



# Alzheimer's Aid Society OF NORTHERN CALIFORNIA

Volume 29, Issue 3  
Sal Arrigo, Jr., Editor in Chief

October-December 2010

## PRESIDENT'S MESSAGE

### Our Caregiver's Conference is November 6, 2010!

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A United Way Agency

I hope all of you have had a chance to attend one of our past Caregiver's Conferences. If you have attended previously, I'm sure you can attest to what a wonderful event it is; if you have not, I recommend that you join us this year on November 6, 2010. Our conference is being held at Jesuit High School, and we are very pleased to have found such a wonderful venue. American River College (where the Conference is usually held) is remodeling its cafeteria and is unable to host us this year.

We are having some terrific speakers. Thanks to Chris Schoonveld, we will have David Troxel as our keynote speaker. He, along with Virginia Bell, developed "The Best Friends Approach" to Alzheimer's care. The Best Friends approach teaches such things as: "*What it is like to have dementia;*" "*How to keep up with the latest research;*" "*How to make plans after diagnosis;*" "*Know what to say when communication breaks down;*" "*Offer the right activities, the right way;*" "*How to support a spiritual or religious life;*" and "*How to be your own Best Friend.*"

Salome Mora will speak to us about "Activities from a caregiver's perspective." We will also have Maria Cisco, who will give us her insights on "How to Speak Alzheimer's."

Fantastic break-out sessions are also planned. I only wish that I could attend all of them! I encourage you to join us—it will be a very rewarding day.

On another note, I'd like to thank Tom Eakins of Modesto Tobacco and Candy (MTC). Each year, MTC puts on a Softball Fundraiser that benefits the Alzheimer's Aid Society, Community Hospice and Mercy Hospital. My husband Max and I really enjoyed watching some great softball and having lunch with Tom, the players and family members at Beyer Park in Modesto. We are very appreciative of Tom and all who were involved in making that fundraiser a rousing success.

In gratitude,

*Sheryl Ashby*

### *As the Holidays Approach . . .*

Do you look ahead with pleasant anticipation, with dread, or with a little of both? Holidays bring stress to caregivers; they are a reminder of happier times when your loved one was well. Holidays are full of plans that may overwhelm the Alzheimer's patient and may overtax the caregiver. Planning ahead with insight into your own limits and your loved-one's capabilities may allow you to enjoy the holidays after all.

First, make a list of all the things you, yourself, usually are responsible for during the holidays. Do you usually cook the Thanksgiving meal? Do you normally do the gift shopping, wrapping, etc? Do you normally decorate the house? If the celebration is at your house, consider a "pot-luck" AND having a few family members arrive early to assist in the cooking tasks, setting the table, and spending time with your loved one who has Alzheimer's. Perhaps you can scale down the decorating, or ask for help with that, or have someone spend time with your loved one while you get the job done.

Some individuals with Alzheimer's continue to love a social gathering as much, or more, than ever. Many, however, become overwhelmed in groups. Even those with early Alzheimer's may find it difficult to take in all the conversation when four or more are gathered. If your loved one becomes tired or irritable in such a gathering, then planning ahead can help. If the gathering is at your home, allow for some quieter time for your loved one in another room. Perhaps one or two family members can spend time with the Alzheimer's patient in another room for periodic breaks from the larger crowd. Even a 15-minute reprieve from the crowd can be calming. Have a family photo album or favorite item in the room for your loved one to share with the visitors during these breaks.

If you are attending a gathering away from home, ask yourself these questions: How does my loved one feel when we are out at a social event? Does he/she ask to go home shortly after arriving? Will I feel stress just by going? If the event is held at the home of a close friend or relative, you may be able to make the same arrangements for quiet time that you could at home. If your loved one becomes anxious at social gatherings, then he/she may be more comfortable remaining home with a friend, family member or hired caregiver. If there is an event you would really like to attend, then you should.

This is the time to simplify. This is the time to accept help from others who love you, too. Let others help with gift shopping, or use the internet. There are many secure sites on the web with prices that can compete with the best and most affordable of stores. Consider gift bags instead of wrapping. Try to take the holidays at a slower, easier pace. You deserve to feel the joy in the holidays as you have in the past.

Attending a support group can help with your holiday planning, or call our office and speak with one of our staff for individualized help with whatever concerns you are facing.

Our heartfelt best wishes for your joyful holiday season!

***Cynda Rennie***

Resource Specialist  
Sacramento Office

| Location   | Days                       | Time           | Where  | Address                   | City      | Phone        | Facilitator                    |
|--|----------------------------|----------------|--|---------------------------|-----------|--------------|--------------------------------|
| <b>REGULAR SUPPORT GROUPS FOR THE CAREGIVER</b>        |                            |                |  |                           |           |              | <b>Updated 9-23-10</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<br>[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                 |
| Modesto  | Every <sup>Mon</sup> Weds. | 5:30 p.m.      | Alzheimer's Aid Society Office                   | 700 McHenry, #B           | Modesto   | 209-238-0538 | Jill Aja                       |
| Placerville  | 3rd Mon                    | 10:00 AM       | Elder Options Annex -<br>Upstairs Conf. Rm.      | 82 Main St                | P'ville   | 530-626-6939 | Carol Heape                    |
| Roseville  | 3rd Weds                   | 7:00-8:30 p.m. | Palms of Roseville                               | 100 Sterling Ct.          | Roseville | 916-723-4444 | Cynda Rennie                   |
| 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<br>(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 Cty/<br>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 Ofc- Memory Impaired             | 700 McHenry, #B           | Modesto   | 209-238-0538 | Sheryl Ashby<br>Cindy DenBrave |
| 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 Ofc - Memory Impaired            | 2641 Cottage Way, #4      | Sacto     | 916-723-4444 | Cynda Rennie                   |



## The Gift of Music for the Holidays

By Barbara Jacobs, M.S.

As a caregiver for someone with dementia, you may be wondering what gift to give your loved one for the holidays. Have you considered the gift of music this holiday season?

In my fifteen years of experience as a therapeutic musician, I have led countless musical sing-along programs for those with Alzheimer's disease and other forms of dementia. During these programs, I often witness music's power to unlock memories. My students remember the melody and lyrics of old familiar songs as well as the life experiences that the music evokes. I find this to be true for all stages of the disease and current research confirms my experience.

One of my students, Edie, is 85 and has mid to late stage Alzheimer's disease. She rarely speaks, but when I played "Home on the Range" on the piano, she went from sitting quietly to becoming quite animated. Edie shouted, "I had a horse named Buddy." This type of reaction to familiar music no longer surprises me. Music can bring dramatic behavioral changes, encourages socialization, and improves the overall well being of those with dementia.

Research confirms the benefits music has for Alzheimer's patients. It has been reported that singing on a daily basis will raise the brain chemicals melatonin, epinephrine and norepinephrine in our blood levels, thus positively affecting our mental state. **Testing of patients with dementia who sing daily shows that these elevated blood chemicals help them to become more active, more cooperative, less agitated and often improves their ability to sleep.** Dr. Ardash Kumar with the University of Miami's School of Medicine, found that music provided lasting benefits to elderly men with Alzheimer's disease who participated in a music therapy program and sing familiar songs for 30 to 40 minutes a day, five days a week, for a month. Dr. Kumar's research further found that the music's behavioral benefits continued for these men for weeks after their participation in this music program had ended.

With the overwhelming evidence of the positive benefits of music and singing, wouldn't it be wonderful if your loved one could sing every day? There are a variety of ways to bring old favorite music into their lives. Your local public library is a good resource for renting free musical CDs and old movies or operas on DVD that are sure to bring a smile to their faces and words to their lips, as they sing-along with joy and recognition. There are a number of music and sing-along programs on the market that can be purchased through senior product catalogs such as Sea Bay Games, NASCO and S&S Worldwide. Additionally, I have developed three sing-along DVD programs, *Front Row Seat Videos*, that are also available through senior catalogs and my Web site at [www.FrontRowSeatVideos.com](http://www.FrontRowSeatVideos.com).

I have always known that music can open hearts. Through my teaching experience, reinforced by recent research, I have seen how it can open minds as well! So, as the holidays approach, consider a musical gift for your loved one. I know you will be happy you did, as it will be beneficial and enjoyable for them, and it just may give you some well deserved respite time.

For questions or more information you can e-mail me at: [barbara@customvideosf.com](mailto:barbara@customvideosf.com)

Happy Holidays!

*Barbara Jacobs, M.S., is a therapeutic musician who has taught music classes at long-term care facilities for the past fifteen years. See her Web site at [www.FrontRowSeatVideos.com](http://www.FrontRowSeatVideos.com)*

© 2010 Barbara Jacobs

## Memorial Donations Received January to July 2010

*(in order received)*

|   |   |  |
|---|---|--|
| <p><b><u>Modesto</u></b><br/>           Tim Kappler<br/>           Betty Wilms<br/>           Isabella Chiappone<br/>           Don Osborn<br/>           Cesar Fernandez<br/>           Mayme Soares<br/>           Donald Olson<br/>           Rose Tomassatti<br/>           Eva Minson<br/>           Lester Barton<br/>           Paul Phillips<br/>           Donna Krogh<br/>           Lawrence Voegele<br/>           Jean Zuniga<br/>           Maxine Ralls<br/>           Agnes Remos<br/>           Merciana Pacheco<br/>           John Yobannon<br/>           Adeline Merrill<br/>           Sue T. Murphy<br/>           Minnie DeVe<br/>           Hulda Babitzke<br/>           Rita McAlister<br/>           Alice McComb<br/>           Lorraine DeSimes<br/>           Cliff Stark</p> <p><b><u>Sacramento</u></b><br/>           Duncan Morley<br/>           Marie Beech<br/>           Marie Granzella<br/>           Eva Traverso<br/>           Gene Nakanishi<br/>           Gwendolyn Morrow<br/>           Eunice Cusumano<br/>           Evelyn Willis<br/>           Hazel Sousa<br/>           Joyce Motoyama<br/>           Betty Sandler</p> | Antonio Soases Falez<br>Mac McKelvey<br>Richard Blake Phillips<br>Jack Adkisson<br>Catherine Howell<br>Zetta Green<br>Mary L. Arjel<br>Ardell Parian<br>Susan Vannucci<br>Gary Olthoff<br>Joseph C. Zook<br>Rebecca J. Weirick<br>Melvin Norwood<br>Virginia A. Smith<br>LaVayce Davis<br>Lou Bernardo<br>Ed Kati<br>Gertrude Jones<br>Eva Estes<br>Elaine Becker<br>Col. Van R. Parker<br>M. Russell<br>Mike Yrigoyen<br>Pat Duarte<br>Jack Cleveland<br>Eugene Mincks<br>Eldora Newman<br>Norren Thompson<br>J. DeValentine<br>Louie Girard<br>Bill Pinger<br>Claire Woeld<br>Elaine McManus<br>Mary Helen Didion<br>Bill Bowers<br>Laverne Merkel<br>Stanley Terry<br>Dolly Eriah<br>J. Ansotegui<br>B. Henneman<br>Marilyn Zeilberger | Clifford Lionbarger<br>Ted Markowitz<br>Jean Nelson<br>Vic LaGrande<br>James Henry<br>Robert Craft Sr.<br>Glades Benson<br>Robert Williams<br>Ivis Thomas<br>Jordan J. Silva<br>Gino Ricci<br>Barbara Mooney<br>Nancy Peterson<br>Neta Norman<br>Gene Scott<br>Renate Forte<br>Dave Rabb<br>Bellmeda Bettincourt<br>Norman Stube<br>James LaBella<br>Jack Thornton<br>Angelina Fong<br>Irene Cecchettini<br>Dick Dukukian<br>Sark Davidian<br>Erma McDonald<br>Rhonda H. Casey<br>Marion Clark<br>Walter Pease<br>S. Collins<br>C. Hartzler<br>Grace Brag<br>Dave Slocum<br>Louis Girardi<br>Delbert Hiatt<br>Carol Christiansen |
|---|---|--|

### 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

**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!

*7th Annual Golf Tournament was a success! We are very pleased to announce that more than 120 people were in attendance at Mather Golf Course on September 17th for an enjoyable day of golf and socializing. Thanks go out to Big Jim Hall of 92.1 K-Hits for emceeding our event and to the K-Hits team for their support. Kudos to the golf committee for another outstanding year!*

**"Beatitudes for Care" by  
Pat Warner, RN, MSN  
Alzheimer's Support Group  
Roseburg, Oregon**

Blessed is the person who recognizes my "good days" and my "bad days." For they can help ease undue tension by distraction or avoidance of situations to keep my world with limited confusion or stress.

Blessed is the person who can bring me back to happier times when I was worthwhile and had a good sense of self-worth. For many of my once-friends have now abandoned my world.

Blessed am I who have struggled through this illness with confusion and shame. For who I once was, I no longer am. And who you are I no longer know. But, it's your gentle touch and voice that remind me of what I so miss. For only you can reach out and "STAND BY ME."

***Dear friends and supporters of the Alzheimer's Aid Society of Northern California:***

My uncle, Joey Lopes, a well-known professional boxer, was diagnosed with Alzheimer's in 1985. Feeling helpless as a result of this, my family began to think of ways to raise funds in order to help support the fight against the disease. Our first fundraiser was in the form of a golf tournament in 1987, which continued through 1992. In fact, though my uncle had already been identified as having Alzheimer's, he played in the first golf tournament held in his honor. My uncle's wife, Sally Lopes, along with his sister, Jacqueline Lopes Gilmete and brother Johnny Lopes, organized and worked together on these golf tournaments. Subsequently, many people mentioned that they didn't golf but wanted to contribute to the raising of funds to fight Alzheimer's. Joey's sister, Jacqueline, thought of another way more people could be involved if they didn't golf: in 1993, she decided to initiate a crab feed fund raiser. Since that time, the Joey Lopes family has helped to support the Alzheimer's Aid Society of Northern California by continuing the annual tradition of hosting crab feeds in Joey Lopes' name. Joey Lopes passed away on August 10, 1997, a year after his wife, and caretaker, Sally, died. Though Jacqueline Lopes Gilmete, my mother, passed on November 6, 2008, my family and I continue to carry on the tradition of hosting the crab feeds. Our fund raiser this year takes place on November 13, 2010 at 6 pm at the VFW Hall in West Sacramento (A reservation form is included in this newsletter.)

We hope to see many of you there!

*Silvestre J Gilmete, Jr.*

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**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)

# Joey Lopes Annual Crab Feed

A benefit For The Fight Against Alzheimers Disease

November 13, 2010  
Veterans of Foreign Wars Hall  
905 Drever Street.  
West Sacramento, CA.

6:00PM - No Host Cocktail  
7:00PM - Crab Feed  
9:00PM - 12:00AM - Dance

\$40.00 Donation

Music by Gilmete Sounds

Serving Cold Crab, Salad, Pasta, Bread & Wine.

## Raffle Prizes

For Tickets Contact:  
Kristina Moorner: (916) 371-3549  
Steven Gilmete: (916) 256-8099  
Silvestre Gilmete Jr.: (916) 429-2755



**Please Make Reservations By November 6, 2010**

No Tickets Sold At The Door/Limited Seating

-----  
Detach and return with payment for \$40.00 per person

**Number of Dinners \_\_\_\_\_ \*NO REFUNDS**

Please make checks payable to **Joey Lopes Crab Feed**

Please mail to:

953 Trestle Glen Way. Sacramento, CA 95831

Proceeds to Benefit Alzheimers Aid Society I.R.S 94-2721961

Personal Donations Accepted



# Alzheimer's Aid Society OF NORTHERN CALIFORNIA

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



## It's almost Harvest Moon Time!

Join us at the Greek Orthodox Church in Modesto on October 9 for our Harvest Moon Dinner & Auction fund raiser.

Festivities include a gourmet dinner, silent and live auctions, raffles and, of course, great company! We hope to see you there! Please contact our Modesto Office at (209) 238-0538 for information or to purchase tickets.

### Mission Statement

The Alzheimer's Aid Society of Northern California exists 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.