



# Alzheimer's Aid Society OF NORTHERN CALIFORNIA

Volume 29, Issue 2  
Sal Arrigo, Jr., Editor in Chief

August/September 2010

## CHOOSING A CARE FACILITY

### Inside this issue:

Race Update	2
President's Message	3
Support Groups	4
Annual Golf Tournament	5
General Information	6
Harvest Moon Auction and Dinner	7
Caregiver's Conference	8

### Address Info:

2641 Cottage Way #4  
Sacramento, CA 95825  
(916)483-2002

700 B McHenry Ave.  
Modesto, CA 95350  
(209)238-0538



A United Way Agency

There is a lot to consider when the time comes to look for a care facility. One of the first things to know is that there are only two categories for care in a facility. Within those two categories, or licensures, however, there is a huge variance in the type of care, level of care, and quality of services and living arrangements.

### Nursing Homes or Convalescent Hospitals

These large facilities are licensed by the state Department of Health as "Skilled or Intermediate Care Facilities." These facilities are "medical models," meaning the license focuses on health care needs. A person who has certain continuous nursing care needs such as bed sores or tube feeding must choose this category of care. Since these facilities are licensed by the Department of Health, most are able to provide care through MediCal. Finances alone may necessitate finding an appropriate nursing home. Some have specific Alzheimer's units which are secured for patients' safety. Before you even visit a nursing home, make sure the facility is able to care for the particular needs of your loved one. There are several good web sites that rate nursing homes and track complaints and other problems. One such site is [www.cnhs.org](http://www.cnhs.org).

### Assisted Living, Residential Care or Board and Care

These facilities can vary in size from four beds to over one hundred. Regardless of what they are called, they all have the same license. They are licensed by the state Department of Social Services as "Residential Care Facilities-Elderly." These facilities **must provide** housekeeping, laundry, medication management, all meals and snacks, activities, and at least minimal assistance with daily dressing, grooming and bathing. They must monitor the resident and notify family and the doctor of changes. Facilities **may also provide** a much higher level of care and supervision which may include incontinence care, supervision and safety for wandering, higher staff ratio and training for the behavior problems of Alzheimer's, assistance with all hygiene, dressing and grooming, lifting and transferring for the non-ambulatory, hands-on assistance with walking, and help with feeding. Some **may provide, with a special waiver**, care for insulin dependent diabetics, catheter care, or hospice care. Generally, a home

Continued next page

**Continued from Page 1**

health care agency or hospice agency works with the facility and family for these special health care needs.

In choosing a residential care facility for your loved one, please seek guidance and assistance. You must narrow down the list to include the very individual care needs your loved one has now as well as those that may develop in the future. If you call us at the Alzheimer's Aid Society, we can refer you to reputable agencies that keep track of the quality of care and services offered in local facilities. They will refer you to appropriate facilities without charge.

When you visit each facility, observe the peer group. View the menu, inquire about activities . . . look at the available room and see if you can envision this room and bath fitting the needs of your loved one. Is the room close to common rooms and activity areas? Observe the cleanliness of the home and the interactions between staff and residents. If you have used a referral agency, homes that are unclean or have had poor reviews by the state should not be on your list. Be brutally honest in describing the caregiving challenges your loved one presents. A good care home will tell you if that behavior or condition can be managed in their home. Protecting your loved one by omitting issues or by minimizing the challenges can result in a placement that fails.

Costs will vary widely in residential facilities and are usually based on the level of care and supervision needed by the individual. Small facilities, which are typical homes in a residential neighborhood, can provide a very high level of care without the high operating costs of large facilities. Some people do better in a small home, while others thrive in large homes because of a greater variety of social activities and more room to walk about.

### **Closing Thoughts**

Nursing homes and residential care facilities both provide care to seniors who cannot live alone. For Alzheimer's patients, residential care homes are often the best choice when finances permit. For those on MediCal or who will deplete their funds in the next six months, a nursing home may be the only option. Contact the Alzheimer's Aid Society as you begin to consider placement. Our resource specialist can answer questions about long-term-care insurance coverage you may have and about the current California programs which may help cover costs. Our elder law consultant can answer questions about Veterans Benefits and MediCal eligibility.

---

## **Update on 3rd Annual Alzheimer's Aid Society 5k Run/Walk**

As this newsletter goes to press, we can report that 1,405 people participated in the 3rd annual 5k Memorial Run/Walk on Saturday, July 24, 2010 at East Lawn Park. The Alzheimer's Aid Society would like to thank our many sponsors and vendors who dedicate themselves to this event in support of the many families and caregivers in our region who are dealing with Alzheimer's disease. We also pay special tribute to those families who participate in the memory of a loved one. In the next issue, we will have some photos for you to enjoy.

## PRESIDENT'S MESSAGE

### Sheryl Ashby

Over the last couple of months, the Alzheimer's Aid Society has participated in five health fairs in the Sacramento and Modesto areas. On these occasions, we are invited to bring information (usually our Blue Book, a Newsletter and/or other pertinent information) to hand out to the attendees. We have wonderful volunteers who go to these events and talk with people, answer questions, and let them know that the Alzheimer's Aid Society is available to help.

I have also had the opportunity to take part in four speaking engagements; three of those were at assisted living facilities and in-home health care agencies. I was also given the opportunity to speak at the annual meeting of the Sons of Italy. At this meeting, each lodge announced to the entire group (from the State of California) where they intend to give monies raised specifically for donation purposes. The Alzheimer's Aid Society is privileged to be one of three agencies to whom the Sons of Italy have chosen to donate funds. They also give monies to research schools (i.e. U.C. Davis), to organizations that conduct research on birth defects, and they have special Sons of Italy projects that they allot monies to as well: a newspaper, a museum, a library, and more. This year alone they gave donations and allotments that totaled more than \$60,000.00. I am thrilled that the Alzheimer's Aid Society is affiliated with a group that does such great charitable work.

At the end of May, I was privileged to attend a conference on Alzheimer's disease put on by the U.C. San Diego School of Medicine. I came home with a wealth of information. Daniel Kuhn, M.S.W., spoke on "Put Downs and Uplifts in Dementia Care" I mention below just a few points that he shared:

#### **Putdowns result in...**

Ill-Being

Loss

Loneliness

Sadness

Confusion

Worry/Anxiety

Frustration

#### **Uplifts result in...**

Well-being

Fulfillment

Connection

Cheerfulness

Orientation

Contentment

Peacefulness

Kuhn spoke of the following things as being put-downs:

- Intimidation – People with dementia often don't see things in the same way that we do, therefore we need not to try to make them see things our way.
- Withholding –Withholding attention from a patient who was calling out "Mama" or "Help Me" rather than taking a minute to comfort that patient and make sure they are not in physical or emotional pain.
- Infantilization – We need to honor them, their past and their present and be sure that we don't treat them like a child.
- Objectification – Talk with a patient as you approach them with a task that needs to be done (i.e. bathing). Don't come up behind them without warning. This can trigger a negative reaction from the patient.
- Disempowerment – To empower the patient, let them do the things that they are able to do. This helps them to maintain their precious identity and independence.
- Ignoring – Get into the Alzheimer's patient's reality, don't ignore them in order to talk with someone else or do something else. They need to feel valued.
- Outpacing – Tell the patient one thing at a time that is going to happen during their day.

*The chief message here: Concentrate on the things that will uplift the person with Alzheimer's/dementia to make your life and theirs easier.*

Location	Days	Time	Where	Address	City	Phone	Facilitator
<b>REGULAR SUPPORT GROUPS FOR THE CAREGIVER</b>							<b>Updated 7-20-10</b>
Auburn	1st & 3rd Fri	10:00-11:30 AM	Auburn Presbyterian Church; Senior Center.	13025 Bellair Drive	Auburn	530-878-2428	Sue Galvez
Amador Co.	4th Wed	10:00 AM	Senior Center [Add'l Phone: 209-223-0442]	229 New York Ranch Rd.	Jackson	800-540-3340	Laurie Webb
Carmichael	1st Wed	7:00-8:30 PM	Aegis of Carmichael	4050 Walnut Avenue	Carm.	916-972-1313	Cynda Rennie
Folsom	3rd Wed	6:30-7:30 PM	Emeritus @ Folsom	780 Harrington Way	Folsom	916-983-9300	Darlene Moeaki
Lodi	1st Mon	2:00 PM	Emeritus at Austin Gardens	2150 W. Kettleman Lane	Lodi	209-333-8033	Jenanne & Stacey
Lodi	4th Thur	6:00 PM	Emeritus at Austin Gardens	2150 W. Kettleman Lane	Lodi	209-333-8033	Jenanne & Stacey
Manteca	3rd Sat	1:00 PM	Merrill Gardens	430 N. Union Rd	Manteca	209-823-0164	Sharee Thomas
Modesto	Every Mon	9:30 AM	Alzheimer's Aid Society Office	700 McHenry, #B	Modesto	209-238-0538	Cindy DenBrave
Placerville	3rd Mon	10:00 AM	Elder Options Annex - Upstairs Conf. Rm.	82 Main St	P'ville	530-626-6939	Carol Heape
Sacramento	2nd & 4th Tues	10:00 AM	Alzheimer's Aid Society Office	2641 Cottage Way, # 4	Sacto	916-483-4002	Janeece Sargis
Sonora			Tuolumne Adult Day Health Care	Call if interested please	Sonora	209-533-7180	Joan Peixott
Stockton	2nd Tue	10:30 AM	Somerford Place	3530 Deer Park Dr.	Stockton	209-951-6500	Chelease Adams
Tracy	4th Thur	6:00 PM	Astoria Gardens (Cross Street - Coral Hollow)	1960 West Lowell	Tracy	209-833-2200	Antonia Hoy
Turlock	Every Thur	9:30 AM	Covenant Village Community	2125 No. Olive Ave	Turlock	209-632-9587	Mike Zuniga
Vacaville	2nd Tue	1:00 PM	Emeritus of Vacaville	1111 Ulatis Drive	Vacaville	707-447-7100	Sheena Merilos
Yreka	1st & 3rd Tue	10:00 AM	Oakridge Senior Park Clubhouse	400 Hiram Page Rd.	Yreka	530-459-3501	Ronda Moser
Yuba City/ My	4th Sat	10:00 AM	Summerfield Senior Care Center	1224 Plumas	Yuba City	800-540-3340	Mike Fortwengler
<b>SPECIAL INTEREST SUPPORT GROUPS FOR THE PATIENT</b>							
Modesto	Every Mon	9:30 AM	Alz Aid Society Off - Memory Impaired	700 McHenry, #B	Modesto	209-238-0538	Cindy Den Brave
Placerville			Elder Options Annex - Early Stages	Call if interested please	P'ville	530-626-6939	Carol Heape
Sacramento	2nd&4th Wed	10:30 AM	Alz Aid Society Off - Memory Impaired	2641 Cottage Way, # 4	Sacto	916-723-4444	Cynda Rennie

**The Alzheimer's Aid Society of Northern California**

*a non-profit, tax-deductible corporation*

Presents

**A Drive 'Fore' the Cure VII**

**Shotgun, Scramble, Best-Ball Golf Tournament**

Friday, September 17, 2010

Play begins at 1:00 p.m.

Check-in begins at 11:30

Mather Golf Course

4103 Eagles Nest Rd.

Mather, CA 95655

**\$125 per golfer -- sign-up by August 20 and receive a 15% discount**

**This includes:** a box lunch, entry fee, dinner, golf cart, golf balls, raffle tickets and more!

**Silent Auction • Raffle • Hole-in-One Contests on #3, 7, 11, and 14**

**Prizes for: Closest to the Pin -- Longest Drives -- Putting Contest**



Office Phone: 916-483-2002

Website: [www.alzheimersaidsocietync.org](http://www.alzheimersaidsocietync.org)

Mail: AAS, Drive for the Cure, 2641 Cottage Way, #4, Sacramento, CA 95825

Fax to: 916-483-7469 or register online beginning June 1, 2010

Player's Name

Address

1. \_\_\_\_\_

Phone #: \_\_\_\_\_ e-mail: \_\_\_\_\_

2. \_\_\_\_\_

Phone #: \_\_\_\_\_ e-mail: \_\_\_\_\_

3. \_\_\_\_\_

Phone #: \_\_\_\_\_ e-mail: \_\_\_\_\_

4. \_\_\_\_\_

Phone #: \_\_\_\_\_ e-mail: \_\_\_\_\_

**Total entry fee:** \_\_\_\_\_ check payable to Alzheimer's Aid Society (tax I.D. # 94-2721961)

**Please indicate golf glove hand & size circle: L R Size: S M L XL**

**Credit card:** Visa or MasterCard (please circle) card # \_\_\_\_\_

Expiration date for credit card: \_\_\_\_\_ and 3 - digit security code : \_\_\_\_\_

**\*\*\*\*Dinner only \$35 per person\*\*\*\***

Name: \_\_\_\_\_ Phone # \_\_\_\_\_

Name: \_\_\_\_\_ Phone # \_\_\_\_\_

All proceeds from this event stay here in northern California. The society is committed to helping those families and caregivers who have been afflicted with Alzheimer's disease.

## Donation Information

Donations are always welcome and appreciated. This is what keeps the Alzheimer's Aid Society going and makes it possible for us to help those dealing with the relentless disease of Alzheimer's. If you would like to make a donation "In Memory of" or "In Honor of" a loved one or friend, please make sure you clearly indicate the name of the person honored, as well as anyone you wish to be notified of your donation along with their address.

All donations are tax-deductible and can be sent to either the Sacramento or Modesto office. In the near future you will be able to donate online.

**Write to us or send  
an e-mail**

We'd love to hear from you!

Mail: 2641 Cottage Way, #4, Sacramento,  
CA 95825

E-mail: [info@alzheimersaidsociety.org](mailto:info@alzheimersaidsociety.org)

**Newsletter going Quarterly  
in 2011!**

**Beginning in January 2011,  
the newsletter will be  
issued quarterly.**

**This will allow us to provide  
an expanded version that  
will feature a limited  
amount of  
advertising from qualified  
vendors.**

**Stay tuned for  
details.**



*Please note: on occasion, we have a small supply of incontinence items such as Depends. We also have two walkers available at this time. We urge you to contact our Sacramento office at (916) 483-2002 if you have such a need.*

## Mission Statement

We exist to provide support, education and compassion to patients and caregivers throughout the journey of Alzheimer's disease, to support medical research, and to promote public awareness.

FIRST ANNUAL  
**HARVEST MOON**

*Dinner  
&  
Auction*

OCT. 9, 2010  
6 - 10PM

**\$50 SINGLE  
\$90 COUPLE**

**SIT DOWN DINNER  
DJ MUSIC  
RAFFLES**

**SILENT AUCTION  
GREEK ORTHODOX CHURCH  
313 TOKAY AVE  
MODESTO CA**

*Order tickets by calling:*

*Modesto (209) 238-0538*

*Sacramento (916) 483-2002*

*Tickets are available until Oct. 01/10*

*Cocktail Attire Required*

A FUNDRAISER TO BENEFIT THE *Alzheimer's Aid Society*  
OF NORTHERN CALIFORNIA

**ALZHEIMERSAIDSOCIETYNC.ORG**

Forget-Me-Not



Caring & Sharing  
Since 1981

Alzheimer's Aid Society of Northern California  
2641 Cottage Way #4  
Sacramento, CA 95825

700 McHenry Ave., Suite B  
Modesto, CA 95350

Tax I.D. # 94-2721961

Presorted Standard U. S. Postage <b>Paid</b> Permit No. 586 Sacramento, CA
---

Visit us on our website at: [www.alzheimersaidsociety.org](http://www.alzheimersaidsociety.org)

---

**Caregiver's Conference      November 6, 2010**  
**Jesuit High School**  
**Carmichael, CA**  
**Proposed Agenda**

**Keynote Speaker:** David Troxel, M.P.H. is known worldwide for his writings in the field of Alzheimer's disease and long-term care. Along with Virginia Bell and others, he established a statewide network of support groups and services in Kentucky for patients and caregivers.

**Break out sessions:** Learning to speak Alzheimer's, Dining for Dementia, Planning for the end before the tears, Save your life—ask for help, How to advocate for your loved one without a legal battle, A new look at activities from a caregivers perspective and What is hospice—end of life issues and what do I do now?

**Please note:** *you will be able to register for this conference starting September 1, 2010. The complete registration form and detailed information including your lunch choice and parking will be included.*

---