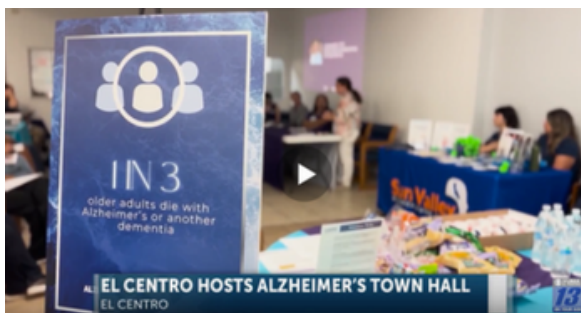


Summer 2025

Imperial County, California Edition



## Town Hall

On June 26<sup>th</sup>, The Alzheimer's Association held its first Town Hall in El Centro at DayOut. We had a panel of four expert speakers. Janet Hamada-Kelley, Executive Director of the Alzheimer's Association San Diego/Imperial Chapter spoke about new advances in treatments and diagnostics. She emphasized the importance of early detection of Alzheimer's disease and the positive effects of healthy habits on brain health.

For more information on these programs, click or visit <https://www.aaa24.org> or call (442) 265-7033.



Dr. Unnati Sampat addresses the audience

Dr. Unnati Sampat works in the area of geriatrics and internal medicine in El Centro. She is the President of the Imperial County Medical Society. Dr. Sampat has generously hosted an Alzheimer's Association support group for caregivers for over 7 years.

Dr. Sampat spoke about the scarcity of specialists and primary care physicians in Imperial Valley. She pointed out that the County is an underserved area that needs more resources and services. Dr. Sampat is optimistic about the future of healthcare in Imperial County. She sees the Valley as a unique place that she loves.

Dr. Sampat also spoke about the importance of engaging family members in healthcare and preparing for medical appointments by writing a list of concerns ahead of time.

## Welcome

Welcome to the first edition of our new quarterly newsletter for Imperial County. Four times a year the Alzheimer's Association San Diego/Imperial Chapter will produce this publication. The newsletter will include upcoming events in your community, along with important information about Alzheimer's disease and other dementias.

## Awareness

June was Alzheimer's Brain Awareness Month. The Alzheimer's Association brought attention to the prevalence of Alzheimer's and other dementia-related conditions. **Imperial County has the 9<sup>th</sup> highest prevalence rate among 3,142 counties in the United States. 15% of Imperial County residents over 65 years old are diagnosed with the disease.** If we share the facts, we can bring attention to the severity of the issue. To check out the facts [Click Here](#) to watch a video.

To help raise awareness, join your friends and family for the Walk To End Alzheimer's. See page 6 for details.

Maribelle Mendez is the Director of DayOut El Centro. Maribelle shared that her staff provides many essential services for older adults with disabilities and memory issues. This includes transportation to and from the day program, access to nursing and personal care, physical and occupational therapy, social services, hot nutritious meals and enriching activities. Dayout accepts Medi-Cal and some insurance policies. Unfortunately, Medicare recipients are not covered.

DayOut has two locations: El Centro (757 Main Street, 92243) and Brawley (616 Main Street, 92227). Visit these locations in person to learn more.

Monica Veliz, Area Agency on Aging Manager, provided the audience with information on programs and services offered by the Area Agency

on Aging. Programs include Congregate meals, home-delivered meals, legal services, long-term care ombudsman and transportation.



Interested in receiving our weekly e-news. Sign up by clicking [HERE](#)

## How do I explain to my child that their grandparent has Alzheimer's?

Alzheimer's disease impacts every member of the family, including children. If you are a parent, grandparent or teacher, you may be looking for ways to support a child or teenager who is dealing with the diagnosis of someone they love. The Alzheimer's Association has information to help you understand what a child may feel and provides recommendations for having conversations about Alzheimer's. Also, different types of dementia can cause varying symptoms that develop at different ages, so it's helpful to tailor your approach to the specific situation.

Each child will react differently to someone who is living with Alzheimer's or another dementia. The young people in your life might have questions about what is happening. It's important to answer these questions openly and honestly. It will also help to share with them the changes the disease might bring, now and in the future. Find resources for kids : [Click HERE](#) or scan QR Code



## What are some of warning signs of Alzheimer's?

**10 Warning Signs of Alzheimer's**

1. Memory loss that disrupts daily life	6. New problems with words in speaking or writing
2. Challenges in planning or solving problems	7. Misplacing things and losing the ability to retrace steps
3. Difficulty completing familiar tasks	8. Decreased or poor judgment
4. Confusion with time or place	9. Withdrawal from work or social activities
5. Trouble understanding visual images and spatial relationships	10. Changes in mood and personality

ALZHEIMER'S ASSOCIATION

Find out more: [Click HERE](#) or Scan QR Code



## How can I keep my brain healthy as I age? Can I lower my risk of cognitive decline?

There are 10 key healthy habit for your brain. Can you guess what they could be? Clue: What is good for your heart is good for your brain. Find out by clicking [HERE](#) or scanning the QR Code. Look for information on brain health in our next edition.



# Volunteer



San Diego / Imperial Chapter

Imperial County Edition

The Alzheimer's Association is looking for volunteers.



**Community Educators** are volunteer public speakers who help the Alzheimer's Association provide consumer education. These volunteers deliver prepared presentations on topics related to Alzheimer's disease and other dementia. Bilingual volunteers in high demand.



**Community Representatives** participate in health fairs by representing the Alzheimer's Association, raising awareness in the community, providing basic information, and sharing resources and services. Representatives can also staff the El Centro satellite office on Thursday afternoons. Bilingual volunteers in high demand.



**Community Engagement Committee Members** participate in monthly meetings held on the third Thursday of each month at 2 PM at DayOut El Centro (December is dark). Members plan the annual Resource Fair and Walk to End Alzheimer's; they help create partnerships with community organizations; they raise public awareness; they recruit volunteers; and they fundraise to conduct critical research to help find a cure.



For more information, please contact  
Rebecca Turman at [rturman@alz.org](mailto:rturman@alz.org) | 619-541-8894

**Learn more about the San Diego/Imperial Office!**

[Click Here](https://www.alz.org/sandiego) or visit <https://www.alz.org/sandiego>

**Visit the Alzheimer's Satellite Office in El Centro**

DayOut, 757 Main Street, El Centro, CA 92243

Third Thursday of Each Month from 1:00 PM to 3:30 PM



# Upcoming Events

- **NEW!** Wednesday, August 6th at 8:30 AM: **Support group for Spanish-speakers** at Dr. Unnati Sampat's office, 1665 S. Imperial, Suite C, El Centro, CA 92243. Facilitator: Margarita Jimenez
- Wednesday, August 6th at 10:00 AM: **Support group in English** at Dr. Unnati Sampat's office, 1665 S. Imperial, Suite C, El Centro, CA 92243. Facilitator: Jim Shinn, MSW
- Thursday, August 21st at 2 PM: **Community Engagement Committee (CEC) Meeting** at DayOut El Centro at 757 Main Street, 92243. This meeting is monthly, on the third Thursday of each month (December dark).
- Thursday, August 21st at 6:00 PM. **Research Town Hall** virtual viewing. **Register by** clicking [HERE](#). Questions? Contact Lena Huang at lhuang@alz.org or 619-329-1294
- Wednesday, September 3rd at 9:00 AM: **Support group for Spanish speakers** at Dr. Unnati Sampat's office, 1665 S. Imperial, Suite C, El Centro, CA 92243. Facilitator: Margarita Jimenez
- Wednesday, September 3rd at 10:00 AM: **Support group in English** at Dr. Unnati Sampat's office, 1665 S. Imperial, Suite C, El Centro, CA 92243. Facilitator: Jim Shinn, MSW
- Thursday, September 18th at 10 AM: **"The Empowered Caregiver: Communicating Effectively" workshop**. This workshop will be held at Dr. Unnati Sampat's office, 1665 S. Imperial, Suite C, El Centro, CA 92243.
- Thursday, September 18th at 2 PM: **Community Engagement Committee (CEC) Meeting** at DayOut El Centro at 757 Main Street, 92243. This meeting is monthly, on the third Thursday of each month (December dark).
- Wednesday, October 1st at 9:00 AM: **Support group for Spanish-speakers** at Dr. Unnati Sampat's office, 1665 S. Imperial, Suite C, El Centro, CA 92243. Facilitator: Margarita Jimenez
- Wednesday, October 1st at 10:00 AM: **Support group in English** at Dr. Unnati Sampat's office, 1665 S. Imperial, Suite C, El Centro, CA 92243. Facilitator: Jim Shinn, MSW
- Friday, October 17th at 3 PM: **FREE Resource Fair and Walk** (See page 6)





# Upcoming Events



San Diego / Imperial Chapter

Imperial County Edition

**NEW**

Starting Wednesday, August 6th

## GRUPO DE APOYO PARA CUIDADORES

Presentado por la Alzheimer's Association®-EL CENTRO



Primer miércoles de cada mes  
8:30 - 10 A.M.

USA Imperial Health Group  
Dr. Sampat's Office  
1665 S. Imperial Ave., Ste. C  
El Centro, CA 92243

Para más información llame:  
24/7 (800) 272.3900 o  
(619) 678.8322

Facilitadora:  
Margarita Jimenez

Hosted by:  
USA Imperial Health Group

Establezca un sistema de apoyo con personas que comparten la misma situación.

Grupos de apoyo de la Asociación de Alzheimer's son dirigidos (o presentados) por facilitadores capacitados, en un lugar seguro para sus compañeros de cuidadores de personas que viven con demencia y donde podrá:

- Desarrollar un sistema de apoyo
- Intercambiar información práctica sobre retos y soluciones
- Hablar sobre problemas y maneras de afrontar
- Compartir sentimientos, necesidades y preocupaciones
- Aprender sobre los recursos de la comunidad.



San Diego / Imperial Chapter

## JOIN US FOR OUR VIRTUAL

## Research Town Hall

HEAR ABOUT EXCITING NEW DISCOVERIES AND SCIENTIFIC BREAKTHROUGHS FROM RESEARCHERS DEDICATED TO CREATING A WORLD WITHOUT ALZHEIMER'S AND ALL OTHER DEMENTIA

Thursday  
August 21

6:00 - 8:00pm  
Online Webinar on Zoom





**Keynote Speaker:**  
**Courtney Kloske, Ph.D.**  
Director, Scientific Engagement

Register Today!  
Click or scan to RSVP:  
<https://bit.ly/SD-RTH2025>



Supported  
By:




**Are you between 50 and 90 and noticing some memory changes?**

Help improve brain health research in Imperial Valley.

Sun Valley Research Center is conducting an observational clinical study for individuals between the ages of 50 and 90.

**Your participation involves:**

- A memory evaluation
- A blood sample collection



GET IN TOUCH OR SCAN THE QR CODE TO FIND OUT MORE

Help prevent Alzheimer's disease through convenient, online memory tests.



More than 6 million Americans are living with Alzheimer's-related dementia—and the number is rising fast.

Hispanics may be one and a half times more likely to develop Alzheimer's disease than Whites. If you are 50+ and have internet, you can participate in an Alzheimer's prevention 'webstudy'. The APT Webstudy monitors your brain health through quarterly memory testing online, aiming to match those who are eligible with Alzheimer's prevention clinical trials.

Simple memory tests through the APT Webstudy can unlock research opportunities like TRC-PAD, which matches people with clinical trials to prevent Alzheimer's disease.

Learn more at [www.APTwebstudy.org](http://www.APTwebstudy.org).



For more information on this study, [click here](#). For more information on this study, [click here](#).

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# Walk to End Alzheimer's



San Diego / Imperial Chapter

Imperial County Edition



## Community Health Resource Fair and

**WALK TO END  
ALZHEIMER'S**  
ALZHEIMER'S ASSOCIATION

Friday, October 17th at 3:00 PM

DayOut, 757 Main Street, El Centro 92243

**Please register or start your team for free.**

For more information, please [click here](#) or use the QR code.

For questions, please contact Mandy Shefman  
at (619) 329-1310 or [mlshefman@alz.org](mailto:mlshefman@alz.org).  
Sponsorship and tabling opportunities available.



Scan or Click Above

**FREE**  
RESOURCES  
COGNITIVE TESTING  
REFRESHMENTS  
OPPORTUNITY DRAWING

For more information about educational programs,  
support groups and services in Imperial County,  
please contact  
Agnes Zsigovics, MSW  
Community Engagement Manager  
[aezsigovics@alz.org](mailto:aezsigovics@alz.org) | (619) 541-8851

### Local Sponsors



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