



Alzheimer's Aid Society OF NORTHERN CALIFORNIA

Volume 29, Issue 1
Sal Arrigo, Jr., Editor in Chief

June/July 2010

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A United Way Agency

From the Desk of Sheryl Ashby, President

The Alzheimer's Aid Society of Northern California is continuing with the same purpose and philosophy that it has had since its inception in 1981. The original founders created a wonderful agency dedicated to helping caregivers and patients navigate and understand the journey through Alzheimer's Disease. The Board of Directors and I are dedicated to the Society and its philosophy, and look forward to serving the community and carrying on the legacy.

The Alzheimer's Aid Society has undergone some changes in 2010, and I'd like to share them with you.

► First, there is no longer a Lodi Office. The Loel Senior Center, which was the location of our Lodi facility, is expanding and they needed to have the space that our office occupied. We are very grateful to the Loel Center for the wonderful relationship that we enjoyed with them. They provide a wonderful service to the community, and we are happy that they are expanding their services. At this time, the Alzheimer's Aid Society has two offices serving the Sacramento and San Joaquin Valley; one is in Sacramento and the other is in Modesto. We have office managers

(Cynda Rennie and Len DenBrave respectively) and peer counselors staffing each of our offices. We have added a full time Vice President of Development, Mr. Sal Arrigo, Jr., who chairs all of our fund raising events.

► Second, we have updated our logo, our brochures and reformatted our newsletter. Our beautiful new logo and our brochure were designed by Terri Neeley, who also designed and maintains our web site. The logo is a single forget-me-not. To those of us at the Alzheimer's Aid Society, the single forget-me-not signifies each person's individual journey through Alzheimer's disease, as we are well aware that each person's journey is unique. Our new brochure was rewritten by Cynda Rennie.

► Lastly, one of our stalwarts on the Board of Directors, Mr. Terry Jackson, has retired. We had his retirement party on May 8, 2010 and we already miss him. He has, however, graciously agreed to be there for us in an advisory capacity, and for this we are very grateful.

Again, the Board of Directors, Peer Counselors, Office Managers, and I are looking forward to serving the community and carrying on the mission of the Alzheimer's Aid Society.

Our Unforgettable Treasures

When the phone rings in one of our offices, it is most likely a volunteer answering. When you join one of our support groups, it is a volunteer leading the discussion and making you feel welcome. When you attend our fundraisers and special events, it is the enthusiastic and hardworking volunteers that make big dreams into memorable realities.

Volunteers in our offices are called Peer Counselors. Each of them has personal experience in caregiving for a loved-one with dementia. A Peer Counselor understands the stressful demands of the caregiver. They have navigated the journey that is Alzheimer's. They are on the front line, often the first contact for families newly facing this disease. When you call or visit the Alzheimer's Aid Society, these volunteers are there for you with

information, understanding, and time to listen.

You will find a list of our support groups in this newsletter. These meetings are invaluable for anyone with a loved one who has Alzheimer's. Support groups are a place to learn from others in similar situations: caregiving tips, word-of-mouth referrals for doctors and services, stress management, etc. Each of the support groups is facilitated by a volunteer. Some of our support group leaders have been there for us, and you, for twenty years or more. Some are nurses, some social workers, some peer counselors. Each and every one tirelessly gives time each month to provide this essential service.

We also have volunteers who serve on committees for our conferences and fundraisers, and volunteers who staff these events.

These volunteers come from all walks of life with the commitment to make a difference in a cause that's worthwhile.

The heart and soul of the Alzheimer's Aid Society has always been our dedicated volunteers. We could not exist without them. If you read the preceding paragraphs and thought, perhaps, you would like to be a part of this very special group of volunteers, then we would love to talk to you! Ongoing training and support is provided to our volunteers, and new volunteers are welcomed and appreciated. Volunteers of the Alzheimer's Aid Society: YOU ARE OUR UNFORGETTABLE TREASURES.

We want to get to know your sense of humor. It would be easy for us to insert someone's quip in every issue of this newsletter, but we want to make it as personal as possible. It goes without saying that, in our line of work, a chuckle a day is most welcome. I guess I'll go first - "If age is only a number . . . can you make mine be unlisted?" Okay, may not be as funny as your joke, but let us be the judge! Please, keep the jokes on the "G"-rated level.

Modesto Open House and 6th Year Anniversary

The Alzheimer's Aid Society held an Open House on May, 11, 2010 to celebrate moving into its new headquarters at 700 B McHenry Ave. It also marked the 6th Anniversary of the Society opening an office in Modesto. Len Den Brave, our office manager along with our Volunteer Coordinator, Cindy Den Brave, greeted nearly 100 guests that included local businesses, political representatives and the like. The Modesto Chamber of Commerce was also on hand to do the traditional ribbon cutting.

The Alzheimer's Aid Society is continuing to develop a strong relationship with Modesto and surrounding communities. We have been received warmly and look forward to helping as many families and caregivers as possible. We also look forward to the support from the community when we have a special event or fund-raiser so that our work may continue. Thank you, Modesto!

Location	Days	Time	Where	Address	City	Phone	Facilitator
REGULAR SUPPORT GROUPS FOR THE CAREGIVER							Updated 4-8-10
Auburn	1st & 3rd Fri	10:00-11:30	Auburn Presbyterian Church; Senior	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	6:00-7:30 PM	Aegis of Carmichael	4050 Walnut Ave	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	Lodi	209-333-8033	Jenanne & Stacey
Lodi	4th Thur	6:00 PM	Emeritus at Austin Gardens	2150 W. Kettleman	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	10:00 AM	Alzheimer's Aid Society Office	2641 Cottage Way, #	Sacto	916-483-4002	Janeece Sargis
Sonora			Tuolumne Adult Day Health Care	Call if interested	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-	**Mike Zuniga
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
SPECIAL INTEREST SUPPORT GROUPS FOR THE PATIENT						**209-669-5960	**Gerry Rodriguez
Modesto	Every Mon	9:30 AM	Alz Aid Society Off - Memory Impaired	700 McHenry, #B	Modesto	209-238-0538	Sheryl Ashby
Placerville			Elder Options Annex - Early Stages	Call if interested	P'ville	530-626-6939	Carol Heape
Sacramento	2nd&4th Wed	10:30 AM	Alz Aid Society Off - Memory Impaired	2641 Cottage Way, #	Sacto	916-723-4444	Cynda Rennie

Early Symptoms of Alzheimer's Disease

Problems with Recent Memory - forgetfulness that is interfering in the quality of day-to-day independence.

Disorientation of Time and Place - losing the sense of time passing, or becoming confused in familiar settings.

Difficulty Performing Familiar Tasks - difficulty completing all the steps in a common task such as setting the table, following a recipe, or any multi-step task.

Problems with language - struggling to find common words, especially nouns.

Possible Changes in Mood, Personality, and Initiative.

GUILT OR REGRET?

Barbara Gillogly, Ph.D., M.F.T. CPG

The late Erma Bombeck wrote, "Guilt is the gift that keeps on giving. . . and giving, and giving." Guilt is that feeling of not measuring up to our own or others' expectations, that feeling of having violated an assumed rule that a "better" person would not have done.

Guilt is "gifted" to us by others, but more often gifted to ourselves. We have an internal standard of what a "good" daughter/son, wife/husband, sister/brother would do or say, and this internal standard was developed early in life when things were clearly "good" or "bad" and the rules broad and general: "do unto others . . .", "honor thy mother and father", "others first, me last". These generic rules worked when things were simpler and predictable, but life doesn't stay that way. Things get more complicated, and we are faced with situations we never anticipated and for which there are no clear road maps.

These simple rules cannot cover the complexity of what we are facing, and we feel guilty for what we cannot change.

Guilt is a very useful and appropriate feeling when you have done something you clearly know is wrong, and you do it anyway. Then you should feel guilty. But when things happen over which you have no control (serious illness, dementia, overwhelming expectations), then the appropriate feeling is regret--you regret that things are this way, but you cannot change them. Guilt over what you cannot change is inappropriate.

If you were a robot with these simple generic rules programmed in, they would work every time because they would not be clouded with emotions. But, if you are caring for someone you love, the last thing that person needs is a robot! Your loved one needs a feeling, caring human being who sometimes makes mistakes. Forgive yourself for these missteps, feel regret that things are as they are, and let go of the guilt. This is not permission to be unkind and hurtful, but a recognition that sometimes unmanageable stress pushes us beyond our capacities. We need to apologize, forgive ourselves, and get on with the tasks before us.

When someone is handing you guilt, you do not have to reach out and take it. Put your hands in your pockets and refuse to accept someone else's judgment when he/she has not been in your shoes. When you find yourself imposing guilt, ask yourself if this is more regret over something you cannot control. Guilt saps the energy we need to accomplish the tasks in front of us. Give yourself the gift of self-acceptance of your being totally human, and not an unfeeling robot.

Dr. Barbara Gillogly is the Chair of the Gerontology Department at American River College, Sacramento, California.

Future Issues

In future issues of this newsletter we will be providing information on the following topics:

Legal issues
Volunteer profiles
Caregiving suggestions
Latest research updates
Choosing a care facility
Financial advice
Nutrition



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.

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: in-
fo@alzheimersaidsocietync.org

"There are two ways of spreading light -- to be the candle or the mirror that reflects it." — Edith Wharton

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
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If you wish to receive this newsletter by e-mail, please contact our offices.

Visit us on our website at: www.alzheimersaidsocietync.org

28th Annual Caregiver's Conference

Saturday, November 6, 2010

8:00 AM—3 PM

New Location for this year:

Jesuit High School Gymnasium

Carmichael, CA

Details of this event will be in our

August/September newsletter.
