for caregivers and patients, and as a presenter for seminars. Since 2010, she was the Program Director for the Alzheimer's Society and was the editor of the newsletter and Blue Book. Cynda has an adult daughter with Down's Syndrome who was also diagnosed with Alzheimer's Disease.

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DESCRIPTIONS OF ALZHEIMER'S DISEASE

Compiled by Cynda Rennie

Mayo Clinic

www.mayoclinic.com/health/alzheimers

Alzheimer's disease is the most common cause of dementia — the loss of intellectual and social abilities severe enough to interfere with daily functioning. In Alzheimer's disease, healthy brain tissue degenerates, causing a steady decline in memory and mental abilities.

Alzheimer's disease is not a part of normal aging, but the risk of the disorder increases with age. About 5 percent of people between the ages of 65 and 74 have Alzheimer's disease, while nearly half the people over the age of 85 have Alzheimer's.

Although there's no cure, treatments may improve the quality of life for people with Alzheimer's disease. Those with Alzheimer's — as well as those who care for them — need support and affection from friends and family in order to cope.

UCDavis Alzheimer's Disease Center

www.ucdmc.edu/alzheimers

Alzheimer's disease is a progressive, irreversible neurological disorder that attacks the brain and results in memory loss, confusion, impaired judgment, and personality changes. It is the most common cause of severe intellectual impairment in older individuals and is a primary reason for the placement of the elderly in nursing homes.

More than 5,000,000 Californians are affected by this illness. At present it is not known what causes Alzheimer's disease or how to prevent or cure it. However, there is often much that can be done to reduce the symptoms, improve functioning, and aid the family in caring for the patient at home.

Harvard University Medical Center

www.neurodiscovery.harvard.edu

AD symptoms develop because brain cells (neurons) are decimated. Why are neurons dying? Part of the answer lies in brain changes observed in Alzheimer's patients, including the characteristic "plaques" and "tangles." Plaques are dense and toxic clumps of proteins that collect around neurons. Tangles occur when fibers inside neurons become twisted, also causing neurons to die.

Precisely why plaques and tangles develop or why some individuals but not others are predisposed to AD are largely unanswered questions. There are no cures for AD.

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ALZHEIMER'S AND OTHER NON-REVERSIBLE DEMENTIAS

ALZHEIMER'S DISEASE (AD) is a progressive debilitating and eventually fatal neurological illness affecting an estimated 4-5 million Americans. It is the most common form of dementive illness, a major killer in America today, ranked as the fourth leading cause of death after heart disease, cancer and stroke. The disease can last up to 25 years.

CREUTSFELDT - JAKOB (CJD) is a rare, fatal brain disorder caused by an unknown organism, possibly a virus, that can be transmitted from patients to animals and from one animal to another. The disease causes mental deterioration and a variety of neurological symptoms, and usually leads to death within a year of onset. (Source: NIH Pamphlet, Scientific and Health Reports, Neurological and Communicative Disorders and Stroke.)

MULTI - INFARCT DEMENTIA (MID) Something clogs or blocks a small artery in the brain, causing a loss of circulation beyond the blocked area. When the blood supply is blocked off for a long time, the cells die, leaving a hole. Individuals with a history of arrhythmias, irregular heart rhythms, may be particularly vulnerable to this type of problem. (Source: The Loss of Self, Donna Cohen, Ph.D. and Carl Eisdorfer, Ph.D., M.D.)

PICKS DISEASE Clinically presents very similar symptoms to Alzheimer's Disease, rigidity and pronounced gasping and sucking release phenomenon. The disease lasts approximately 7 years. (Alzheimer's & Other Dementias, R. Murray, M.D.)

BINSWANGER'S DISEASE First described by Otto Binswanger in 1894. This is another rare disease. Clinically, Binswanger's appears as a dementia syndrome, a deterioration of intellectual capacity characterized by disturbances in memory, orientation, language, and performance of tasks, with loss of awareness that such changes are occurring. Such difficulties are never a part of normal aging, and always represent some type of disease process. (Source: Stolen Mind, Myrna Doemberg.)

PROGRESSIVE SUPRANUCLEAR PALSY (PSP) Problems that are common symptoms of PSP are unsteady gait, backwards falls because of poor balance, visual disturbances, slurred speech and forgetfulness. The average duration from onset to death is approximately 6 years. Bronchopneumonia is shown as the most usual cause of death recorded on death certificates. All patients with supranuclear palsy have a downgaze and often have a dementia. (Source: Neurology, July, 1986, E.R. Maher, BSC, MRCP, and A. J. Lees, MD, MRCP.)

PARKINSON'S DISEASE This is a chronic disorder of the central nervous system of variable progression and severity. Clinically, the disease is characterized by rigidity, a resting tremor, bradykinesia, and gait disorder. There can be speech impairment. There is a growing awareness of dementia among Parkinson's disease patients, however, other mental changes may also occur such as changes that consist of drug related episodic confusional states. Depression frequently accompanies Parkinson's disease. (Source: Alzheimer's Disease, The Standard Reference, Barry Reisberg, MD.)

WERNICKE'S SYNDROME Wernicke's is associated with chronic alcoholism. It also occurs as a complication of gastrointestinal tract disease and complications with malnutrition. This is a degenerative condition of the brain and is caused by a thiamine deficiency. There is a decreased mental function which may be mild or severe. (Source: Mosby's Medical & Nursing Dictionary.)

Diagnostic tools mentioned are MRI (Magnetic Resonance Imaging) and CT (Computed Tomography). These are often used with other tests to determine the clinical diagnosis. Social and Medical information is also considered.

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WHAT IS SENILE DEMENTIA?

Cynda Rennie, Resource Specialist

The word, **Senile**, is taken from the Latin “sen,” which means “old.” In medical terminology this usually refers to a person’s age being over 65. The word, “senile,” is an adjective usually linked to the word, “dementia.”

The word, **Dementia**, is taken from the Latin, “de,” which means “away,” and “mentia” which means, “mind.”

Dementia is defined as a group of symptoms including:

Memory loss and forgetfulness

Changes in language or problem-solving abilities

Disorientation

Possible personality changes

The existing symptoms have not been present since birth and do not relate to level of consciousness.

The existing symptoms are severe enough to interfere with the person’s ability to function independently.

Pre-senile Dementia refers to a presentation of these symptoms in a person below the age of 65.

Causes of dementia include:

Alzheimer’s Disease

Lewy Body Disease

Pick’s Disease

Huntington’s Disease

Creutzfeldt-Jacob Disease

Parkinson’s

Brain Tumor

Head Trauma

Hydrocephalus

Multiple Sclerosis

Prolonged Abuse of Alcohol or other Drugs

Vitamin Deficiency : thiamin, niacin, B12

Hypothyroidism

Hypercalcemia

Vascular Dementia

Some of these conditions can be treated or reversed. Please see page 8 for more information about medical evaluation.



REFERENCES: The Farlex Medical Dictionary 2010; Miriam Webster Dictionary www.miriamwebster.com; UC Davis Alzheimer’s Disease Center www.alzheimer.ucdavis.edu

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THE IMPORTANCE OF A PROPER DIAGNOSIS IN ALL FORMS OF DEMENTIA

Cynda Rennie, Resource Specialist

When someone exhibits the symptoms of dementia (memory loss, changes in language and math skills, dis-orientation) it is essential to have a thorough medical evaluation to determine the cause. Alzheimer's Disease is diagnosed through the process of ruling out other conditions which can cause similar symptoms of dementia.

Some of these conditions, unlike Alzheimer's, can be cured or reversed. Examples of these conditions include:

Thyroid Disorder	Low Thiamin (B-1)	Untreated Infection
Low Blood Sugar	Interaction of Medications	Depression
Low or High Sodium	Meningitis / Encephalitis	Brain Tumor
Low or High Calcium	Lyme Disease	Alcohol or Substance Abuse
B-12 Deficiency	Untreated Syphilis	Normal Pressure Hydrocephalus
Dehydration		

The evaluation for the cause of dementia symptoms, including Alzheimer's, should include:

A complete history – To evaluate the person's lifestyle and history of head injury (even as a child), military service, visits to foreign countries, and family health history.

A thorough exam by a neurologist – which should include:

- ◆ Physical and neurological evaluation.
- ◆ Complete review of all medications; prescribed, herbal, and over-the-counter.
- ◆ Neuropsychological testing, to assess thinking and memory skills
- ◆ Complete Blood Count.
- ◆ Screening Metabolic Panel.
- ◆ Thyroid function tests.
- ◆ Levels of Vitamins B-12, B-1, B-6.
- ◆ Urinalysis.
- ◆ Electrocardiogram, to assess heart function.
- ◆ Brain Scan –
 - ◆ Magnetic Resonance Imaging (MRI)
 - ◆ Computerized Tomography (CT)
 - ◆ Positron Emission Tomography (PET)
 - ◆ Single-Proton Emission Computerized Topography (SPECT)

NOTE: Usually, one Brain Scan is sufficient. Discuss with your neurologist which of these scans would be best, what is available, insurance coverage, and costs.


REFERENCES: Mayo Clinic Alzheimer's Disease Center www.mayoclinic.com; American Academy of Family Physicians www.aafp.org; University of California at San Francisco www.ucsf.edu

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Thousands of these "BLUE BOOKS" are distributed annually, without charge, to new callers, support groups, health fairs, health agencies and Alzheimer's programs.

 <p>Call: 916.277.6629</p> <p>5241 J Street Sacramento, CA Corner of 53rd & J</p>	<p>A. Warren McClaskey Adult Center <i>Offering adult education to developmentally disabled adults</i></p> <p>GRAPHIC ARTS PROGRAM</p> <p>Affordable Black / White and 2-Color Printing</p> <p>Newsletters • Brochures • Flyers Business Cards • Letterhead • Envelopes Programs • Rosters</p> <p>Assembly includes: Folding, Collating, Stapling, Stuffing, Labeling Envelopes and more</p>
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The printing of the "BLUE BOOK" is done by the
A. Warren McClaskey Adult Center,
which offers job training and employment to developmentally disabled workers in the Sacramento area.
Their reasonable rates and excellent service allow us to make maximum use of donated funds.

Can You Help?

Your tax-deductible donation of **just \$10.00** will cover the cost to print and distribute three "BLUE BOOKS" to caregivers right here in your community.

Your tax-deductible donation in **any amount** will assist in maintaining and expanding services in Northern California such as support groups, peer counseling, seminars, newsletters, respite care, and more.

Please use the donation envelope in the center section of this book or mail your donation to:

Alzheimer's Aid Society of Northern California
P.O. Box 60095
Sacramento, CA. 95860



Every donation, in any amount, provides help LOCALLY!
THANK YOU!

Alzheimer's Aid Society of Northern California

Visit our Office.

Browse through our educational material and meet with a peer counselor. There are hand outs on many of the subjects in this blue book as well as other topics. There is a lending library. All of these services are free of charge.

Sacramento Area Office
2641 Cottage Way, #4
Sacramento, CA. 95825
916-483-2002

Toll Free: 800-540-3340

Phone us.

A peer counselor or resource specialist is available to talk with you. We will mail an information packet to you. These services are free of charge.

Attend a Support Group.

The Alzheimer's Aid Society offers caregiver support groups throughout Northern California. Support groups for persons with memory loss are offered in several sites. Phone us or visit our website to locate a group near you.

Sign up to receive our bi-monthly newsletter, either by mail or electronically via email.

Learn about up-coming events and new support group listings. Read an array of articles dealing with the stress of caregiving, understanding dementia, and other helpful information. We do not charge a membership fee or subscription fee for our mailed materials.

Attend a Mini-Seminar.

These are held throughout the year in a variety of locations in the northern state. Mini-seminars are usually held on Saturdays and feature two to three topics and speakers. They are free of charge.



Make an Appointment for Legal Help

Ulric N. Duverney, Attorney at Law donates one day per month to the Alzheimer's Aid Society to provide legal counseling free of charge.

Visit our website.

www.AlzAid.org

You can find past issues of our newsletter and links to our office websites. Learn about events. See support group listings. Contact us via email at:

info@AlzAid.org

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Alzheimer's Aid Society OF NORTHERN CALIFORNIA

Meet our Board of Directors!

SEATED, Left to Right:

Christina Ness, Treasurer

Sheryl Ashby, President

Clara Jackson, VP of Medical Information

Ashley Young, Executive Assistant

STANDING, Left to Right:

Steve Gianandrea, VP of Finance

Max Perry, VP of Development

Ulric N. Duverney Esq.



The seven members of our Board of Directors, combined, have over 100 years of experience and dedication to the patients and caregivers of Alzheimer's Disease. Four current board members have also been caregivers to a loved one.

OUR MISSION STATEMENT

Alzheimer's Aid Society OF NORTHERN CALIFORNIA

*We exist to provide support, education and compassion
to patients and caregivers
throughout the journey of Alzheimer's Disease,
to support medical research, and to promote public awareness.*

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