



Wavelengths

Volume 60, Fall 2016

REACH Expands Countywide

- Lorie Van Tilburg, Executive Director

San Diego, CA – The Behavioral Health Services (BHS) Division of San Diego County's Health and Human Services Agency (HHSA) posted a request for proposal in December 2015 to develop and implement an evidence-based caregiver education, training and early intervention program that is culturally and linguistically appropriate to prevent or decrease symptoms of depression and other mental health issues among caregivers of Alzheimer's Disease and Other Dementia (ADAD) clients. Southern Caregiver Resource Center (SCRC), with nearly 30 years of experience working with caregivers of loved ones with Alzheimer's and related dementias, responded with a proposal which was approved by the county of San Diego in April 2016.

"SCRC's plan for the Caregivers of ADAD Clients Support Services program is to replicate SCRC's successful evidence-based, culturally and linguistically appropriate Resources for Enhancing Alzheimer's Caregiver Health (REACH) program in all parts of the county's HHSA regions (South, East, Central, North Central, North Coastal, North Inland); thus, making it available to all populations," said Roberto Velasquez, SCRC's Chief

Operations Officer. SCRC's REACH program (also known as CALMA and CUIDAR in Spanish) has been offered by SCRC in the South Region of the county since 2009 in English and Spanish through a contract with the BHS.

REACH is designed for individuals that are caring for a loved one with Alzheimer's or other dementia at home. The program components have been proven over the years to improve the caregiver's overall quality of life, increase involvement in self-care, levels of connectedness and social support, and caregiving abilities, while decreasing feelings of anger, levels of stress, and depressive symptoms – all factors associated with helping the family caregiver maintain their loved one at home longer. The program's master level Care Managers, that are trained dementia care specialists,



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REACH Expands Countywide

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teach family caregivers the skills to find solutions for caregiver stress, challenging behaviors, home safety, depression, self-care and social support.

The Caregivers of ADAD Clients Support Services grant is another example of the county's commitment to Live Well and to create dementia-friendly communities. In a recent report for the county's Alzheimer's Project (2015), it is estimated that 137,000 San Diegans (approximately 2.3 caregivers per individual with ADAD) provide care to 60,000 individuals with ADAD. By 2030, 94,000 San Diegans will be living with ADAD. This will require approximately 213,300 caregivers to provide unpaid care at an estimated value of \$3 billion dollars (Alzheimer's disease and Other Dementias in San Diego County, HHSA, AIS, The Alzheimer's Project, 03/2015). However, population forecasts also show that the county is not only growing and getting older, but that it is also very diverse. This has major implications on the delivery of services, especially as it relates to caregivers of individuals with ADAD. For example, estimated and projected prevalence rates indicate that Latino/Hispanics with ADAD will increase from the current 8,500 to over 17,500 by 2030 in San Diego County – an increase of over 100%, compared to a 56% increase among White/Caucasian, a 70% increase among Asian-Pacific Islander, and a 86% increase among African-American in the same time period (Fox et al., 2008). Other studies show that some minority populations' ADAD prevalence (i.e. Latino, African-American, Asian-Pacific Islander) will increase at a much higher rate as a result of risk factors (e.g. age, heart disease, diabetes, lower socio-economic status, stroke, etc.) associated with dementia that are prevalent in these populations (Valle, Garrett & Velasquez, 2008; US Census Bureau, 2000; US Department of Health and Human Services, 2000; Hayes-Bautista et al., 2003; Honig et al., 2003; Hann, et al., 2002; Talamantes et al., 2003).

To address the diversity of the county, SCRC will incorporate well documented strategies into the program for successful outreach to underserved and hard to reach populations at great risk of ADAD and caregiver distress. Strategies include establishing strategic partnerships with well respected agencies that serve hard to reach minority populations, providing extensive Alzheimer's and related dementia training for partner agencies, developing a regional Community Advisory Committee (CAC) and hiring local promotoras

– peer health educators/outreach workers – to conduct prevention activities and generate program referrals countywide. Community partners for the new program will include San Ysidro Health Centers, La Maestra Community Health Centers and North County Health Services. SCRC will also work closely with Aging & Independence Services, BHS, and others to ensure the program's success.

It is well documented that caring for an individual with ADAD can be all consuming. Alzheimer's disease is the most common form of dementia, affecting almost 50% of the population over the age of 85, and it is the third leading cause of death in San Diego County. As the disease progresses, managing the dementia-related symptoms such as wandering, agitation, repetitive questioning, etc. make every day more challenging for the caregiver. REACH helps ensure that the needs of family caregivers do not go unnoticed. The outreach activities along with the evidence-based intervention will help ensure family caregivers are getting the training and support they need to succeed in their caregiver journey.

To date, SCRC's REACH program has graduated 1,258 family caregivers through the four session psycho-educational series and has vastly increased ADAD awareness in South Bay, reaching over 30,000 individuals through promotora activities and education per year.

For more information about REACH or to join the program, please call 1-800-827-1008 or email us at scrc@caregivercenter.org.



Zulema Casiano, Care Manager, Blanca Aguayo, Promotora Outreach Coordinator and Miriam Guillen-Ibarra, Care Manager for REACH/CALMA program

Operation Family Caregiver

- **Lorie Van Tilburg, Executive Director**

"Right now, over 5.5 million spouses, mothers, fathers, siblings and other loved ones across America are facing enormous challenges every day caring for members of the military and gravely injured veterans. These families, our hidden heroes, are serving our country with the same honor and duty their loved ones demonstrated in volunteering to defend our freedom." - the Elizabeth Dole Foundation.

Operation Family Caregiver (OFC) is here to help these hidden heroes. We provide free and confidential support to those who have served our nation. Our specially trained coaches help military families learn how to overcome the obstacles they face and to manage any

challenges that might come along. They work for non-military community organizations and will come to your home, or meet by phone/Skype, to customize a 16-24 week program that is unique to your family. Together, you will come up with strategies that can help get you through the tough times and make plans for how to manage over the long term. And over time, you will grow stronger, as you learn to cope with problems you never imagined you might confront.

If you are interested in more information or would like to join Operation Family Caregiver, please call (800) 827-1008.

Breakfast of Champions - OFC Launch Event, Los Angeles



Antonio Chapa, Commissioner, Veterans Advisory Commission, Dr. Deborah J. Hayes, USC, School of Social Work - Military & Veterans and Lorie Van Tilburg, SCRC's Executive Director



Blas Villalobos, Veterans Affairs Manager, Mayor Eric Garcetti Office, Lorie Van Tilburg and Nathan Graeser, Community Program Administrator, USC School of Social Work



Nikki Stephens, Lorie Van Tilburg, Barbara McNally, Laura Bauer, Patricia Bethune and Melissa Comeau at the OFC conference in Los Angeles.

OFC Annual Conference in Escondido



Roberto Velasquez, Lorie Van Tilburg, Supervisor Dave Roberts and Martha Rañón



Back row left to right: Supervisor Bill Horn, Supervisor Dave Roberts, Wil Quintong, Ellen Schmeding, Christopher Gunn, Chuck Matthews. Front row: Roberto Velasquez, Lorie Van Tilburg and Martha Rañón



Caregiver Awards presented by Senator Joel Anderson at the OFC conference in Escondido at the Live Well Center.

Am I Overthinking?

- Martha Rañón, Director of Education & Outreach

We all want to excel in what we do, right? At work, at home and in our caregiving role. The eternal perfectionist, our worst critic. We want to show the world we can handle it; that no one can do it as best as we can. And then, crack! A mistake that we will now dwell on—telling ourselves that we should have done it differently, we should have spoken up, we should have asked for help. When we ruminate, or constantly overthink everything we could have done differently, we get into a vicious cycle from which we can't seem to break free.

Overthinking can lead to emotional stress. We walk around like a ticking time bomb waiting to explode. We can't sleep, can't eat and can't stop from stressing. Isolation, anger and resentment start bubbling up as negative reactions to our self-doubt. This can take a serious toll on our lives, not to mention those around us. According to the American Psychological Association, younger people are mostly stressed by work related issues and older people by health issues affecting them and their families. It's no wonder why working caregivers and those who find themselves in the sandwich generation are often left feeling overwhelmed.

If you believe you might be an over-thinker, let's put a stop to that destructive practice. Here are some ways that could help:

Awareness. We can't address what we can't identify. Simply notice where your thoughts go when you start

to overthink. When this happens, acknowledge it and accept it. There is no sense in worrying about what is out of your control.

Turn negative thoughts into positive thoughts. Oh how easy it is to focus on the negative. We've all done it. How about instead of spiraling out of control because things were not done how we wanted them to be done we accept that there are other ways of reaching the same conclusion. This could be a good lesson in learning from others.

Implement a solution-based approach. Newsflash... We are human! We all make mistakes. So let's turn a mistake into a learning opportunity. Instead of dwelling on the problem, figure out a way to find a solution. Then you'll even have a guide to avoid this mistake in the future.

Moving on. Once we have done the above steps, it's time to move on. There is no sense in rehashing old problems. The best plan is to focus on the new path you're on and keep moving forward. There will be other bumps, surely this new road will not be bump-free, but implement the above and forge another path.

Take care of yourself. We might not be able to change the situation, but we can distract ourselves in the process. Schedule ME time, spend time with friends, or even engage in a favorite pastime to provide a nice break.

Word Search

AWARENESS
POSITIVE
CARE
SOLUTION
BETTER

FRIENDS
FUN
HAPPY
ME
PASTIME

C	A	R	E	F	L	M	I	D	A
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Circle of Champions Event

- **Roberto Velasquez, Chief Operations Officer**

San Diego, CA – Thursday, February 4, 2016. Southern Caregiver Resource Center (SCRC) hosted their Circle of Champions donor recognition event at the Mintz Levin Law Firm in Carmel Valley, CA. Special recognitions were given to SCRC's **Year-Round Corporate Partners:** Silverado Lives Enriched, At Your Home Familycare, Accredited Home Care, A Caring Heart Home Care, All Valley Home Care, AALL CARE In Home Services, Medi-Cal Regulation Specialists, Mission Home Health, UC San Diego Radiation & Oncology, Belmont Village Cardiff by the Sea, Golden Care, Seniors Helping Seniors, LivHome, Cygnet Theatre and Brighstar. **ActivCare Living** was honored with the **2015 Corporate Partner of the Year Award**. Year-Round Corporate Partners are leaders in the business community that support SCRC's programs, special events and educational

programs throughout the year, ensuring that families have the supportive tools necessary to remain healthy while keeping their loved ones safe.

The evening was capped off with very special Certificates of Recognition from California Speaker of the Assembly Toni G. Atkins, who honored SCRC's "Secret Admirers Club" for their altruistic activities helping raise awareness of the needs of family caregivers. The Club also helped SCRC raise over \$30,000 during our 60 Day Matching Gift Challenge to support caregiver services.

To learn more about how you can help, please contact Roberto Velasquez, Chief Operations Officer at (858) 268-4432 or rvelasquez@caregivercenter.org.

Circle of Champions Event Images



Roberto Velasquez, Marge Vogel, Ken Fousel, Alford Claiborne and Lorie Van Tilburg



Todd Shetter, ActivCare Living - SCRC's Corporate Partner of the Year



YRCP UCSD Radiation Oncology, Michelle Etzel, Roberto Velasquez and Angelica Niño-Medlock



YRCP Silverado, Heidi Charette, Roberto Velasquez, Lauren Stockdale and Victoria O'Connor

OFC Spotlight Series



Lorie Van Tilburg

Q: Tell us a little about your family and yourself. Anything you want us to know!

A: My immediate family includes my husband, Jeff, and my rescue dog, Hunter. Jeff is a retired estate planning attorney who now spends his time perfecting the art of golf and surfing. After 4 years of retirement, he is quite good at both! Hunter, my beautiful yellow Lab, was rescued from a shelter in Utah. His nickname is "Big Head." I also have two wonderful step-daughters along with their husband/partner. They all live close by which makes it great for getting together.

Now, for a little about me, I am an avid reader of all types of books, mainly CIA, lawyer, and detective stories. As a kid, I loved Nancy Drew, so that is a hint that I am not a youngster. I also love hiking, walking, skiing, scuba diving and snorkeling. Anything outside is good for me. I would much rather play a sport than watch it on television. So, I am definitely not a baseball or football fan. When I retire, I plan to spend my time with Hunter in the Love on a Leash therapy program. He recently passed (barely) his Canine Good Citizen test. Finally, I am a Fitbit Fanatic and have earned my Sahara Badge that constitutes walking 2,983 miles in a year.

Q: Where do you work, and what do you enjoy most about your job?

A: I am the Executive Director of Southern Caregiver Resource Center (SCRC), a non-profit that I started 29 years ago. The mission of SCRC and my passion, is to support caregivers. Many might ask "How can you be in one job for that long?" For me, time has flown by with every year being different, as I explore and add new programs to support caregivers. Hence, OFC is the most recent program to be offered at SCRC. My job is very rewarding due to the many people I meet and the partnerships I have built over the years. I truly love building new programs and have been fortunate to do just that for almost 30 years. I also enjoy hearing from caregivers about the impact SCRC has made in their lives. To hear such positive feedback is very heart warming and what SCRC is all about.

Q: Before working at your current employer, what was the most unusual or interesting job you ever had?

A: My most unusual job was a brief stint as a pastry chef for a catering company. Well, I say pastry chef, but all I really did was make cakes. Not that unusual, but for someone who has going from cooking elaborate gourmet meals to hardly any cooking, I guess looking back it was a tad bit unusual.

Q: Tell us something about yourself that most people don't know.

A: I played first base on a champion co-ed softball team in my thirties. And today, I still throw a mean softball.

Q: Finally, what advice would you give to new OFC team members?

A: OFC is a much needed program that has demonstrated significant outcomes. Clients have told me personally, how the skills they learned through OFC have literally changed their lives. That being said, OFC is the most challenging program I have implemented in terms of getting clients to reach out and accept help. My advice to new OFC team members is to be creative in looking for clients. Identify all of the people in your community that can help you recruit caregivers. Look for face-to-face opportunities to speak directly to caregivers. I have had the most success in getting caregivers to join OFC when I am able to hear their story and then explain how OFC can help them personally. Finally, perseverance is key. OFC is a fantastic program that takes time to grow. However, hearing caregivers talk about the dramatic changes the program has made in their lives definitely makes the hard work worth it. I wish all OFC team members great success! I am proud to be part of the OFC team.



This article is compliments of Naomi Latini, MS, Rosalynn Carter Institute for Caregiving.

Impact of Dementia on our Teens

- **Elizabeth Parks, MSW, Family Consultant**

The effects can be immense for families who are caring for a loved one with dementia. Many members in the family take on new roles to adapt to the current demands that dementia-care requires, including the participation of teenage children. Adolescence is a time that is full of changes, challenges and turmoil. For teenagers who are living with a loved one who has dementia, some of those challenges can look very different from their peers. However, with the increasing rates of dementia diagnoses these teenagers are not alone in their experiences.

What are some of the challenges that arise for teenagers with a family member diagnosed with dementia? The impacts can vary from issues directly related to the dementia behavior.

These behaviors associated with dementia can be burdensome. Some examples of these behaviors are hearing the same thing over and over from your loved one and constantly repeating yourself, not being recognized by your family member and agitation or even aggression. Frustration is a common feeling for caregivers dealing with dementia behaviors, but for teenagers there can also be a fear from not having a total understanding of what dementia is and how to cope with the behaviors that come with it.

Secondly, dementia can impact teenagers' family life. Often teenagers find that they have no time or space for themselves in the home. They can feel ignored by their parents due to their caregiving demands. Teenagers might also question their parent's caregiving role, and often take on caregiving duties including providing supervision, meal preparation and helping out with driving. Additionally, spending time with friends is important, and teenagers can feel embarrassed to have friends over at their house.

Finally, there are personal impacts on teens that have a family member with dementia. There can be feelings of fear from thinking that dementia is contagious, as well as anger and sadness associated with the effects of the disease. Teenagers can also struggle with wanting to have a "normal" teenage life and learning how to maintain a positive relationship with their loved ones. For all of these reasons, it is important that teenagers

are not left out of the picture as caregivers and the need for education and support for them.

At Southern Caregiver Resource Center (SCRC), we have developed a new workshop that is tailored for teenagers who have a member in their family with dementia. The workshop is integrated with activities, games and materials that are not only educational, but fun and interactive. The goal of the workshop is to increase teenagers understanding of what dementia is and to learn how to better respond to challenging situations and behaviors. The workshop is also a way to connect teenagers to peer support with individuals who are in similar situations. Although dementia can be a troublesome disease, there are rewards that come with being a caregiver, even for teenagers—and this workshop wants to highlight that too! Look out for details on the workshop coming this winter! Please contact SCRC if you are interested in this workshop or to learn more.



Caring for the Caregiver: A Spanish Language Alzheimer's Disease and Related Disorders Conference for Family Caregivers

- **Martha Rañón, Director of Education & Outreach**

Southern Caregiver Resource Center (SCRC), in partnership with SDSU Research Foundation, as part of the "Geriatrics Workforce Enhancement Program," hosted a second caregiver conference specifically designed for Latino family caregivers taking care of adults with dementia, Alzheimer's disease or other related conditions. This free Spanish conference took place on Friday, June 17, 2016 at the Escondido Senior Center in Escondido.

Population forecasts clearly indicate that the Latino population is the largest and fastest growing minority group in the county. By 2050, at the height of the projected Alzheimer's epidemic reaching 16 million people nationwide, the county's Latino population will be the majority population. Studies indicate that conditions such as heart disease, diabetes, stroke and hypertension, appear to have a cumulative increase risk for developing Alzheimer's disease and related dementias, which are high among Latino older adults. Furthermore, Latino family caregivers, predominately women (spouses and adult daughters), tend to have higher levels of distress than other groups and provide care for longer periods of time resulting in higher levels of impairment when compared to non-Latino families.

As part of the county's Alzheimer's Project, SCRC was honored to host this conference in Escondido. The previous conference hosted by SCRC on October 9, 2015, and supported by the county of San Diego's Aging and Independence Services, was a huge success.

"I am very proud that SCRC is able to continue this new tradition of providing much needed dementia education to Spanish speaking families in North County as well," said Roberto Velasquez, SCRC's Chief Operations Officer.

Dr. Guillermo Cantu-Reyna, neurologist and expert in the field of Alzheimer's, was the keynote speaker. He helped attendees understand the diagnosis and disease management of Alzheimer's. Other topics offered at the conference included communication tips, managing difficult behaviors and the importance of self care as a

family caregiver. Community partners provided valuable resources and families were connected to health and social service providers.

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number U1QHP28717, Geriatric Workforce Enhancement Project award of \$2.5 million. This information and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS, or the U.S. Government.



Spanish Conference - Zulema Casiano, MFT, Care Manager, Miriam Guillen-Ibarra, MA, Care Manager, Guillermo Cantu-Reyna, M.D. Neurologist, Joaquín Anguera, Ph.D., conference Emcee, and Roberto Velasquez



Spanish Conference Attendees

Caregiving Tips

- *Angelica Niño-Medlock, MS*

Many family caregivers generally earn their job title in one of two ways. The “sneak up mode” or “crisis mode.”

Sneak-Up Mode

For my sister, it began with an elderly neighbor who needed some assistance. This “assistance” turned into a five-year stint of caregiving. She once shared with me that she remembers the day when she woke up to the fact that she had a full-time job as a caregiver, even though, technically, she wasn’t “working”. She began to realize how much her caregiver role had slowly overtaken her life.

Would the knowledge of caregiving and/or seeking out the resources have helped my sister understand that she needed to take better care of herself? Hindsight is interesting, but it doesn’t change the past, of which resulted in stress overload and induced panic attacks she endured during that time. Isolation can also be a trigger. When my sister began caregiving it was at the time when family caregiving wasn’t big news. You just did what you had to do, whether it be for a friend or family member. There wasn’t a great deal of support out there, at least not to her knowledge.

Crisis Mode

Many people, however, are just living their lives – working their jobs, raising their children and visiting relatively healthy parents from time to time – when, bam! Out of the blue, someone in the family suffers a major health episode and becomes hospitalized. For example, the aftermath of caring for someone who has survived a stroke often results in being paralyzed, months of therapy, and possibly dealing with the fact that the person may never be the same again. Caregivers experiencing these crisis events hit the graduate level of caregiving before they even had a chance to do undergraduate study.

No matter how you entered into your caregiving role, you will have to make changes in your life. There is a considerable amount of help through organizations such as the Southern Caregiver Resource Center (SCRC) and their supportive services that will take you step by step to what you can expect and help you along the way. Seeking out these supportive services can help

caregivers better manage the stress they endure through learning how to care for themselves, which results in being a better caregiver.

Setting Boundaries

Setting boundaries has never come naturally to me when it comes to someone I love. Yet, I had to learn, and so must you. If caregivers apply no boundaries and just blindly do whatever is asked of them, they may burnout before they know what’s happening.

Healthy emotional boundaries are important in helping the caregiver distinguish between his or her own needs and the needs of the person for which they are caring. Boundaries remind you and your loved one that your relationship is between two adults and that there needs to be expectations of mutual respect and autonomy for the relationship to be successful.

At UC San Diego Radiation Oncology we see hundreds of cancer patients and more often than not, the caregiver is critical to the treatment plans. We see family caregivers falling into the mode of trying to do it all with no regard for their own well-being. That is why we partner with SCRC to bring education, training and resources to family caregivers.

UC San Diego
HEALTH SYSTEM
Radiation Oncology

is proud to be a Year-Round Corporate Partner
of Southern Caregiver Resource Center.

Incorporating Brain Health Research into Daily Life

- **David Gill, PR and Communications Director, Silverado**

What if there were things you could do every day to slow the progression, or onset, of a disease like Alzheimer's? Well, there just might be. New research shows that there may be ways to change the pathologies of many common dementias through diet and other lifestyle choices. The findings of these studies have been used as the basis for Nexus at Silverado, a program that already is showing positive results at Silverado Memory Care Communities.

Nexus consists of six evidence-based pillars that residents participate in weekly:

- **Physical Exercise:** Physical activity and aerobic exercise have been found to have major brain benefits.
- **Stress Reduction:** Methods such as guided meditation, yoga and tai-chi provide benefits such as improved activity in the hippocampus.
- **Cognitive Exercise:** Engagement in cognitively stimulating activities early in the course of Alzheimer's has been associated with slower cognitive decline.
- **Specialized Digital Programs:** Tools promoting critical thinking and brain fitness have improved auditory processing speed, attention and memory.
- **Purposeful Social Activities:** A strong social network involving purpose-oriented activities protects against cognitive decline.
- **Support Groups:** Studies suggest that support groups may benefit individuals with dementia by reducing depression and improving quality of life and self-esteem.

Residents participating in Nexus start with an MMSE (Mini Mental State Examination), a 30-point questionnaire used to measure cognitive impairment. While there are dementia medications that can increase a patient's MMSE by one to two points, some Silverado residents have shown an increase of up to 5 points after participating in Nexus for six to 12 months.

In addition to being an effective means of helping participants with dementia stave off some symptoms, many of the activities that comprise Nexus can be followed earlier in life with positive results, making them excellent activities for family caregivers and their loved ones to practice together. Here are just a few ways to put Nexus-style activities into your daily routine.

Get exercise! 20 minutes a day (10 minutes, two to three times a day, though more is better) of aerobic activity has been shown to increase hippocampal volume. The hippocampus is where Alzheimer's starts, so added volume is a big plus. Try walking, dancing, Zumba, ping pong or golf.

Meditate/Manage Stress. Research has shown that meditative practices (mindfulness meditation, yoga, etc.) for just a few minutes a day can help increase blood flow throughout the brain, particularly in the hippocampus. In addition, meditators showed decreases in blood pressure and stress hormones. Practice your breathing by shutting your eyes then breathing in and out ten times, focusing on the air entering and leaving your lungs.

Watch Your Diet. A healthy heart and mind are very closely related. A Mediterranean diet featuring a lot of fish, lean proteins, fresh vegetables and olive oil is a good start. Avoid excessive amounts of saturated fats, salt, dairy, fatty meats and fried foods.

Learn New Things. "Use it or lose it" is a very appropriate term for brain fitness. Learning new skills or picking up an additional language helps create more connections within the brain, creating a "cognitive reserve" to help in the event of dementia. Simple cognitive exercise include learning to speak a new language or adding new words to your vocabulary and memorizing things that your smartphone normally stores for you – phone numbers, dates, etc.

Join a Group. Social connections are rapidly rising through the ranks of what's important to maintain brain health. Activities undertaken with others may help keep your brain happier and healthier. Volunteering and other meaningful forms of interaction have shown to produce even greater benefits.

For more information on Nexus and the studies on which it is based, please visit Silveradocare.com/Nexus. To see Nexus in action at Silverado Encinitas call (760) 753-1245 to schedule a visit.



is proud to be a Year-Round Corporate Partner
of Southern Caregiver Resource Center.

The Hospitals and Family Caregiver Act in California

Over four million California residents are caring for an older parent or loved one, helping them to live independently in their own homes. These family caregivers have a huge responsibility, and now there's support in place that will make life a little bit easier for them. A new law, the Hospital and Family Caregiver Act is a commonsense solution to support family caregivers when their loved ones go into the hospital and as they transition home.

What is The Hospitals and Family Caregiver Act (HFCA)?

This important new law recognizes the critical role family caregivers play in keeping their loved ones out of costly institutions.

The law features three important provisions:

- ♥ The name of the family caregiver is recorded when a loved one is admitted into a hospital;
- ♥ The family caregiver is notified if the loved one is to be discharged to another facility or back home; and,
- ♥ The facility must provide an explanation and live instruction of the medical tasks – such as medication management, injections, wound care, and transfers – that the family caregiver will perform at home.

Why California Needs The HFCA Act

- ♥ Most care recipients (69%) did not have a home visit by a health care professional after discharge from the hospital.
- ♥ Almost half (46%) of family caregivers perform medical or nursing tasks for their loved ones with multiple chronic physical and cognitive conditions.
- ♥ Three out of four (78%) who provide these medical or nursing tasks manage medications, including administering intravenous fluids and injections.
- ♥ Most family caregivers report that they received little or no training to perform these tasks.

AARP report "Home Alone: Family Caregivers Provide Complex Chronic Care"

For more information contact AARP California
916-556-3027 or nweiler@aarp.org.

- ♥ **The vast majority of older Californians want to live independently at home.**
- ♥ **Most seniors who receive assistance at home rely exclusively on unpaid family caregivers for help.**
- ♥ **More than 4.4 million family caregivers in California help their loved ones to live independently – keeping them out of costly institutions, such as nursing homes.**
- ♥ **Across California family caregivers provide unpaid care valued at about \$57 billion annually.**
- ♥ **Family caregivers perform a variety of caregiving duties, including help with bathing and dressing, feeding, medication management, wound care, transportation, and more.**



24th Annual Bastille Day Celebration – Another Spectacular Year!

- **Roberto Velasquez, Chief Operations Officer**

Merci to all of you that supported the 24th Annual Bastille Day event at Fairbanks Ranch on July 16th! The celebration featuring wine and beer tastings, food pairings and a silent auction could not have been better.

The party kicked off to the sounds of Grammy Award winning Allan Phillips and Friends and was followed by fast and furious bidding on special wines and fabulous gifts. This year's co-emcees, 10News Anchor Kimberly Hunt and comedian, speaker, and auctioneer, Russ T. Nailz entertained guests with improvisational jokes and friendly banter while encouraging exciting bidding wars during the auction.

"I just love Bastille Day," said Lorie Van Tilburg, SCRC Executive Director. "It is always a beautiful day and it is so much fun to see all the women dressed in their prettiest summer dresses and the guys in their cool, casual resort attire." This year, Bastille Day even gave a prize to the best Parisian outfit! Great Fun!

Southern Caregiver Resource Center (SCRC) would like to give special recognition to the people who made Bastille Day such a great success. First, we would like to thank W. Major & Judy Chance and ActivCare Living who hosted our pre-Bastille Day Wine Collection Party at their home on May 7th, where they helped collect all the fine wines for our Bastille Day silent auction. A special

thank you also goes out to Michel Malécot, owner and chef at The French Gourmet, who thrilled Bastille Day guests once again with his mouthwatering cuisine and desserts, and Eli Shimirani from Barons Market, who works so hard every year to bring all the wineries to the event. Last but definitely not least, SCRC would like to thank Robert and Susan deRose, our lovely and generous hosts.

We are so grateful to our generous supporters: ActivCare Living, our title sponsor, ABC 10News and Azteca America San Diego, our Media Sponsors, and our Year-Round Corporate Partners: Silverado, Accredited Home Care, At Your Home Familycare, Medi-Cal Regulation Specialists, Mission Home Health, All Valley Home Care, A Caring Heart Home Care, AALL CARE In Home Services, Belmont Village Senior Living Cardiff by the Sea, Golden Care, Home Care Assistance, UC San Diego Radiation Oncology, Westmont at San Miguel Ranch and Cygnet Theatre. Proceeds from the event help support the direct service needs of the over 400,000 family caregivers living in San Diego County.

Plans are underway for our 25TH Annual Bastille Day on July 8, 2017 (SAVE-THE-DATE). Until then, Au Revoir and Bon Appetite!

Title sponsor



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Thank you to our 24th Annual Bastille Day Sponsors



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Bastille Day Photos



San Diego County Board of Supervisor (District 3), Dave Roberts, addresses guests at 24th Annual Bastille Day fundraiser.



Emcees Kimberly Hunt & Russ T. Nailz entertain guests with friendly banter.



Bill & Kathryn Gang win best Parisian outfit contest.



California State Senator Joel Anderson recognizes SCRC standouts for their support of family caregivers. Left to Right: Todd Shetter, COO of ActivCare Living (Title Sponsor), W. Major Chance, Executive Chairman/Founder of ActivCare Living, Lorie Van Tilburg, Executive Director of SCRC, Kimberly Hunt, Anchor at 10News (Co-Emcee), Russ T. Nailz, Comedian (Co-Emcee), Robert & Susan deRose, Event Hosts.



Lorie Van Tilburg, SCRC's Executive Director welcomes guests.

Southern Caregiver Resource Center receives funding from the Benjamin Rose Institute on Aging

- **Lorie Van Tilburg, Executive Director**

The Center for Research and Education of the Benjamin Rose Institute on Aging recently received a two-year \$264,803 grant award from the Retirement Research Foundation (RRF) to adapt the evidence-based early-stage dementia intervention, SHARE (Support, Health, Activities, Resources, Education) for families facing the challenges of chronic conditions.

Currently, the six-session SHARE program works to engage both the individual with early-stage dementia and their care partner in discussions about symptoms, communication, care values and preferences, healthy activities and planning for the future. Program participants outline a care plan under the guidance of trained SHARE counselors for families to follow as the dementia progresses. SHARE was developed with funding from the U.S. Administration on Aging.

Funding received from the RRF grant will allow the adapted SHARE intervention to be implemented and

evaluated by Benjamin Rose. Researchers will assess feasibility, acceptability and efficacy using a randomized controlled trial with 240 participants in northern Ohio, San Diego and San Francisco Bay areas, in California. Southern Caregiver Resource Center (SCRC) is the SHARE partner site in San Diego.

“SHARE has proved to be an effective way for families to develop care plans and cope with the life changes that accompany dementia,” said Carol Whitlatch, PhD, Assistant Director of the Center for Research and Education and principal investigator on the project. “We’re thrilled that the Retirement Research Foundation has chosen to support our work of adapting SHARE to help families managing chronic illnesses.”

To learn more about the SHARE program, visit www.benrose.org/share or if you are interested in joining SHARE please call SCRC at 1-800-827-1008.

The **Benjamin Rose Institute on Aging** (www.benrose.org) is a national leader pursuing innovation in practice and policy to address the important issues of aging. Since its beginnings more than 100 years ago, Benjamin Rose has built a Cleveland-based nonprofit into a nationally recognized research organization, a highly regarded service provider known for caring for people with complex, long-term needs, and a policy-driven advocate bringing information from around the country to the larger network of agencies serving older adults in the Greater Cleveland community. Through the Rose Centers for Aging Well, Benjamin Rose provides meals to homebound seniors and in neighborhood centers and offers social and educational programs to seniors in the community.

Education Classes

EN ESPAÑOL - Documentos Necesarios para la Salud

August 22, 2016, 11 a.m. - 12 p.m.
Summercrest Apartments
2721 East Plaza Blvd.
National City, CA 91950
RSVP to Beda Gaona at
(619) 475-2080

Let's Talk Dementia - Finding the Balance in Caregiving

August 25, 2016, 9:30 a.m. - 2:30 p.m.
La Mesa Community Center
4975 Memorial Dr.,
La Mesa, CA 91942
RSVP at 1-800-827-4277 or
www.sharp.com/classes

Dementia & Driving

August 31, 2016, 10 a.m. - 11 a.m.
Southern Caregiver Resource Center
3675 Ruffin Rd., Ste. 230
San Diego, CA 92123
RSVP at 1 (800) 827-1008 or
<http://caregivercenter.org/education-2/>

EN ESPAÑOL - Seguridad en el Hogar

September 7, 2016, 11 a.m. - 12 p.m.
 Summercrest Apartments
 2721 East Plaza Blvd.
 National City, CA 91950
 RSVP to Beda Gaona at
 (619) 475-2080

Making the Most of your Doctors' Visits

September 14, 2016, 10 a.m. - 11 a.m.
 Southern Caregiver Resource Center
 3675 Ruffin Rd., Ste. 230
 San Diego, CA 92123
 RSVP at 1 (800) 827-1008 or
<http://caregivercenter.org/education-2/>

Caregiving through the Holidays

September 19, 2016, 10 a.m. - 12 p.m.
 Joyce Beers Community Center
 3900 Vermont St.,
 San Diego, CA 92103
 RSVP at (619) 294-6541

Holding a Family Meeting

October 5, 2016, 10 a.m. - 11 a.m.
 Southern Caregiver Resource Center
 3675 Ruffin Rd., Ste. 230
 San Diego, CA 92123
 RSVP at 1 (800) 827-1008 or
<http://caregivercenter.org/education-2/>

Home Safety

October 7, 2016, 9:30 a.m. - 11:30 a.m.
 Escondido Adult School
 220 W Crest St.,
 Escondido, CA 92025
 RSVP at (760) 521-9033

EN ESPAÑOL - Conferencia: Cuidando al Cuidador

October 20, 2016, 10 a.m. - 2 p.m.
 St Paul's Plaza
 1420 East Palomar St.
 Chula Vista, CA 91913
 RSVP at 1-800-827-4777 or
www.sharp.com/classes

Caregiving through the Holidays

November 9, 2016, 10 a.m. - 11 a.m.
 Southern Caregiver Resource Center
 3675 Ruffin Rd., Ste. 230
 San Diego, CA 92123
 RSVP at 1 (800) 827-1008 or
<http://caregivercenter.org/education-2/>

Freewheeling after Sixty— Celebrating Older Driver Safety Awareness Week

December 6th, 12 p.m. - 1:30 p.m.
 Bonita-Sunnyside Library
 4375 Bonita Rd.,
 Bonita, CA 91902
 RSVP at (619) 796-3368

Spirituality & Caregiving

December 7, 2016, 10 a.m. - 11 a.m.
 Southern Caregiver Resource Center
 3675 Ruffin Rd., Ste. 230
 San Diego, CA 92123
 RSVP at 1 (800) 827-1008 or
<http://caregivercenter.org/education-2/>

SCRC Support Groups

Southern Caregiver Resource Center offers professionally facilitated support groups for family caregivers. These groups are open and ongoing, registration is not required and all are free of charge.

**Caregiver Support Group*
– SCRC Office**

Second and fourth Thursday of every month (5:30 p.m. - 7 p.m.)
 SCRC Office - 3675 Ruffin Road,
 Suite 230, SD 92123
 Facilitator: Elizabeth Parks, MSW

**This group has a focus on adult children who are caring for a parent, but is open to all caregivers*

Caregiver Support Group – Clairemont
 Second and fourth Wednesday of every month (1:30 p.m. - 3 p.m.)
 Clairemont Lutheran Church
 Fellowship Hall
 4271 Clairemont Mesa Blvd., SD 92117
 Facilitator: Rebecca Boon, MSW

Caregiver Support Group – Rancho Bernardo
 First and third Thursday of every month (5:30 p.m. - 7 p.m.)
 The Remington Club,
 Multi-Purpose Room
 16925 Hierba Drive, SD 92128
 Facilitator: Jocelyn Merino, MSW

**Caregiver Support Group
– National City**

First and third Tuesday of every month (2:30 p.m. - 4 p.m.)
 Paradise Village, 2nd floor – Library
 2700 East 4th Street,
 National City 91950
 Facilitator: Russell Zygmunt, MSW

Caregiver Support Group – Cardiff by the Sea
 First and third Monday of every month (1:30 p.m. - 3 p.m.)
 Belmont Village Senior Living –
 Cardiff by the Sea
 The Club Room – Floor L2
 3535 Manchester Ave.,
 Cardiff by the Sea, 92007
 Facilitator: Holly Kelley, MFTI

EN ESPAÑOL - Caregiver Support Group – San Ysidro
 Second and fourth Thursday of every month (3 p.m. - 4:30 p.m.)
 San Ysidro Adult Day Health Center
 3364 Beyer Blvd., San Ysidro 92173
 Facilitator: Miriam Guillen-Ibarra, MA,
 (619) 948-6640

Senior Men's Caregiver Support Group

First and third Monday of every month (10 a.m. - 12 p.m.) Vitas Hospice -
 Third Floor Conference Room
 9665 Granite Ridge Drive, SD, 92123
 Facilitator: Frank Zwirlein, MSW
 For further information contact Ken Fousel at (619) 980-8924,
kenfousel@earthlink.net

EN ESPAÑOL – Caregiver Support Group – Chula Vista
 First and third Wednesday of every month (4:30 p.m. - 6 p.m.)
 Norman Park Senior Center
 270 F Street, Chula Vista 91910
 Facilitator: Zulema Casiano, LMFT
 (619) 618-6266



Southern Caregiver Resource Center

Caring for those who care for others

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Southern Caregiver Resource Center



@SCRC1987

Email: scrc@caregivercenter.org

Website: www.caregivercenter.org

Phone: (858) 268-4432
(800) 827-1008 Toll-Free
(858) 268-7816 Fax

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LEGACY CIRCLE



The Legacy Circle is a special group of individuals who have made a bequest or lifetime gift to Southern Caregiver Resource Center (SCRC). To join these very important friends, simply inform SCRC that you have included them in your estate plan.

For more information, contact Roberto Velasquez
at (858) 268-4432 or rvelasquez@caregivercenter.org