

In This Issue:

- Memory Walk 2009
- State Policy Update
- Federal Policy Update
- HBO Alzheimer's Project
- Early Memory Loss Programs
- Jim Segel Award
- Educational Events

For more information:

Amy Landers
Support Group Manager

323-930-6289
Amy.Landers@alz.org

Memory Walk 2009

It's that time of year again! With great anticipation we are gearing up for Memory Walk. If you haven't participated before, or it's been a few years since you've made it out, we hope you will join us this year!

For the fifth year running we are holding a Memory Walk team contest especially for support groups. Members of the top fundraising support group teams who have raised \$300 or more will win a special prize that no other Memory Walk participants receive. Prizes will be awarded to the top 3 teams in Los Angeles and the top teams in both the Inland Empire and Coachella Valley.

So are you ready to engage in a little friendly competition while making a difference in the lives of fellow caregivers and people living with dementia? Here's what you need to know:

Memory Walk Inland Empire: October 17, 2009 at the Rancho Cucamonga Epicenter

Register at: www.alzla.org/mw/ie

Memory Walk Los Angeles: November 1, 2009 at the Water Court in downtown Los Angeles

Register at: www.alzla.org/mw

Memory Walk Coachella Valley: March 6, 2010 at Palm Desert Civic Park
Registration not currently available

When you create a support group Memory Walk team, have your support group leader fill out the enclosed form and fax it to us to confirm your eligibility in the support group contest. We will track each team's fundraising and announce winners after the walks.

Good luck! I look forward to seeing you at the walk!

Amy Landers



State Policy Update

The budget deadline of June 30th passed without an agreement between the Republicans and Democrats in the legislature and the Governor. With no budget in place and the Governor withholding the authority for the state to borrow funds, California began to issue IOUs to vendors beginning July 2nd. At the present time, the Legislature and the Governor seem to be closing in on an agreement as to how to the projected \$26 billion budget deficit gap will be resolved. At this time, additional cuts to health and human service programs have not been proposed but it is far from certain that additional cuts will not be a part of any final budget agreement. The Association continues to monitor the budget negotiations closely and will be activating our advocacy base as needed until a final budget is signed by the Governor.

As of writing this, the current version of the budget that is being debated includes the following cuts:

Caregiver Resource Centers: 30% funding cut of \$3 million

Alzheimer's Day Care Resource Centers: 30% funding cut of \$1.2 million

Adult Day Health Care Programs: Capped program participation at 3 days per week beginning August 1, 2009. The 3 day cap will remain in effect until higher medical necessity requirements can be developed and are ready to be implemented by ADHC's and the Department of Health Services.

In-Home Supportive Services: Reduce the number of participants by 10% by changing functional index scores. Approximately 43,000 people will no longer be eligible for to receive IHSS.

Alzheimer's Research Centers: 50% funding cuts to \$3.1 million and budget language also limits spending to clinical and family services.

Federal Policy Update

Discussion in Washington D.C. continues to center around health care reform. Congress hoped to have a health care bill drafted by the end of summer, but that timeline will likely be extended. The Alzheimer's Association continues to send a clear message to Congress: Long term care services and supports need to be part of health care reform.

In addition to health care reform, we are making progress on three other issues:

- 203 members of Congress have expressed support of ending the Medicare two year waiting period. Currently, persons under age 65 who are diagnosed with Alzheimer's disease or a related dementia must wait 2 years before qualifying for disability benefits.
- 201 members of Congress have expressed support for a \$250 million increase in Alzheimer research funding.
- 86 members of Congress support the creation of an Alzheimer's Solution Project Office, which would oversee research to detect and prevent the disease as well as an improved care system for Alzheimer's patients.

Would you like to receive regular email updates on state and federal policy? Sign up to be an eAdvocate by emailing Barbra.McLendon@alz.org or online at www.alz.org/californiasouthland and click on 'Advocate' in the left menu.

Savvy Caregiver Program

Caregivers Need Support and Education

The Alzheimer's Association invites you to participate in a **free six-week Savvy Caregiver Program**.

The program focuses on developing good strategies that are needed to accomplish the goals of the caregiver. You will learn about the strategies that a number of researchers and clinicians have developed in their work with persons suffering from Alzheimer's.

To be eligible for this program, caregivers must:

- provide informal care for a family member with Alzheimer's
- be able to attend all six consecutive weekly sessions

For more information call 323-930-6259

Cuidando con respeto

Caregivers Need Support and Education
IN SPANISH

The Alzheimer's Association California Southland Chapter is offering a **2 day FREE** Alzheimer's Caregiver workshop in SPANISH by the name of "Cuidando con respeto".

This 2 day program will help participants learn about Alzheimer's Disease, the stages of the disease, understanding difficult behaviors and how to cope and take care of one's self as a caregiver while dealing with a patient or loved one with dementia.

In efforts to get the Latino Alzheimer's Caregiver community involved, the Alzheimer's Association's is trying to reach out to the Latino population in the Los Angeles County.

**For more information call 323-930-6257
or 818-830-4738**

The Alzheimer's Project

You may be aware that HBO recently developed a series of documentaries entitled 'The Alzheimer's Project'. Made up of four documentaries, the series tells the stories of persons living with Alzheimer's, caregivers, and children impacted by Alzheimer's, as well as scientific advances.

Originally aired on HBO, the films are available to watch free of charge at www.HBO.com/alzheimers. In addition to the four feature documentaries, there are also 15 supplemental films on the advances being made in research and understanding the disease.

DVDs of the films can be ordered at www.HBO.com (click on Shop HBO).



New Caregiver Resource Available

The National Institute on Aging has a new publication entitled 'Caring for a Person with Alzheimer's Disease: Your Easy to Use Guide from the National Institute on Aging'. The 148 page guide addresses a variety of topics, from daily caregiving challenges to medical treatment, and from early planning to end stage care. You can order up to 25 free copies at <http://www.nia.nih.gov/Alzheimers/>.

Early Memory Loss Program Update

The Alzheimer's Association has been working diligently to provide greater support to people in the early stages of Alzheimer's disease and related disorder and their families. The first program developed was the **Memory Club**. This is a comprehensive support, education, and peer group for the person with early stage dementia and their care partner. The group meets for 8 weeks with the aim of learning about dementia and its emotional impact on all involved while developing new friendships and peer support.

The next program created was **Graduation Club**. This group is for dyads that have completed the 8 week Memory Club series and continue to remain in the early stages. This group meets twice monthly and has many of the same goals of Memory Club, but the members are able to guide programming and topical discussions to a greater degree. Participants of the "Grad Club" also have the opportunity to attend four art seminars in which each individual engages in interactive experiences through cognitively and affectively stimulating activities. This new program is called "The Heart at Looking at Art" and will be facilitated by Karen Giles, the former Director of Education at the J. Paul Getty Museum.

Finally, unfortunately, there comes a time when the Graduation Club is no longer appropriate for the person with memory loss due to the progression of the disease. Community partnerships with local day care centers have been formed to help the person with memory loss transition to a setting that is appropriate for them. The **Care Partners Club** is now being offered to care partners who desire continued support, sharing, and education. The group meets twice monthly at the Wilshire office.

For further information on these early stage programs in the Los Angeles area, contact Nicole Feingold at 323.930.6256.

Coachella Valley MemoryMakers Club Ranks at the TOP!!

Members of the Coachella Valley Early Stage Program called "MemoryMakers Club" went on their June fieldtrip to the Palms Springs Aerial Tramway. They spent a wonderful time seeing the gorgeous views of the cities of the Coachella Valley from the TOP of one of the San Jacinto mountain peaks and explored the visitor center museums and tourist stores. Finally, members of the MemoryMakers Club had a refreshing time socializing with each other while having a delicious lunch under the shade of the many tall pine trees.

The Coachella Valley MemoryMakers Club promotes and encourages members to engage in stimulating cognitive and social activities.

For more information on The Coachella Valley MemoryMakers Club, contact Richard Castillo at 760.328.6767.



Recognizing Excellence in Adult Day Care

Every year the Alzheimer Association honors excellence among direct care providers in the adult day care setting. The sixth annual **Jim Segel Award for Passion and Commitment** was awarded to Jacob Guzman, program aide at Jewish Family Service, Partners Adult Day Health Care/Alzheimer's Day Care Resource Center on July 7, 2009. Jacob was selected because his warmth, upbeat attitude, and energy helps participants and fellow staff members function at their best.

In addition, two finalists were recognized. Maria Moreno, CNA at S. Mark Taper Adult Day Health Care, Alzheimer's Day Care Resource Center and Brian Rattray, Social Work Assistant from Golden Acres Adult Day Health Care received commendation from the County of Los Angeles Board of Supervisor Zev Yaroslavsky for their service to the community.

We congratulate Jacob, Maria, and Brian on their accomplishments!



(From left to right: Jacob Guzman, Award Winner; Maria Moreno and Brian Rattray, Finalists)

EDUCATIONAL EVENTS

Professional Training

SEPTEMBER

2, 16, & 23 - Quality Care Campaign: Phase III End of Life Care Workshops

25 - New Support Group Leader Training

OCTOBER

3 - Activity Based Alzheimer's Care: How to Build a Therapeutic Program

For more info: 323-930-6280

www.alz.org/californiasouthland/in_my_community_professionals_calendar.asp

Family Caregivers

JULY

27 - Savvy Caregiver

For more info call Kami 323-930-6259

SEPTEMBER

12 - Charlas - CAMBIOS DE LA MEMORIA

For more info call 800-633-5767

www.alzarsb.org/program/programc.nsf

Support Group Leaders: Thank you for helping the Alzheimer's Association reduce waste and postage expense by receiving the support group newsletter via email. If you currently receive hard copies and would like to receive them by email instead, please email Amy.Landers@alz.org or call 323.930.6289.

Support group newsletters can also be downloaded at www.alz.org/californiasouthland.