

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

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 just a little bit of time to talk with you about Support Groups and their importance in the lives of both those who are caring for someone with dementia as well as those who are in the earlier stages of dementia.

In our caregiver Support Groups, people get together and talk about what they are going through with their loved one who has a dementing illness. They are very often able to help each other find solutions to an issue that is currently bothering them. We at the society have also been able to help with some of the issues. One example: I had a gentleman tell me that his wife wouldn't go out to lunch or dinner with him any more. That is an activity that she used to enjoy. Now, because of her Alzheimer's, she felt that the wait staff was not being patient with her and it is now difficult for her to make decisions. Her sweet husband asked me if there was a card that we could make to hand to anyone who might lose patience with someone with memory loss. We came up with a card bearing an Alzheimer's Aid Society logo, that simply said: "Thank you for your patience with my loved one." That card made all the difference in the world. The lady I was telling you about began going out to eat with her husband again. That little card tells anyone who is losing patience with our loved one with dementia just enough to let them know that patience is warranted.

In our Patient's Support Groups, we do several things. Of course we talk about issues that come up that concern them. For instance... "Why can't I drive any more? I'm just as good a driver as anyone else out there on the road." Most often though, we talk about things from their past that are very clear in their memories. We also do brain exercises. They seem to enjoy this as much as they do reminiscing about the past. For example: I will give them part of a saying or quote that most of us know and they will give me the last part of that quote or saying.

Ask not what your country can do for you

Ask what you can do for your country.

When someone with memory impairment comes up with the answer to one of our brain exercise questions, they are very proud of the fact that they remembered the answer. They often don't remember what we talked about in that support group, but they do go home feeling good about themselves and that a weight has been lifted off from their shoulders.

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



“HAPPINESS IS A HOT FUDGE SUNDAE WITH TWO SPOONS”

Jeanne Hess RN CGN

Rarely do we see the two words, “happiness” and “dementia” mentioned in the same sentence, but as caregivers we know that certain memories or experiences can trigger a flash of laughter or a huge smile during an otherwise somber mood of one with Alzheimer’s. They may not know why they are happy and may soon forget the reason, but at that moment they have experienced a feeling of pure joy and were able to express that emotion. Happiness for the confused



mind is often a combination of pleasure, humor, security and the feeling of being loved and cared for; hugs from a familiar family member, petting a kitten, or sharing a hot fudge sundae.

Happiness is one of those values that we develop as human beings, and along with temperament and attitude, seems to be inherent in our nature even during the progress of dementia. Because temperament seems to have consistency over a lifespan, some studies have shown that a person’s capacity for managing stress during their lifetime seems to affect their coping skills with the onset of a mental illness. A characteristic positive or negative outlook may make the difference between a peaceful transition

through Alzheimer’s or one of anxiety, aggression and frustration.

To live with dementia is to live in the present. All ties to the past or to the future have been disrupted. Gone are worries, hurt feelings, regrets or even expectations, but traces of the person they have been remain. What made them happy in the past may still remain intact and those recalled cheerful memories, however fleeting, may cause an emotion of peaceful contentment that will last long after memory of the original event.

Jeanne Hess RNCGN



Did you know that Jack Lord had Alzheimer’s disease?

Lord was born John Joseph Patrick Ryan. He was a famous artist, actor, director, producer and philanthropist. He was probably best known for his role as Steve McGarrett in the T.V. program *Hawaii Five-O*. Lord died of congestive heart failure on January 21, 1998. He was 77 years old. He left an estate of \$40 million. After his wife’s death in 2005, the entire estate went to Hawaiian charities.

Alzheimer's / Dementia Patients Have Wonderful Imaginations

By Bob DeMarco
Alzheimer's Reading Room

Did your loved one living with dementia ever tell you a story that was less than true?

Did you think it was a lie?

Did it bend you all out of shape? Make you feel angry, or confused?

Well?

Dementia, Accusations and Fractured Fairy Tales

I don't think it is well understood that persons living with Alzheimer's have wonderful imaginations. I mean, they tell stories, true or not, **don't they have an imagination?**

My mother was always telling **stories loosely based on fact(s).**

For example, for at least four years she told this one. She told everyone who would listen that my brother had come to see us from Philadelphia for Christmas. But, he didn't like what he saw, or variation, Bobby said something he didn't like, and he went back home.

Everyone that my mother told this story to - **believed it.** And they wanted me to explain what happened.

Now, **how believable is a story** that would have meant my brother flew 1200 miles from Philadelphia to Delray Beach, got himself into a tizzy, and **turned right around and went back home?**

The factual basis of this story? My brother called and talked to my mother on the phone on Christmas day.

What did my mother remember? She talked to my brother. She couldn't remember that it was on the phone, so he must have been there in person.

The **first 50 times** my mother told this story it **incensed and hurt me.** Keep in mind, **I am the antagonist in this story.** What did I do, I got **angry and immediately corrected her.**

However, along the road in my caregiver

journey, I started thinking about her wild and wacky tales.

It soon dawned on me that **the stories were often based on one or two facts,** and then she made the rest up to turn it into a story. I started referring to them as **Fractured Fairy tales.**

These stories seemed to be coming from different memory parts of her brain, or what seemed to me to be like her **fractured brain.**

One time, she weaved together a fascinating story for a young person she had never met before.

At the age of 92, she told him **she had never taken a medication** for anything in her life. Never. Not true of course. She took Aricept and Namenda to name two of six.

She told the young man, **"I am a healthy old broad."**

I might add **she was quite proud of this.**

We happened to be at the Banana Boat at the time when this story took place.

Dotty then went on to tell him she worked at the Banana Boat for ten years (not true), she did the book keeping (this was true, only the job was at Boca West.)

She just went on about the job and people, etc (more Boca West). Meanwhile, **the young man is smiling, and raving about the story. He was really having a good time, and so was Dotty.** She was just going and going.

I just stood there watching and listening and to be honest, **I was fascinated and happy as a lark at Willow Grove Park.**

To be perfectly honest, in the beginning I would have cut her off near the start of the story, corrected her, and told the listener it was not true.

But over time, I learned these **Fractured Fairy tales were really really good,** and most importantly, **Dotty was using her Brain.**

It was often fun indentifying the components of the story that were true, and the parts that were made up (or sometimes true, but used out of context).

Dotty always had new and different stories if she met a new person. She also had a bunch of **recurring stories that were anywhere from me getting ready to pull my hair out, to really, really funny.**

I had to hear for 4 years about how she had hired a lawyer to get her license back, or how she found out who had her license taken away, or how she got her license back and she was going to start driving again.

It took a long time for me to stop pulling my hair out on the driving and license stories, which probably explains why I have less hair now than I did ten years ago.

The stories about getting her yellow Volkswagen Beetle fixed were pretty good.

Of course, no one had seen the yellow VW for 25 years. It no longer existed.

She never actually told me this story directly. She mostly told it to Joanne and Ruth. I learned to laugh and smile at this one.

Hey, at least she remembered her 1976 Beetle. In fact, every time she saw a modern day Beetle on the road she said she was going to get one, or that was her favorite car. Fractured Fairy tale explained.

I admit persons living with dementia often make up stories that put us, the caregivers in a very bad light.

And yes, just like everyone else, for a time, these stories made me angry. But then, I came up with a solution that worked for both of us, Dotty and me. I just **started putting my arm around her, gave her the head hug, said something nice and positive, and puff the dark clouds blew away.**

Dotty and I **both ended up happy and smiling** almost every single time.

You do get to choose you know.

You can try and explain to a person living with dementia why **what they are saying is not true.** Of course, this only

confuses the person living with dementia and makes things worse.

You end up having a bad hair day, and they end up **helping you** have the bad hair day.

How does your **heart and stomach feel** right now after you try and explain something to a person living with dementia?

So choose. Keep trying to change Alzheimer's World into some other place; or, **use the head hug.**

Start listening to these Fractured Fairy tales **more closely.** Soon you will get the hang of **recognizing the real basis of the story.** Sometimes a person living with dementia **needs something** but they don't know how to tell you.

Or better yet, **they let you know what is still sticking around in their brain.** What **they like, or would like or need.**

Try to get in the habit of letting those dementia imaginations run wild.

Wanna know what happens next?

They might start telling you stories from the past that are true. **Maybe even true stories that you never heard before.** It happened to me many times.

Ok, let me ask you. **True or False, persons living with dementia have wonderful imaginations?**

Must be something going on in there, don't cha think?





YOUR NAME HERE / TITLE SPONSOR

PRESENTS THE 13TH ANNUAL CHARITY GOLF TOURNAMENT FRIDAY, SEPTEMBER 16, 2016 AT 9:30AM

BENEFITTING THE ALZHEIMER'S AID SOCIETY OF NORTHERN CALIFORNIA
(501(c)(3) #94-2721961)



TEAL BEND GOLF COURSE

7200 Garden Highway, Sacramento, CA 95837

For Golfer Registration

& tournament sponsorship opportunities, please contact:

Max Perry at (916) 996-7202
or email at max@alzaid.org

Early Bird Registration

- \$125 per golfer, or \$450 per foursome if paid prior to June 30, 2016
- \$175 per golfer, or \$600 per foursome after July 1, 2016

Prizes will be awarded for:

- 50/50 Hole-in-1: \$50,000 for Golfer, \$50,000 For Aid Society
 - 1st, 2nd, & 3rd place team finishes
 - Men's & Women's Longest Drive
 - Men's & Women's Closest to the Pin
 - Putting Contest

There will also be a fantastic silent auction, raffle prizes, food, & live entertainment!

Alzheimer's: Consider options for long-term care

Mayo Clinic Staff

Eventually, most people who have Alzheimer's need outside care. Consider the options, from respite care and adult day services to assisted living and nursing home care.

If you're caring for a loved one with Alzheimer's disease or a related dementia, it's important to understand long-term care options and carefully evaluate their services and quality of care. Here's help getting started.

Keeping your loved one at home

Home care for a relative with Alzheimer's is often highly valued. To make it possible—and support your own health and wellbeing—you might consider various home care resources. For example:

*** Home health services.** Home health services help with personal care, such as eating, bathing, dressing, grooming and toileting. Some agencies help with meal preparation and household chores.

Basic nursing care—such as help with medications, wound care and medical equipment—is typically available. Some agencies provide additional services, such as physical therapy.

***Respite and companion care services.**

Companion care is ideal for giving you the peace of mind to spend a few hours away. It also gives people with Alzheimer's an opportunity for socialization. Meaningful relationships can develop between people with dementia and their companions.

You might call on family, friends or neighbors to stay with your relative when you need a break. If you'd prefer a more formal arrangement, consider respite care services provided by community organizations.

***Adult Day Care**

Adult day care centers offer socialization, limited health services, mind and body exercises, music, support groups, and other activities in a safe, supervised environ-

ment. Participants leave home and attend daily or a few hours a week. Transportation and meals are sometimes provided. Some adult day centers are designed for people living with Alzheimer's disease.

Considering residential care options

As the disease progresses, your relative will need more help. You might consider alternative housing options. For example:

***Assisted living.** If your loved one needs support with personal care and daily activities, such as meal preparation, but doesn't need skilled medical care, he or she might be well-suited for an assisted living facility.

These facilities are also known as board and care, adult living or supported care. Your loved one might live in an apartment or suite of his or her own or share a living space with other residents.

***Specialized dementia care.** If your relative needs more supervision or help than what's available through a traditional assisted living facility, he or she might benefit from "memory care" assisted living.

While specific services vary, these facilities generally offer specialized staff training and structure the day around meaningful engagement and activities based on the individual's preferences and strengths. Visual cues, such as signs or pictures, are often used to help residents maintain independence. Enhanced safety measures such as secured exits are typical.

Continued on page 12



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 Sweicki
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 6:30pm
The Commons at Elk Grove
9564 Sabrina Lane
Facilitator: Angie Machado
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
3:00—4:00 PM
RMA Bludging
Rancho Murieta
Facilitator: Nan Parquette
916-354-2281

THANK-YOU FOR YOUR DONATIONS!

Your donation helps us to be able to provide:

- * Support Groups for Caregivers and those with Memory Impairment.
- * Alzheimer's Cafés
- * Blue Books (A Practical Guide for the Alzheimer's Caregiver).
- * Green Books (the Spanish version of the Blue Book)
- * This newsletter
- * Support for Seminars and Conferences
- * Resources
- * Phone Support
- * Web Page

www.alzaid.org

* the 'Happenings' our email newsletter

* Alzheimer's Aid Society's facebook page.

* A Library for your use

* Funding for Research

We supply all this and more to help fill the needs of caregivers and family members who are on their journey through Alzheimer's / Dementia. Your donation makes a big difference.

FORGET-ME -NOT

Roseville 1st Thursday
 9:30 am
 Somerford 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: Ruth Harris
 916-483-2002

Sacramento Every Wed.
 10:00am except on the last
 Wed. of each month, it will
 meet at 6:30 PM
 Revere Court
 7707 Rush River Drive
 Facilitator: AM Facilitator:
 Lori Gales PM Facilitator
 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 Plumas
 Facilitator: Mike Fortwengler
 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
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.

What ever 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:*
February 1 - April 30, 2016

*Joseph Ariza
Frances Arnold
Fred Astore
Sheila August
Walter Branstrom
Goldie Byers
Carol Christiansen
Armand Clavere
Lillian Critchfield
Floyd Deaton
Elizabeth Doherty
Dorothy Ennis
Katherine Facio
Barbara Faulkner
Virginia Gibson
John Gorman
Zetta Green
Karoll Gunderson
Wanda Hughes*

*Patricia A. Jones
Robert McCurry
Mary Ann Mark (sp?)
James Dale Martin
Anthony Mello
Bill Mossop
Margaret Nunez
Eddie Petrig
Theresa Piuma
Eugene C. Reel
Ernest Santiago
V. Soderstrom
Ted Tsukiji
Aubrey Worden
Joanne Zraggen*

In Honor of:

Bea Gorman

Famous People with Alzheimer's Born in May / June

<i>May 3</i>	<i>Sugar Ray Robinson</i>	<i>American Pro. Boxer</i>
<i>May 18</i>	<i>Perry Como</i>	<i>Singer & T.V. Personality</i>
<i>May 21</i>	<i>Irving Shulman</i>	<i>Author & Screenwriter</i>
<i>May 22</i>	<i>Harry Ritz</i>	<i>Ritz Bros. Comedy Team</i>
<i>May 25</i>	<i>Ralph Waldo Emerson</i>	<i>Essayist, lecturer & Poet</i>
<i>June 14</i>	<i>Alois Alzheimer</i>	<i>Name sake of Alzheimer's</i>
<i>June 14</i>	<i>Pat Summitt</i>	<i>Head Coach Women's College Basketball</i>
<i>June 23</i>	<i>Sandy Saddler</i>	<i>American Pro. Boxer</i>
<i>June 28</i>	<i>Tom Magliozzi</i>	<i>Host of NPR's "Car Talk"</i>

Continued from page 7

***Nursing home.**

If your loved one needs skilled medical care, a nursing home might be the best option. Nursing homes provide room and board and round-the-clock supervision and medical care.

Some nursing homes have special accommodations for people with Alzheimer's—the environment, activities and philosophy of care revolve around their needs.



Choosing the type of care

When trying to determine which type of care is best for your loved one, consider the following questions:

* Does your loved one need help preparing meals or taking care of other personal needs?

* Does your loved one need help taking medications or managing other medical problems, such as heart disease or diabetes?

* Does your loved one need 24-hour supervision or special care? If so, what type of skills must a caregiver have to provide that care?

* Would you prefer a facility that specializes in Alzheimer's care?

* How will you cover the costs of your loved one's care?

* Will the facility care for your relative in a manner similar to yours?

Some settings aren't well-suited to support those living with Alzheimer's disease. As your loved one's needs change, options for care might change as well. Any new care arrangement you make will involve blending your capabilities as a caregiver

with your relative's needs.

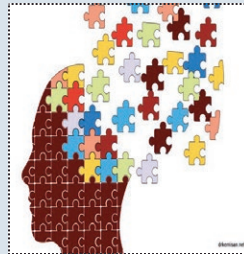
Sharing the load improves the care

Seeking help can ease the physical and emotional burdens of caregiving—and the earlier you consider the options, the better. If you wait until a crisis arises, you might make a hasty decision. Instead, take time now to evaluate your loved one's current needs and future options.

**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.

**So Again
THANK YOU!!!**

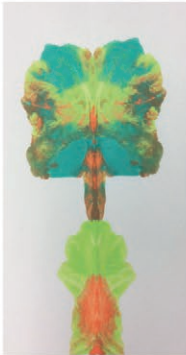


ARTISANMIND

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

What are the goals of creative activity and how does it create a sense of purpose for the participants?

Part Two: Creative Expressions



“Creative Expressions” are painting workshops that create hands-on art experiences where participants of all levels are given the opportunity to paint on a variety of canvases that often serve as a larger community project. Options are given to participants through the sizes and shapes of the canvases, selection of inspirational images, paintbrush size and paint colors. We often offer a specific project, but participants are always free to take it in any direction they choose. In this way, participants are in charge of their own projects. Classes offer dignified and social projects designed to

be successful for all cognitive levels. Although beautiful works of art come out of our workshops, each session focuses on the process, engagement and experience, rather than about having a specific final outcome.



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



DATES AND LOCATIONS FOR OUR ALZHEIMER'S CAFÉ'S

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. 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.

Chicken, Peppers, Tomatoes and Potatoes

One (1) cut-up chicken (or use the parts that you like best) (about 3 to 3.5 pounds)

Two (2) green peppers (cut into 8ths)

Two (2) onions (sliced)

Four (4) good sized potatoes, sliced

One 28 oz. can plus one 15 oz. can tomatoes with juices (buy whole canned tomatoes or diced tomatoes in their juices).

Salt, pepper, garlic powder, basil flakes (to taste)

Preheat oven to 425 degrees

Lightly cover the bottom of a 13 X 9 inch (or larger) dish with olive oil.

Wash & pat dry the chicken and roll chicken in oil in the pan to coat it. Salt and pepper the chicken.

Place in the oven (do NOT cover) to lightly brown for about 30 min.

Take chicken out of the oven and put it onto a plate. Place sliced Potatoes into the pan.

Sprinkle with salt, pepper and garlic powder.

Sprinkle the onions and green peppers over the potatoes. Lightly salt and pepper again.

Put chicken on top of everything in the pan. Sprinkle lightly with garlic powder and very generously with the basil flakes.

Pour the one large can and one small can of tomatoes over everything.

Cover the dish with aluminum foil and put back in the oven for 35 to 40 minutes.

When the potatoes are cooked (hopefully after the 35 to 40 minutes) remove the foil and let the food continue baking for an additional 10 minutes or so.

(Recipe submitted by Joan Gamble)



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