

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

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Alzheimer's Aid Society of Northern California

2641 Cottage Way, #4

Sacramento, CA. 95825

Phone 916-483-2002

Toll Free 800-540-3340



PRESIDENT'S MESSAGE

By Sheryl Ashby, CEO



Dear Friends:

We at the Alzheimer's Aid Society are always trying to think of new ways to be of service to you. Right now, we are working on a new web site. When it is up and running, we will let you know so that you can view it for yourself and let us know what you think of our updated site. We are working on making it better so that we can be of better service to you and more help with your needs.

Right now we have an email blast that we send out to let you know what is happening in the Alzheimer's / Dementia world. We call it "The Happenings." This email publication strives to stay up to date on things that are happening in the area so that we can let you know about them. We also include a section for the Caregiver that usually has a helpful article or tips just for you. If you do not receive our "Happenings" by email and would like to, you can sign up at our web site www.alzaid.org. There is a 'Newsletter' button where you can sign up to receive our email blast. If you are not comfortable signing up that way, you are more than welcome to call our office and we can sign up for you by telephone.

I would also like to remind you that we have volunteers here at our office Monday through Thursday 9am to 3pm to help you with any question of concern that you may have regarding the care of your loved one with Alzheimer's or some other dementia. The people who volunteer have been in your shoes as a caregiver themselves. They were either a professional caregiver or a family member caregiver. As such they can be

a lot of help to you, so if you have a question or concern, please utilize their expertise.

If by chance you would like to be a volunteer for the Alzheimer's Aid Society, we would really appreciate your time. We have need of people to answer the phones and help those who call in with questions and concerns. We also have need of someone who would like to facilitate a 'Patient's Support Group.' I would be happy to meet with you and train you as the facilitator for that special group.

We also have need for a facilitator of a Caregiver's Support Group that meets in Turlock. If you are interested in facilitating that group, please let us know at the Alzheimer's Aid Society and Max Perry who is currently driving from Sacramento every week to facilitate that group, would be happy to train you to take over this position.

Please know that in whatever capacity you choose to serve with us, it is deeply appreciated. Whether you are a support group facilitator, a volunteer who answers the phones for us or you make donations on our behalf, please know that we Thank You from the bottom of our heart.

We at the Alzheimer's Aid Society are here to support you on your journey through Alzheimer's / Dementia. You can reach us at the following numbers... (800) 540-3340 or (916) 483-2002. Please call with your questions and concerns.

Sheryl

ROSES ARE RED

Jeanne Hess RN, CGN

ROSES ARE RED...

“Life is like a rose, peeping through the hardships of life to bloom with color and fragrance” author unknown.

We all know that the sweet smell of a rose can bring an enchanting sense of wellbeing, of being cared for, of being loved. We believe in the legends of the rose and how each color conveys a message of the bearer; deep red for romance, pure white for honor, orange for an exciting event, or yellow to welcome a joyous return. We rely on the number of roses in a bouquet to send a secret message; a single rose to profess an undying devotion, two roses entwined to ask a silent “will you marry me?,” or a bouquet of 13 roses from a mysterious secret admirer. We rarely think about the rose as having curative powers; however history reveals evidence that roses were used for medicinal healing by physicians in Iran, Persia and China nearly 5,000 years ago. One ancient document lists 32 different medicinal properties of the rose!

Rose oil, rose water, rose petals and inhalation of the vapor from distilled roses have been used by early civilizations from the far Mid-East to the American Indian as curative treatments for nearly all afflictions of the body. Creams, lotions, moisturizers, teas, and wound poultices; perfumes, jellies, syrups, and fresh rose petal salads all have a history of restorative and soothing properties. Currently, aromatherapy and massage therapy have

found their places in therapeutic healing with rose oil being widely used to invoke positive thought and boost self-esteem.

Modern scientists continue to study the rose pharmaceutically as their laboratory studies indicate two particular rose varieties having powerful effects on brain function by inhibiting the formation of amyloid-beta, the plaques believed to be the major cause of Alzheimer’s dementia. Research in the future will concentrate on the cognitive enhancement of the rose, first recognized by an ancient Persian physician in the 11th century. He said that “rose oil would help alleviate anxiety and put the mind at rest,” and directed that, during rose blossom season, the sick were to be carried to wells where they were immersed in the residue of rose pulp.

Our summer roses are bursting with fragrance and beauty, so gather those petals early in the morning when the air is clean and humid and make up a batch of rose petal jelly. Spread it on toast, put a teaspoon on top of a scoop of ice, add it to warm milk for a delicious night-cap, or simply place a bowl full of the fresh, dewy petals in a room and enjoy their gentle, soothing scent.
Jeanne Hess CGN



ALZHEIMER'S

It's Hopeless, Why Bother

By Bob DeMarco
Alzheimer's Reading Room

I can't escape it. I go out to have a good time and it happens almost every time - I meet someone who has a parent, spouse or close relative who lives or lived with Alzheimer's.

I don't look for them. They find me.

So anyway, I was in the Banana Boat trying to have a good time and then it happened. A woman I never met before asks me what I do. I explain about the Alzheimer's Reading Room. She started asking me questions.

For example.

She asked, can you make a lot of money blogging about Alzheimer's? Not really. I laughed when I said that.

She then asked **why would people want to read about what you did with your mother?** I answered, well usually they are taking care of someone they love and they are searching for better more effective ways to care. **They want to learn how to cope and communicate effectively with a person living with dementia.**

She then said, what's the use? I shuddered internally and asked what do you mean? She said, well, when a person has Alzheimer's there is nothing you can do, its just a matter of time.

At this point, the right hand side of my brain, and the left hand side of my brain are in combat mode. If I use one side, I'll get angry and probably berate the person. If I use the other side, I'll remain calm, cool and collected and be nice.

I have to tell myself in my head - relax. This means don't use your tongue as a sword.

Eventually I asked, do you know someone that has Alzheimer's? **She answered, yes, my mother. I asked, is she alive? She answered, yes.**

I asked, do you think it is hopeless? She said, yes. I asked why?

She said, she is a mean Bih, and she is going to die anyway.**

The hair on the back of my neck stood up. At this point, I am fighting a battle in my head. I want to remain nice, but all kinds of nasty responses are flying through my head. I take a deep breath and switch over to my nice side.

For some wild and crazy reason I ask, is your mother here in Florida? She says, yes. I then say maybe I should meet her. She asks why? I respond, see what is going on. For what purpose she asks?

Then I go really wild. I say, **so I can show you there is more there than you can imagine.**

This conversation went on for a bit and went nowhere.

Finally, I grabbed a napkin and wrote **AlzheimersReadingRoom.com** on it. I said, if you like, you can take a look at my blog, and decide for yourself if it is really - gulp - **hopeless.**

And that was that.

I am not in the habit of telling people what to think or feel. As you probably noticed here on the ARR, I don't mind sharing advice, or writing about my own experience. But you are the one that decides if you want to be here, or if you want to read.

I took away a lot from the conversation.

Let me make this clear - **most Alzheimer's patients are not mean and nasty**, they are easily confused and then they become mean and nasty. How do you operate when you are confused or scared?

I have visited 19 adult day care services around the country. Met thousands of people living with dementia, and more caregivers there and on this blog than I can count. Over a million for sure.

When I meet Alzheimer's patients in adult day care they are almost always

Sweeter than sugar. This tells me it is just not true - dementia patients are not intrinsically mean and nasty.

When I see dementia patients I walk right up to them. I smile, and hold out my hand. They take my hand and smile back at me. I usually say a few words in a low voice. Sometimes they say something back to me.

To me they seem sweet. They also look and feel very fragile. They are not mean and nasty. Adult day services work.

I actually believe I can talk to any dementia patient and make a difference. If nothing else, my brain is telling me I can bring out the **more there**. One thing for sure, there is more there. I am confident about that conclusion.

Sadly and this is a bit harsh. I learned that there are probably a lot of people out there that think and believe - **Why bother. This means you can't do anything, and they are going to die anyway.**

That makes me sad and I don't believe it, and I never will.

I took care of my mom for eight and a half year, 3,112 days. I know how you feel. I felt just like you feel. I never stopped learning and improving the life of my mom. I had hundreds of ideas in my da Vinci pad that I never got to before she went to heaven.

Here is the best part of care-giving. Once you start learning how to understand, cope and communicate with a person living with dementia - things get better and better. Once you get in the groove, so does your loved one. Life gets better, regardless of stage.

Hopeless? NO. You the care-giver are the conduit of hope and love. You can accomplish more than you could ever imagine.

You will have to use your **brain**. Sooner or later your brain will realize that you are accomplishing more than most people could ever imagine.



Uncle Johnny's Shortcake

Preheat Oven to 450 degrees

2 cups flour
1tsp. Salt
4tsp. Baking powder
2 Tbsp. Sugar
6 Tbsp. Butter
3/4 cup Whole Milk

Sift the flour, salt, baking powder, and sugar in a medium bowl. Cut in the butter until the size of small peas then add milk and mix lightly just until combined and the dough begins to hold together. Drop by spoonfuls onto an ungreased baking sheet (six portions). Bake in the oven for 10 minutes of until lightly browned.

Serves 6



YUM!

FREE LEGAL CONSULTATIONS

The Alzheimer's Aid Society offers Free Legal Consultations either at the office at 2641 Cottage Way #4 in Sacramento or via phone call (specially arranged).

Ulric N. Duverney, Attorney at Law, volunteers his time one day each month for these consultations. We at the Alzheimer's Aid Society would like to thank Ric for his dedication and generosity in performing this task for us each month.

Ric is here to help you with such things as:

Avoiding Probate
Avoiding Conservatorship
Information on Veterans's Benefits
Planning for Nursing Home Care
and many other legal matters

If you are interested in a consultation with Mr Duverney Esq. please call the Alzheimer's Aid Society office and we will be happy to set you up with an appointment.

The phone number here is:
(916)483-2002 or (800)540-3340.



THANK YOU
THANK YOU
THANK YOU

FOR YOUR DONATIONS.

Your donations help ease the burden of someone who is on their own personal journey through Alzheimer's disease or some other form of dementia.



You could be helping a family member / caregiver to relieve their stress, by helping us to continue to provide the Support Groups that they so desperately need. It really helps them to come in and share with the group what they're going through.

We need your help so that we can continue to provide these valuable services.

So Again,
THANK YOU!!!

Alzheimer's: Tips for effective communication

Mayo Clinic Staff

Communicating with someone who has Alzheimer's disease can be challenging.

Because Alzheimer's disease slowly erodes verbal communication skills, your loved one's words and expressions might make little or no sense to you. In turn, he or she might have trouble deciphering your words. The resulting misunderstandings can fray tempers all around, making communication even more difficult. Here's help easing the frustration.

What to expect

Alzheimer's damages pathways in the brain, which makes it difficult to find the right words and to understand what others are saying. A person with Alzheimer's disease might have trouble finding the right words or invent an entirely new word to describe a familiar object. He or she might get stuck in a groove — like a skipping record — and repeat the same word or question over and over.

A person living with Alzheimer's disease might also:

- * Lose his or her train of thought
- * Struggle to organize words logically
- * Speak less often
- * Revert to a native language

What you can do to help

Despite the challenges, you can communicate effectively with someone who has Alzheimer's disease.

Consider these tips:

* **Be patient.** Let your loved one know you're listening and trying to understand. Don't interrupt. Keep your voice gentle. Hold the person's hand while you talk. If you're frustrated, take a timeout for yourself.

* **Show respect.** Avoid baby talk and diminutive phrases, such as "good girl." Don't talk about your loved one as if he or she weren't there.

* **Avoid distractions.** Communication might be difficult — if not impossible —

against a background of competing sights and sounds.

* **Keep it simple.** Use short sentences. As the disease progresses, ask questions that require a yes or no answer. Break down requests into single steps.

* **Offer comfort.** If a person with Alzheimer's is having trouble communicating, let him or her know it's OK. Encourage him or her to continue explaining what he or she is thinking.

* **Use visual cues.** Sometimes gestures or other visual cues promote better understanding than words alone. Rather than simply asking if someone who has Alzheimer's disease needs to use the toilet, for example, take him or her to the toilet and point to it.

* **Avoid criticizing, correcting and arguing.** Instead of correcting your loved one, try to find the meaning in what he or she is saying. To spare anger and agitation, try not to argue with him or her.

Communicating with someone with Alzheimer's disease can be challenging, especially as the disease progresses. Remember, however, that your loved one isn't acting this way on purpose. Don't take it personally. Use patience and understanding to help him or her feel safe and secure.



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 Thursdays 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

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
3:00—4:00 PM
RMA Building
Rancho Murieta
Facilitator: Nan Parquette
916-354-2281

Roseville

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

WE NEED YOUR DONATIONS!

The Alzheimer's Aid Society is in need of your donations. Our survival depends on private donations.

We do not get Federal, State or Local Government Funding. Please know that we depend on you for our survival. We depend on you so that we can provide services to the Northern California Community.

**THANK YOU FOR
YOUR HELP.**



FORGET-ME -NOT

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. 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

Stockton

Every Second Tuesday
10:30– Noon
Somersford Place
3530 Deer Park Drive
Stockton, CA 95219
209-951-6500
(Also Adult Day Care/call and
inquire)

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 Plumas
Facilitator: Norma Karwal
800-540-3340

NOTE:

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

Please see page 10



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
Facilitators:
Carla Little & 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

Turlock Area

The Alzheimer's
Aid Society needs
you:

We need a Care-
giver Support
Group Facilitator

**Please Call
(800) 540-3340**

HOW CAN I MAKE DONATIONS To the Alzheimer's Aid Society?

You can make a straight donation using one of our donation envelopes or by phone using a credit card. You can donate in memory of a loved one. Or you can leave a bequest through your will or trust.

Whichever way you choose to donate to us, helps someone who is going struggling with their own personal journey through Alzheimer's / dementia.

FORGET-ME -NOT

DONATIONS RECEIVED *In Memory of:*
 April 30 - June 2, 2016

*Keith Austin
 Barney Cinnamon
 Virginia Gibson
 Zetta Green
 William Hambright
 Mrs. Delores Hubbard
 Jeanne Huber
 LeRoy J. Koch*

*Dorothy Ohm
 George Rader
 Virginia Schwall
 Capt. James D. Webb
 Judy Wolfe
 Marvin Zraggen*

Famous People with Alzheimer's/Dementia

Born in July & August

July 1 Thomas A. Dorsey Father of Black Gospel Music



July 4 Pauline Phillips "Dear Abby"

July 11 E. B. White American Writer...
 'Charlotte's Web' etc.



July 15 Iris Murdoch British Author/Philosopher

July 21 Robin Williams American Actor/Comedian

July 24 Carroll A. Campbell Jr. U.S. Politician

July 24 Mabel Albertson American Actress

July 25 Estelle Getty American Actress

August 13 Pat Harrington, Jr. American Stage & Television Actor

August 23 Betty Robinson American Athlete





ARTISANMIND

Artisan Mind artfully connects the heart and minds of individuals living with Alzheimer's and other dementia.

Artisan Mind provides multifaceted creative arts workshops that take advantage of the art and science of joy to enrich the lives of individuals with Alzheimer's and other forms of memory loss. Through a series of entertaining and engaging creative sessions, participants are invited to share their own interpretation happiness as seen through various art presentations. The focus on this positive state of mind reinforces that happiness transcends age and life experiences, and that it is contagious - and equally important demonstrates what a growing body of research shows: happiness is good for your health.

By using Van Gogh's "Sunflowers" as inspiration, support groups at The Alzheimer's Aid Society created their own version. Working and sharing together in the process of choosing design, color, and final placement all created...you guessed it, happiness.



Van Gogh, *Sunflowers*



*Please join us every fourth Tuesday of the month at the
Alzheimer's Aid Society at 10:30am and 2:00pm.*

For more information about Artisan Mind and our creative programming,
Please visit www.ArtisanMind.org

Dedication of Joey Lopes Park

Silvestre Gilmete

On Friday July 24, 2016 the Joseph “Joey” Lopes park was dedicated to a local hero. Joey later was diagnosed with Alzheimer’s Disease. Here are some interesting facts about Joey’s life.

Joey was born November 10, 1930 in Brava, Cape Verde Islands (under the Portuguese flag). His father Jack Lopes had been in the West Sacramento area since sometime between 1912 and 1918 farming. Jack went back to Brava and married Filismina Da Silva and conceived Joey. Jack returned to West Sacramento to farm the land he now owned and then sent for his bride sometime around 1934. This made Joey about 5 years of age when he came to West Sacramento. Joey attended local West Sacramento schools, helped his father farm their land and sold fruits and vegetables door to door along with his siblings Carolina, Jackie and Johnny.

Joey started boxing around the age of 14. Before his 17th birthday, he had won the AAU, Golden Gloves and Far Western United States boxing championships. He was also named an alternate on the United States Olympic Boxing team of the 1948 London Summer Olympics.

Joey became a professional boxer and had his first fight in 1949. He had a break from boxing in 1952-53 because he was serving in the Army during the Korean War. He ended up in special services and traveled around Europe as the Army boxing coach. He returned to his professional boxing career in 1954 and in 1955 he was the #1 contender and was named the Rull Newland Memorial Fighter of the Year and the Sac-

ramento Union Athlete of the year.

Joey fought all over the United States (Madison Square Garden, Chicago Stadium, Sam Houston Stadium, Washington D.C., Hawaii and more). Joey fought for the championship of the world twice. Once in 1957 against Joe Brown at Chicago Stadium (This was for the lightweight championship). Then again in 1961 he fought Gabriel “Flash” Elorde in Manila for the super featherweight championship in front of 60,000 fans. He had his fights televised on numerous occasions. Joey fought and beat many former champions; Sandy Saddler, Jimmy Carter, Don Jordan and Lauro Salas just to name a few. Joey retired in 1963. His over all record was 55 wins, 27 losses and 6 draws. During his career he fought at the Sacramento Memorial Auditorium many times and usually before a sold out crowd.

Joey Lopes earned many awards during his career. Just to name a few: The Woodland Athletic Hall of Fame, the California Boxing Hall of Fame and the Sacramento Hall of Fame. He also helped other fighters with their boxing careers. Most notable was Pete Ranzany. Joey was Pete’s manager. Joey also helped to bring the first championship boxing match to Sacramento on September 9, 1978 when Pete Ranzany fought Pipino Cuevas at Hughes Stadium before 17,000 fans.

(Continued on page 15)





DATES AND LOCATIONS FOR OUR ALZHEIMER'S CAFÉS

WOODLAND:

Location:

St. John's Retirement Village
135 Woodland Avenue, Woodland
(530) 662-1290

3rd Thursday each Month
2:00pm to 3:30 pm

SACRAMENTO (Rosemont)

Location:

Golden Pond
3415 Mayhew Road, Sacramento
(916) 265-2005

3rd Friday each Month
10:30am to 12:30pm

SOUTH SACRAMENTO (Pocket area)

Location:

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

Quarterly: 2nd Friday of:
February, May (this May
Cancelled), August &
November

The Alzheimer's Aid Society would like to invite you to attend one of our Alzheimer's Cafés. They are great fun and excellent for socialization. At the present time, we have three operational Cafés and there are a couple more that will soon be up and running.

Woodland hosts our largest Café. Last month we had over 50 people in attendance. A great time was had by all. We had a 'Summer' theme which included a dip into baseball. We all listened to Abbott and Costello's 'Who's on First,' and had a great laugh!

We would love to invite not only those with memory impairment and their caregivers/family members, but we would love to invite the community to come and see what the Cafés are all about.

We want to be here to help all those who are traveling the road of Alzheimer's or any other dementia. Getting out and socializing is one of the things that is helpful to those with memory impairment. It also helps the caregivers to get out and socialize as well. That is often a part of our lives that we put on hold when we become a caregiver.

We would also like to have the community understand more about those who are afflicted.

SUPPORT GROUPS: Sacramento area

If you live near our Sacramento office, we provide these groups twice every Tuesday. The morning group is currently full, but we have room for new people in our afternoon support groups. These groups meet at our office at 2641 Cottage Way #4 from 2:00pm to 3:30pm.

We would like to welcome you to come and participate in our support groups.

Joey Lopes was involved with many wonderful organizations in his life.

Some of those were:

*Sacramento Valley Boxing Assn.

*Sacramento Police Athletic League

*Inspector for the California Athletic Commission

*Saints and Sinners Organization

*Stroke for Life Organization, and

*Volunteer for Parolee Organization

Joey also worked as a counselor for Zane Probation Center in Woodland.

He was also a group supervisor at Preston California Youth Authority in Ione. At one point he was also a liquor salesman for Barbarian Distributors.

Joey Lopes also served in many positions in West Sacramento, doing community service. He was President and Vice President of West Sacramento Sanitary District. He was a member of the East Yolo Jaycees. He was a member of the East Yolo Athletic Club. He was a member of the West Sacramento Optimist Club and last, but not least, he was Co-founder of the West Sacramento Babe Ruth Baseball League.

Joey Lopes has been known to be the pride of Sacramento in the 1950's for his boxing feats, but Joey was proud and dedicated to his roots in West Sacramento and his Cape Verdean people. The boxing robe he wore read "Joey Lopes West Sacramento."

He was loyal to his West Sacramento and East Yolo community as a civic leader. He made his adult home in West Sacramento and helped to raise two children (his daughter Suzan Bravo Garcia and his son Michael Lopes) with his wife Sally Lopes. He is considered a sports legend in West Sacramento and the Sacramento region as well.

He was a champion for family,

friends, the youth in the area and those less fortunate than he. He loved the people of West Sacramento, Broderick and Bryte.

Joey Lopes passed away in 1997 at the age of 66 from complications with Alzheimer's disease.

You are deeply missed, Joey Lopes, and we are happy to see a park in West Sacramento dedicated to and in your honor.



Joey Lopes son Michael cut the ribbon for the grand opening of the Joseph "Joey" Lopes park surrounded by family members.

**Did you know that
Pauline Phillips
(Better known as)
"Dear Abby"
had Alzheimer's Disease?**

At one point in time TV anchorwoman Diane Sawyer called her the "pioneering queen of salty advice".

She died on January 16, 2013 at the age of 94 after years of battling Alzheimer's disease.



Alzheimer's Aid Society

OF NORTHERN CALIFORNIA

2641 Cottage Way, #4
Sacramento, CA. 95825

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