

Alzheimer's Aid Society's **FORGET-ME-NOT**

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IN THIS ISSUE:

President's Message.....Sheryl Ashby.....	2
Hope Splashes... ..Jeanne Hess, RN,, CGN.....	3
Alzheimer's Stages/How the disease progresses.....Mayo Clinic Staff.....	4-5
Empathy Leads to Compassion then Joy for the Alzheimer's Caregiver.....Bob Demarco / Alzheimer's Reading Room	6
Postmodern Jukebox.....Max Perry.....	7
Caregiver Support Groups.....	8-9
Special Interest Groups for the Patient.....	10
Memorials.....	11
Guilt vs. Regret?.....Barbara Gillogly, Ph.D. M.F.T. CPG.....	12
Alzheimer's Cafes (Where and when and photos)	13-14
Postmodern Jukebox Event Photos.....	15



Alzheimer's Aid Society of Northern California

2641 Cottage Way, #4
Sacramento, CA. 95825
Phone 916-483-2002
Toll Free 800-540-3340

A Non-Profit, 501 (c)(3), Tax-Deductible Corporation Tax ID# 94-2721961



PRESIDENT'S MESSAGE

By Sheryl Ashby, CEO



Dear Friends:

I would like to take this opportunity to say ‘Thank You’ to all of you who responded to our special mailer by sending in a donation. Your generosity is greatly appreciated. As you may know, the Alzheimer’s Aid Society does not take any government funding of any kind. We depend entirely on the generosity of our donors and our fundraisers.

I would also like to say (and many of you know) that those people who are caregivers of a loved one with Alzheimer’s / Dementia are the ones who need the most help. Many of you have been or are caregivers right now. Because of that you understand the challenges. For that reason many caregivers don’t outlive their patients. For those who have not had that experience, we need you to understand the plight of the caregiver. Their job is non-stop. They need the opportunity to get respite from their caregiving in order to take care of themselves. For many people that break never happens.

I have asked many times and in different Caregiver’s Support Groups, “What is it that you used to love to do before you became a caregiver?” Sadly, I have to say that too many of those caregivers don’t remember what it was that they used to love to do before becoming a caregiver. Later on when their journey through Alzheimer’s / Dementia is over (usually because of the loss of their loved one), they still don’t remember what it was that they used to love to do. Now they are alone and don’t know what to do with their time. They now have a whole day that used to be consumed with care-giving, that they no longer know how to fill.

Please remember the plight of caregivers and help us to be able to continue providing Support Groups and our ‘Blue Book’ *The Practical Guide for the Alzheimer’s Caregiver*, as well as other services for those special people.

We are here to help... (800) 540-3340 or (916) 483-2002. Please call with your questions and concerns.

Sheryl



Hope Splashes....

Jeanne Hess RN CGN.

“Hope splashes in the mud puddles until the sun comes out again” is a catchy little phrase I found in an old obscure greeting card. It immediately brought to my mind a clear Technicolor video clip of my three year old grandson in his red, rubber boots leaping and bounding through mud puddles after a spring rain. The expression on his face was one of joyous rapture as he jumped with a splash and a splash from one dark muddy swirl to another.

But “Hope” for most of us is exactly what the dictionary describes: “a feeling of expectation and a desire for certain things to happen”. As caregivers, it sometime seems as if our days are one muddy puddle after another with scarcely a ray of sunshine in between, but if we look closely, moment by moment, they are there; a sudden familiar comment or facial expression; a flash of instant recognition; a normal bit of conversation before the fog of dazed confusion claims the once vibrant mind again.

Treasure these moments and use them to reinforce the connection between the two of you. Repeat how much you love them, and how much each member of their family loves them, naming

them one by one. Call in the family pet for a cuddle and a hug. Enthusiastically suggest a short walk in the garden to see the flowers and birds, or maybe to check the weather. Repeat simple explanations of where they are living and why you are there. In these rare intervals of reality, offer them love, encouragement and security. And in return for these fleeting moments of hope, you will find power within yourself to restore your energy, stamina and patience. You will find that by focusing on these flickering rays of sunlight each day, no matter how brief, the mud puddles won't seem so endless.

Jeanne Hess RN CGN



Alzheimer's Stages:

How the disease progresses

Mayo Clinic Staff

Alzheimer's disease can last more than a decade. See what types of behaviors are common in each of the stages as the disease progresses.

Alzheimer's disease tends to develop slowly and gradually worsens over several years. Eventually, Alzheimer's disease affects most areas of your brain. Memory, thinking, judgment, language, problem-solving, personality and movement can all be affected by the disease.

There are five stages associated with Alzheimer's disease: preclinical Alzheimer's disease, mild cognitive impairment due to Alzheimer's disease, mild dementia due to Alzheimer's, moderate dementia due to Alzheimer's and severe dementia due to Alzheimer's. Dementia is a term used to describe a group of symptoms that affect intellectual and social abilities severely enough to interfere with daily function.

The five Alzheimer's stages can help you understand what might happen, but it's important to know that these stages are only rough generalizations. The disease is a continuous process. Your experience with Alzheimer's, its symptoms and when they appear may vary.

Preclinical Alzheimer's disease. Alzheimer's disease begins long before any symptoms become apparent. This stage is called preclinical Alzheimer's disease. You won't notice symptoms during this stage, nor will those around you.

This stage of Alzheimer's can last for years, possibly even decades. Although you won't notice any changes, new imaging technologies can not identify deposits of a protein called amyloid beta that is a hallmark of Alzheimer's disease. The ability to identify these early deposits may be especially important in the future as new treatments are developed for Alzheimer's disease.

Additional biomarkers—measures that

can indicate an increased risk of disease—have been identified for Alzheimer's disease, typically, after symptoms are evident.

There are also genetic tests that can tell you if you have a higher risk of Alzheimer's disease, particularly early-onset Alzheimer's disease. As with newer imaging techniques, biomarkers and genetic tests will become more important as new treatments for Alzheimer's disease are developed.

Mild cognitive impairment (MCI) due to Alzheimer's disease. People with mild cognitive impairment have mild changes in their memory and thinking ability. These changes aren't significant enough to affect work or relationships yet. People with MCI may have memory lapses when it comes to information that is usually easily remembered, such as conversations, recent events or appointments.

People with MCI may also have trouble judging the amount of time needed for a task, or they may have difficulty correctly judging the number or sequence of steps needed to complete a task. The ability to make sound decisions can become harder for people with MCI.

Not everyone with mild cognitive impairment has Alzheimer's disease. The same procedures used to identify preclinical Alzheimer's disease can help determine whether MCI is due to Alzheimer's disease or something else.

Mild dementia due to Alzheimer's disease. Alzheimer's disease is often diagnosed in the mild dementia stage, when it becomes clear to family and doctors that a person is having significant trouble with memory and thinking that impacts daily functioning.

In the mild Alzheimer's stage, people may experience.

***Memory loss for recent events.** Indi-

viduals may have an especially hard time remembering newly learned information and ask the same question over and over.

***Difficulty with problem-solving, complex tasks and sound judgments.** Planning a family event or balancing a checkbook may become overwhelming. Many people experience lapses in judgment, such as when making financial decisions.

***Changes in personality.** People may become subdued or withdrawn — especially in socially challenging situations — or show uncharacteristic irritability or anger. Reduced motivation to complete tasks also is common.

***Difficulty organizing and expressing thoughts.** Finding the right words to describe objects or clearly express ideas becomes increasingly challenging.

***Getting lost or misplacing belongings.** Individuals have increasing trouble finding their way around, even in familiar places. It's also common to lose or misplace things, including valuable items.

Moderate dementia due to Alzheimer's disease. During the moderate stage of Alzheimer's disease, people grow more confused and forgetful and begin to need more help with daily activities and self-care.

People with moderate Alzheimer's disease may:

***Show increasingly poor judgment and deepening confusion.** Individuals lose track of where they are, the day of the week or the season. They may confuse family members or close friends with one another, or mistake strangers for family.

They may wander, possibly in search of surroundings that feel more familiar. These difficulties make it unsafe to leave those in the moderate Alzheimer's stage on their own.

***Experience even greater memory loss.** People may forget details of their personal history, such as their address or phone number, or where they attended school. They repeat favorite stories or make up stories to fill gaps in memory.

***Need help with some daily activities.** Assistance may be required with choosing

proper clothing for the occasion or the weather and with bathing, grooming, using the bathroom and other self-care. Some individuals occasionally lose control of their bladder or bowel movements.

***Undergo significant changes in personality and behavior.** It's not unusual for people with moderate Alzheimer's disease to develop unfounded suspicions — for example, to become convinced that friends, family or professional caregivers are stealing from them or that a spouse is having an affair. Others may see or hear things that aren't really there.

Individuals often grow restless or agitated, especially late in the day. Some people may have outbursts of aggressive physical behavior.

Severe dementia due to Alzheimer's disease. In the severe (late) stage of Alzheimer's disease, mental function continues to decline, and the disease has a growing impact on movement and physical capabilities.

In severe Alzheimer's disease, people generally:

***Lose the ability to communicate coherently.** An individual can no longer converse or speak coherently, although he or she may occasionally say words of phrases.

***Require daily assistance with personal care.** This includes total assistance with eating, dressing, using the bathroom and all other daily self-care tasks.

***Experience a decline in physical abilities.** A person may become unable to walk without assistance, then unable to sit or hold up his or her head without support. Muscles may become rigid and reflexes abnormal. Eventually, a person loses the ability to swallow and to control bladder and bowel functions.

Rate of progression through Alzheimer's disease stages. The rate of progression for Alzheimer's disease varies widely. On average, people with Alzheimer's disease live 8 to 10 years after diagnosis, but some survive 20 years or more.

Empathy Leads to Compassion Then Joy for the Alzheimer's Caregiver

By Bob DeMarco
The Alzheimer's Reading Room

I am sitting here thinking about the role of empathy in Alzheimer's care giving.

How does empathy apply in the carer-caree model?

Empathy I believe starts with understanding. Learning to understand how a person who is deeply forgetful might be feeling at any given point in time.

This includes being sensitive to the actions that might be taken, and the cause effect of these actions.

The caregiver begins to acquire empathy by asking how, why, what. How is the person who is deeply forgetful feeling? Why is the person who is deeply forgetful acting this way? What do they need?

The only way the caregiver can come to an understanding and then empathy is by looking at the world out of the eyes of the person who is living with Alzheimer's or the other types of dementia.

All too often, we the caregivers spend our time telling others how we feel.

We spend our time describing the actions of the deeply forgetful to others. Then relate how we feel.

The act of "venting" or "complaining" is negative. This negativity adds to our burden.

On the other hand, when we begin to examine the words, actions, and acts of the deeply forgetful, we slowly come to the understanding that because of the changes in their brain they perceive the world differently at times than we, the caregivers, perceive the world.

Some caregivers come to believe that the person who is deeply forgetful is not the person they "knew". It does not

seem apparent to them that the person they "know" is changing. This change is being caused by the effect of dementia on the brain.

This change is not being caused by any intentional acts on the part of the person living with Alzheimer's. This change is being caused by illness, not because the person who is deeply forgetful has intentionally decided to change, and change for the worse.

The first step in effective care-giving is to acquire empathy based on how the person you are caring for perceives and views the world. How? Why? What?

The next step is the coming to an understanding that **dementia is the culprit**; not the person who is acting differently because of the effect of the dementia.

Empathy and understanding lead to compassion.

Compassion diffuses much of the burden a caregiver might feel, leading to new, different, and more positive feelings.

It is at this point that we can turn our attention to our mission -- caring.

Caring for someone is never really easy. It is often trying, and often difficult.

However, caring can be tremendously fulfilling. Emotionally and spiritually uplifting.

Empathy and compassion married with love makes care-giving meaningful and joyful, not burdensome.



POSTMODERN JUKEBOX DOES IT AGAIN!

By Max Perry

The online sensation, Scott Bradlee's Postmodern Jukebox, isn't just a band but a phenomenon! They sell out their shows all over the world and December 10th was no exception. Postmodern Jukebox came to Sacramento for the first time and sold out the Crest Theatre for a concert benefiting the Alzheimer's Aid Society of Northern California.

For those of you not familiar with Postmodern Jukebox, they take current pop songs back in time. Songs by Taylor Swift, Justin Bieber, Maroon 5, and Meghan Trainor (for example) are brought back in time for a big band swing sound that is absolutely infectious. Add to that sound several first class singers, dancing, costumes and you have a first class performance that is both, unique and unforgettable.

For the attendees, there were raffle prizes (including a couple of Fender guitars donated by Skip's Music), cocktails, hors d'oeuvres and a chance to meet

and take selfies with the band. The vintage Crest Theatre was a perfect setting for a fan base that turns out in "Golden Years of Hollywood" attire, as is becoming the norm for their shows.

And, of course, the concert would not have happened without our wonderful sponsors who helped bring Postmodern Jukebox to town: Sacramento News & Review, Asurea, Golden Pond, Aegis of Carmichael, Revere Court Memory Care, Stanford Ranch Optometry, Villa Marche, Springhill Suites Rocklin and Michael Barker & Associates.

We hope to have them back this year, so stay tuned to our Newsletter, Website and our Happenings e-blast for the latest updates. And a sincere Thank You to all of you who turned out for the event and helped make it the most exciting and memorable show of the year!

See photos on page 15.

THANK YOU!!!

We at the *Alzheimer's Aid Society* appreciate your donations. These donations make our programming possible.

Because of them we are able to provide
Our 'Blue Book', Support Groups, Newsletters,
Alzheimer's Café's and many other needed services.

THANK YOU for your help.

SUPPORT GROUPS

Caring and Sharing since 1981

Auburn 1st and 3rd Friday

Noon - 1:30 pm
Auburn Presbyterian Church
13025 Bel Air Drive
Facilitator: Sue Galvez
530-878-2428

Auburn 2nd and 4th Friday

Noon - 1:30 pm
Sierra Ridge Memory Care
3265 Blue Oaks Drive
Facilitator : Colleen Magda
(530) 887-8600

Cameron Park

3rd Tuesday, 6:00-7:30pm
Ponte Palmero
3081 Ponte Morino Dr.
Facilitator: Leah Grundhoffer
530-677-9100

Carmichael Every Wed.

7:00 – 8:30 pm
Aegis of Carmichael
4050 Walnut Avenue
Facilitator: Julie Sweicicki
MA
916-359-2672

El Dorado Hills

4th Thursday 10:30 am
El Dorado Hills Senior Center
990 Lassen Lane
Facilitator: Jillien Smith
(916) 358-3565

Elk Grove Every Tuesday

9:30 am
Brookdale Elk Grove
6727 Laguna Park Drive
Facilitator: Fay Peterson
916-681-2982

Elk Grove

2nd & 4th Tuesdays 6:00pm
The Commons at Elk Grove
9564 Sabrina Lane
Facilitator: Deanne Helton
916-683-6833

Folsom 3rd Wednesday

6:30 – 7:30 pm
Brookdale Folsom
780 Harrington Way
Facilitator: Jessica Beck
916-983-9300

Lake County

Call Caroline Denny
707-263-9481
For information regarding
Days, times and location

Marysville 2nd Wed.

1:30—2:30 pm
Prestige Assisted Living
515 Harris Street
Facilitator: Sherri Banford
530-749-1786

Placerville 3rd Monday

10:00 am
Elder Options
82 Main Street
Facilitator: Carol Heape
530-626-6939

Placerville 1st Tuesday

5:30 pm
Gold Country
6041 Golden Center Court
*Main Library, Independent
Living Suite*
Facilitator: Lalanea Escobar
530-676-1000

Rancho Murieta

1st & 3rd Wednesday
3:0—4:00 PM
RMA Bluding
Rancho Murieta
Facilitator: Nan Parquette
916-354-2281

The *Alzheimer's Aid Society*

**We are still
in need of
VOLUNTEERS**

We need volunteers
To answer phones
in the Sacramento Office.

(for this position,
you must have
experience in
Care-giving for a
person with Alzheimer's
or other Dementia.)

**We also need a Support
Group facilitator for the
Caregiver's Support
Group in Turlock.**

**If you are interested:
Please call Sheryl Ashby
at (916) 483-2002 or
(800) 540-3340
For more information.**

FORGET-ME -NOT

Roseville 1st Thursday
9:30 am
Sommerford Place
110 Sterling Court
Facilitator: Facility staff
916-772-6500

Sacramento
1st & 3rd Thursday
11:30AM –1:30PM
Gray Matters/DEARS
7604 Bellini Way
Facilitator: Esther Thompson
(916) 203-8385

Sacramento
Every Tuesday
10:30 am – 12:00 noon
Alzheimer's Aid Society
2641 Cottage Way #4
Facilitator Ruth Harris
916-483-2002

Sacramento
Every Tuesday
2:00 pm—3:30 pm
Alzheimer's Aid Society
2641 Cottage Way, #4
Facilitator: Doug Souvignier
916-483-2002

Sacramento
Every Wednesday: 10:00 am
& 2nd & 4th Wed.—6:30 pm
Revere Court
7707 Rush River Drive
Facilitators:
AM Lori Gales
PM Leon Bolds-King
916-392-3510

Sacramento Last Tue.
Each Month 10:00am
Golden Pond Senior Living
3415 Mayhew Road
Facilitator: Ajna Glisic MS
(916) 369-8967

Stockton Every Thursday
10:00—11:30 am
Villa Marche Assisted Living
1119 Rosemarie Lane
Facilitator Karen Juncker and
Carla Little
209-477-4858

Tracy 3rd Tuesday
6:00pm
Brookdale Tracy
355 Grantline Road
Facilitator: Christina Wyatt
209-835-1000

Tracy 4th Thursday
6:00 pm
Astoria Gardens
1960 W. Lowell (at Coral
Hollow)
Facilitator: Rebecca Langdon
209-833-2200

Turlock Every Thursday
2:00—3:00 pm
Covenant Village Community
2125 North Olive Avenue
Facilitator: Max Perry
PHONE: 800-540-3340

Vacaville 2nd Tuesday
1:00pm
Brookdale Vacaville
1111 Ulatis Drive
Facilitator: Natalie Martin
707-447-7100

Woodland Every Friday
1:30 -2:30 pm
St. John's Retirement Village
135 Woodland Avenue
Facilitator - Varies
(530) 662-1290

Yreka 1st and 3rd Tuesday
10:00am
Oakridge Senior Park Club-
house
400 Hiram Page Road
Facilitator: Ronda Moser
530-459-3501

Yuba City 4th Saturday
10:00 am
Summerfield Senior Care
Center
1224 Plumias
Facilitator: Norma Karwal
800-540-3340

NOTE:

Caregiver Support
Groups listed in
RED
Offer a Patient's
Support Group
simultaneously.

Please see page 10
for additional details
regarding Patient's
Support Groups.

SPECIAL INTEREST GROUPS

For the Patient

PLACERVILLE

Support Group for Early Stages

Call Carol Heape if interested
530-626-6939

SACRAMENTO

There are two meeting times:
Every Tuesday, 10:30—Noon
or Every Tuesday, 2:00—3:30

Alzheimer's Aid Society
2641 Cottage Way, #4
Facilitator: Sheryl Ashby
(916) 483-2002

STOCKTON

Support for memory impaired
Every Thursday, 10:00—11:30 am

Villa Marche Assisted Living
1119 Rosemarie Lane
Facilitator: Carla Little, Steve
Gianandrea & Karen Juncker
209-477-4858

Our patient groups offer :
traditional support group
brain exercise
reminiscence programs
and art therapy.
There are no fees for these groups

Did you know
that Pat
Harrington
“Schneider” on
‘One Day at a
Time’
just passed
away? He had
been fighting
Alzheimer’s
Disease.

Do You Have an Old Car or Boat?
Would you like to donate it to a good cause?
Call the *Alzheimer's Aid Society*
(916) 483-2002 or (800) 540-3340



FORGET-ME -NOT

DONATIONS RECEIVED *In Memory of:*
November 13, - December 18, 2015

Bruce B. Alexander
Pauline Amaro
Carolyn Baldwin
Gary Benjamin
Frederick Besana
Ellen Bigelow
Anna Colamartino
Elmeda George
Zetta Green
Clarice Gunning
Joseph Harris
Jewel & Albert Honthass
Linda Mey Houser
William C. Huesing
Patricia A. Jones
Rose Kenealy

Earlene Leech
Joseph Leitig
Jack Joseph Menezes
Samuel Mogannam
Mary Ann Mork
Bill Mossop
Emily & Rudolph Nobriga
Leo & Wynn Pinard
Frank J. Plesko
Maria Puppas
Lexie Marie Raye
Betty Ruffin
Nikki Whittaker
Louis Clifford Woody
Ben Yee

Famous People with Alzheimer's Born in January / February

Jan. 1	Dana Andrews	Movie Star
Jan. 2	Barry Goldwater	5 Term Arizona Senator
Jan. 9	Rudolph Bing	Opera Impresario
Jan. 22	George Balanchine	Ballet Choreographer
Jan. 25	W. Somerset Maugham	Playwrite / Novelist
Feb. 3	Norman Rockwell	Artist
Feb. 4	Rosa Parks	Activist
Feb. 6	Ronald Reagan	40th U.S. President
Feb. 13	Louis Fe'raud	Fashion Designer
Feb. 13	Eddie Robinson	American Football Coach
Feb. 28	Vincente Minnelli	American Stage Director
Feb. 28	Molly Picon	Actress



Guilt vs. Regret

By: Barbara Gillogly, Ph.D., M.F.T. CPG

“Guilt is the gift that keeps on giving...and giving, and giving.” (Erma Bombeck)... Guilt is that feeling of not measuring up to our own or others’ expectations - that feeling of having violated an “assumed” rule that a *better* “person would have done better.

Guilt is “gifted” to us by others, but more often gifted to ourselves. We have an internal standard of what is a “good daughter/son, wife/husband, sister/brother” would do or say, and this internal standard was developed early in life when things were clearly “good” or “bad” and the rules broad and general: “do unto others...”, “honor they mother and father”, “others first, me last.”

These *generic* rules worked when things were simpler and predictable, but life doesn’t stay that way.

Things get more complicated, and we are faced with situations we never anticipated, and for which there are not clear road maps.

These “simple rules” cannot cover the complexity of what we are facing, and we feel guilty for what we cannot change.

Guilt is a very useful and appropriate feeling when you have actually done something you clearly know is wrong, and you do it anyway. Then you *should* feel guilty. But when things happen over which you have not control (serious illness, loved ones on drugs, overwhelming expectations of someone in your life), then

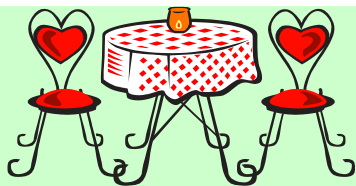
the appropriate feeling is regret - you *regret* that things are this way, but you cannot change them. Guilt over what you cannot change is inappropriate.

If you were a robot with these simple generic rules programmed in, they would work every time! - because they would not be clouded with personal emotions. But...if something is beyond your control, feel ‘regret’ that things are as they are, but let go of the guilt.

This is not permission to be unkind and hurtful, but a recognition that sometimes unmanageable stress pushes us beyond our capacities. We need to apologize (i.e., I’m sorry I can’t fix this situation), forgive ourselves, and get on with the tasks of life.

When someone is handing you guilt, you do not have to reach out and take it. Put your hands in your pockets and refuse to accept someone else’s judgment. And if you find that you’re imposing guilt upon yourself, ask...“Is this situation actually regret over something I can’t control?: Guilt saps the energy we need to accomplish the tasks in front of us. Give yourself the gift of self acceptance of your being totally human, and not an unfeeling robot.





The Alzheimer's Café is a free, monthly get together for people who have a mild cognitive impairment or early stage dementia, their family members, and interested members of the community.

Please invite your friends and neighbors - The café is an opportunity to show the human face of Alzheimer's to the community. And, there are lots of opportunities for fun. Please call and let us know that you are coming. Thank You for your support in this endeavor.



Coffee / drinks
&
snacks / lunch
provided

We at the
Alzheimer's Aid Society
would like to send out
a very special
THANK YOU!
to Safeway on Arden Way
And
Sugar Mama's Bakery
for donating pastries for our
Tuesday Support Groups.

LIST OF ALZHEIMER'S CAFES & LOCATIONS:

WOODLAND:

At: St. John's Retirement Village
135 Woodland Avenue, Woodland
(530) 662-1290
3rd Thursdays each Month
2:00pm to 4:00pm

SACRAMENTO:

At: Golden Pond
3415 Mayhew Road, Sacramento
(916) 265-2005
3rd Fridays each Month
10:30am - 12:30pm

SACRAMENTO:

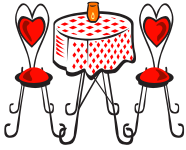
At: Alzheimer's Aid Society
2641 Cottage Way #4, Sacramento
(916) 483-2002
4th Fridays each Month
10:30am. - 12:30pm

SOUTH SACRAMENTO (Pocket Area)

At: Revere Court
7707 Rush River Drive, Sacramento
(916) 392-3510

Quarterly: February, May, August & November.

Please call any of these facilities if you plan to attend the Alzheimer's Café there. We all need to know how many people to plan for at each event. Just call the phone number listed under the Café that you wish to attend. Thank you for supporting our Alzheimer's Cafes.



Alzheimer's Cafés



well attended and everyone had a wonderful time.

We had Karaoke, friendship and pizza—does it get any better

than that? One of their residents who used to sing with big bands in the Bay Area, sang for the first time in YEARS according to her husband. This is one of many success stories surrounding Alzheimer's Cafés. We at the Alzheimer's Aid Society use these cafes to put a human face on the diseases that fall under the category of Dementias and to eliminate the stigma surrounding them. Please attend one and see for yourself.



Max and I had the honor of attending Golden Pond's first Alzheimer's Café on Jan. 15th. Thank you to Golden Pond for offering this program. This café was

POSTMODERN JUKEBOX EVENT

Marquee
Dec. 10,
2015



©Photo by Gene Blevins/LA DailyNews/Photo/2015©

Postmodern Jukebox (above)
The beautiful lobby of the Crest Theatre (below)



©Photo by Gene Blevins/LA DailyNews/Photo/2015©



Alzheimer's Aid Society

OF NORTHERN CALIFORNIA

2641 Cottage Way, #4
Sacramento, CA. 95825

NON PROFIT ORG
US POSTAGE
PAID
No. 25
AUBURN, CA.

OR CURRENT RESIDENT