



## PUBLISHER'S NOTE

# We Need to Be Wiser About Giving

By **BUTCH GRIMES**

Let's put our money where it is needed most. Too often, I've noticed a lot of window dressing, the name Alzheimer's is used for events, fundraisers, or even as a gimmick to draw support.

You should know where your donations go.

Always ask: How much the money raised is used to pay the salaries of those who control it, and how much ends up at a facility with patients that really need it?

There are plenty of independent review sites that rate charities, not just for finances, but for goals and ethics, too.

Take the time to compare information provided by the charity with what the reviews say. Steer clear of any organization that refuses to answer any and all of your questions!

In the world of Alzheimer's charities, addressing the needs of people who really need help isn't always the first priority.

I get very angry when I see folks donate and not follow the money because, guess what, they are just as

much to blame if too much of it goes to inflated executive salaries.

If you don't participate with your money, if you just give and assume, you are part of the problem.

Hold charities — and yourself — accountable!

African Americans have a higher rate of Alzheimer's than any other group. Unfortunately, I feel the people who need the most education and

the same demon.

Therefore, don't feel guilty, just make changes to do better.

For example, my 501(c)(3) organization receives donations to provide for Elves for Alzheimer's. We charter a bus and take folks to hand out their donations directly to the people in need. Nothing could be more affirming or add more richness to both sides of the experience.

the same numbers as we have liquors stores or dialysis centers?

It's O.K. to be emotional about giving, just make sure you give with your heart and your head.

Know where and how your money is being spent.

We have to make sure everyone's feet are being held to the fire. Throwing money at one or two events to appease the African American and Latino

communities, instead of building a base of support for those that need it the most, just doesn't cut it.

We must staff our organizations with representatives that look like and meet the needs of our greatest under-served

communities. We have to change the narrative and become more transparent with our boards, advisory groups and efforts.

I encourage all of the groups waving the flag of Alzheimer's to put their money where the need is.

If that means moving into the area's that are under served and cutting back a staff member or two — if it means opening up more resource centers — in the name of Alzheimer's, just do it!



“ *With all the monies collected from major events sponsored by Alzheimer's organizations, why don't we have resource centers or affordable memory care facilities in the same numbers as we have liquors stores or dialysis centers?* ”

— **BUTCH GRIMES**

outreach get minimal support and representation.

If you don't feel confident your donation will be well spent, consider a more boots-on-the-ground type of giving, or encourage major organizations to put more effort into grassroots programs with input from community members.

We are all in this together.

I'm sure there will be some that feel guilty and will read my editorial and not like it, but we are all fighting

Our newspaper, Alzheimer's Digest, is distributed in the heart of Los Angeles where the people need it most.

Our resource center is small but sits in the middle of South L.A. and Inglewood. We are the ONLY resource center in the inner city.

With all the monies collected from major events sponsored by Alzheimer's organizations, why don't we have resource centers or affordable memory care facilities in

## Alzheimer's Digest

Inspire. Acknowledge. Inform.

Alzheimer's Digest

Whosgonnatakecareofme 501(c)(3)  
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## LEGAL TOOLS

# Durable Power of Attorney for Assets

By **ANDREA VAN LEESTEN**

In my last article I wrote about the most important document that you did not know you needed, the Durable Power of Attorney for health care. In this article, I will discuss the Durable Power of Attorney for Assets, (hereinafter referred to as DPOAs.) I believe it is the lesser understood of the two.

I have clients that call and say, "I want you to give me power of attorney over my grandmother."

The description they give is that she's in her 70s or 80s, has dementia and that they need to take care of her business. I inquire for further information about the prospective client. I ask them to tell me what the doctor has said about the dementia or in the alternative to please provide me with the doctor's certificate.

Sometimes the response is that she has not been to the doctor's office. She does not want to go to the doctor. Grandmother does not understand, and she forgets. She has trouble remembering from day to day. Or another example, that they want to come into my office to prepare the document stating that they have power of attorney over their grandmother.

If the grandmother is not present, I will not prepare a document so that

you can take it to a notary, or have it witnessed. I will not do it, as I put my name on all the documents that I create. I will not prepare documents in either of those examples.

The person must have capacity regardless of their age. I need to see the prospective client. I want to use my professional judgment and to ascertain the person's capacity. If the principal has assets that require management and is incapacitated, then the alternative is to seek a court supervised Conservatorship.

The principal who is giving an agent (an agent in fact or agent hereinafter called agent) a power over them must be competent at the time. And the document must be witnessed by at least two adults or notarized. The principal should know the purpose for the creation of the DPOA and the attorney creating it should advise the principal of certain important facts.

The document gives the agent power to manage, sell, convey, dispose or borrow against real property, for example. It can be for a limited or an extensive purpose. The DPOAs should be in a recordable form. The DPOAs can be created to include the power to receive property and put into the Trust. This document will last a lifetime unless you state in the DPOAs that the time is finite and

ends on a specific date.

The document cannot be amended. A new DPOA must be created which revokes the DPOA. Or a document must be created to terminate the DPOA and any powers. This is the main reason that attorneys are asked to certify the DPOAs so that the third parties can rely on their authenticity. And the attorney signs under penalty of perjury under the laws of the State of California.

There are differences between the DPOAs. One is the Springing DPOAs and one is for use starting at the date of signature. The Springing must have a doctor's letter attached that states the principal is unable to handle their financial affairs. That means the agent can only act for the principal when the doctor has signed the incapacity certificate or a letter stating that the principal is unable to handle their own financial affairs.

The DPOA that is good at the time of signing has a duality. That means it allows the agent to have power over the principal's assets at the same time that the principal has his/her own power.



**Andrea Van Leesten**

I do not advise a client to give an agent power now or at the same time to avoid conflicts. I usually advise a springing power at the incapacity over the principal with the doctor's certificate. It protects the principal.

There is one place that the DPOAs are questioned and sometimes stopped entirely: banks. The banks have their own system and

usually require a specific banking DPOA which the principal must execute before a banking officer, and the agent's presence is required.

The biggest problem for holders of DPOAs is getting third parties, or banks, insurance companies or other businesses to honor the document.

What happens now that you have all of requirements to have a DPOA? What can you do for the principal and what are your responsibilities to the principal under the law?

In the next article, I will discuss the rights and responsibilities under California law.

*Andrea Van Leesten can be reached at [avanleesten@vanleesten.attorney](mailto:avanleesten@vanleesten.attorney).*

## UPCOMING EVENTS

### LOS ANGELES COUNTY'S PREPARE-A-THON

This event will offer you an opportunity to get more information on education and training in emergency preparedness as part of National Preparedness Month.

**Sept. 17, 10 a.m. to 1 p.m.**  
Martin Luther King Jr. Medical Campus, 1670 E. 120th St., Los Angeles, CA 90059

**Sept. 19, 10 a.m. to 1 p.m.**  
Harbor UCLA-Medical Center (Use the Surgery/Emergency Building Entrance), 1000 W. Carson St., Torrance, CA 90502

For more information and to RSVP, call 323- 586-6523.

### CONVERSATIONS ABOUT DEMENTIA — THE JOURNEY OF CAREGIVING

- How Dementia affects the individual and the caregiver.
- Hear about caregiving challenges and caregiver joys.
- Overview of support systems and community resources.
- Speakers include: Jarrod A. Carroll, MD; Lady Aziza Wright ; Bryan Gaines, DSW; Donna Benton, PhD.

**Sept. 19, 10:30 a.m. to 1:30 p.m.**  
The Living Room, 400 W. Florence Ave., Inglewood, CA 90301

RSVP to Vivian D. Sells, 310-330-8000 ext. 3297.

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## ON ELDER CARE

# The 7-Year Delay in Seeking Help

By **DR. BRYAN F. GAINES**

Although African Americans represent many of the growing number of people showing signs of and or suffering with Alzheimer's disease (AD), there is a huge gap in knowledge about the signs and symptoms of AD and related dementias.

In fact, after an individual begins to experience difficulties with memory and/or managing normal daily life tasks, a conversation with their primary care doctor is delayed by seven years due to lack of recognizing signs and symptoms of AD and related dementias (Clark, Kutner, Goldstein, Peterson-Hazen, Garner, Zhang, et al., 2005).

Poor health outcomes and racial disparities could potentially be reduced by increasing health literacy. Health literacy is "the degree to which an individual has the capacity to obtain, communicate, process, and understand basic health information and services to make appropriate health decisions" (U.S. Department of Health and Human Services, 2010). In other words, timing is critical and African Americans having greater risk for developing AD is NO JOKE.

We must educate each other and our community when we learn something from a trusted source, find reliable resources, learn about a new service or program, or find an excellent doctor and health plan. We must also share materials, resources, and referrals from educational events with family, friends, neighbors, clubs, groups, and church members or request speakers from the Gloria Grimes Community Resource Center, Alzheimer's Los Angeles, Alzheimer's Association, USC Family Caregiver Support Center, and Ad-

vocates for African American Elders (AAAE) to host an event, gathering, town hall meeting, or church health symposium.

In addition, start seeking more information about reducing your risk for Alzheimer's by understanding how to take care of your brain. There is no known cure or prevention for Alzheimer's or related dementias but there are other risk factors that you can control by taking these steps to keep your brain healthy as you age.

Go beyond the usual — "I do crossword puzzles," "I'm active in my church," "I don't cook collard greens with ham hocks anymore" — to take small steps to create a healthier lifestyle — making healthier food choices, trying a new activity or going somewhere different, staying physically active, and getting enough sleep at night, which allows the brain rest and get rid of toxins.

Also, monitoring and keeping records of changes related to your health, memory, mood, behaviors and mobility are equally important.

Strengthen your relationship with your doctor by being prepared with a list of issues/concerns for each visit, ask questions, gather information and work with your doctor to develop a reasonable plan to address your medical needs.

At your next doctor's visit, go beyond a conversation with your doctor and request a cognitive assessment — early detection can make all the difference in treatment, care, and planning for the future rather than being in a crisis.

Under Medicare, recipients are entitled to an Annual Wellness Visit, a yearly appointment with your primary care provider to create or update a personalized prevention and

risk-reduction plan. More importantly, this visit is paid for and includes your cognitive assessment but the key here is you must ask for the cognitive assessment. For non-Medicare recipients, check with your health plan to learn how you can request a cognitive assessment and see what programs are offered.

The benefit of requesting your annual wellness visit is to help prevent illnesses based on your current health and risk factors.

As a caregiver and a geriatric social worker, trust me, doing some-

thing today to reduce your risk of developing Alzheimer's or a related dementia is far better than the struggles and strain that this disease causes individuals, families, friends and entire communities when someone they care for and love is inflicted by Alzheimer's disease or a related type of dementia.

*Dr. Bryan F. Gaines serves as assistant director of the USC Hartford Academic Center of Excellence in Geriatric Social Work at the University of Southern California.*



**Bryan F. Gaines**



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# A Way to Pay the Caregivers at Home

## STAFF REPORT

We all know the issues with healthcare in the United States.

Yet amid the lack of access, inadequate coverage and out-of-pocket costs are some bright spots that smack of intelligence and common sense. One in particular should prove to have a tremendously positive impact on our fastest growing issue.

Many Southern Californians recently heard about FreedomCare on a local news report, which talked about hourly pay provided for caregivers of the individual's choosing, including family members and friends who may already be helping out. If you've searched for it, you've probably discovered it is actually the name of a for-profit company that administers the program in New York State.

The generic term is self-directed care, and it's part of the Medicaid programs administered in each state using a combination of federal and state funding. As of April 2018, every state offers at least one program for in-home assistance. Note that guidelines may differ from state to state.

With Alzheimer's disease reaching epidemic proportions — and the illness guaranteeing years of debilitation — workable, affordable solutions are desperately needed.

From the government's financial point of view, it makes sense to promote because in-home care is far less expensive than a nursing home.

This is groundbreaking news for at least some of the



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**Many Californians may be eligible for a program called In Home Support Services which provides hourly pay for caregivers of their choosing.**

43 million people providing care for a loved one.

Many have given up jobs, or continue to work and spend the rest of their waking hours being a caregiver.

There are so many stories out there of people moving in with their ailing parent or grandparent who needs full time care, and trying to make it on a social security check and maybe some at-home work.

While the hourly wage is not a lot — ranging from about \$8 to \$15 per hour — it can mean the difference between a doable and a desperate situation.

In California, the program is IHSS — In Home Support Services — and is administered by the Department of Social Services. Here's what you need to know and do:

■ First, understand the dif-

ference between Medicare and Medicaid.

■ If you are 65 or older, disabled or blind, you qualify for a Medicare health insurance plan, which will be essentially the same plan you may have had through an employer or purchased yourself. Only skilled care providers are covered and most long-term in-home care is not.

■ For those who meet specific income thresholds, Medicaid, called Medi-Cal in California, is available to help with non-covered expenses. Those would be everything beyond direct patient medical care, including in-home services such as bathing, dressing, preparing meals, running errands, household chores, bill paying and pet care.

■ Check the federal supplemental security income

guidelines to see if you qualify for IHSS. The current limits in California are \$9,007 per year for an individual and \$13,244 for a couple.

■ You must be of sound mind. Your doctor will need to complete a form indicating you are "self-directing."

■ Compare your state's specific guidelines with your plans for in-home care to make sure they mesh, because, and here's where it gets a little odd, all but 12 states DO NOT allow legal guardians and spouses to be paid as caregivers. In California, spouses may be paid in some situations. Not prohibited are adult children and ex-spouses. That has led to "Medicaid divorces."

If you have further questions, or are ready to proceed, contact your area social services office.

■ A social worker will conduct an interview to determine whether or not you are able to live safely at home alone, and if not, assign the number of hours you need a caregiver; up to \$283 per month.

This doesn't mean the caregiver cannot work more hours, live-in, or around-the-clock care cannot be scheduled, just that any hours beyond those allocated under IHSS will have to be volunteer, paid for out-of-pocket or by supplemental insurance.

■ Select your care provider. They must pass a criminal background check, or apply for a waiver, depending on the circumstances. They must also provide an up-to-date vaccination record and be physically able to perform the tasks that are needed. Little or no training is required.

■ The caregiver submits timesheets for pay, or in some states, uses an app and even facial recognition software to log their hours.

■ The IHSS will conduct in-home monitoring of the provided care and relationship between the caregiver and patient.

Studies indicate that when a family member, friend or neighbor takes responsibility for a person they know and care about, it's a more comfortable, efficient situation. Communication is more effective, medical issues are caught sooner, hospital trips are minimized and people generally live longer, higher-quality lives.

It also helps that the caregiver turnover rate is about 50 percent lower, as a continuum of care is a great advantage with Alzheimer's.

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## Gloria Grimes Community Resource Center Is Now Open

South Los Angeles, Inglewood and surrounding areas have a new community center to provide literature, counseling, support group meetings and seminars for those dealing with Alzheimer's disease and other forms of dementia.

The Gloria Grimes Alzheimer's/Dementia Resource Center provides outreach and education to a community that has been long been underserved. It is located at 8467 S. Van Ness Ave. in Inglewood.



## Additional Support for Caregivers in Los Angeles

### STAFF REPORT

Navigating the Alzheimer's/dementia journey is not something caregivers and family members should or need to do alone. Keeping a list of support resources handy is essential for immediate needs and for when it's time to change course. All of the resources listed here are free, available online, in-person or both, and are unaffiliated with a for-profit business.

- Alzheimer's Los Angeles, [www.alzheimersla.org](http://www.alzheimersla.org), 844-HELP-ALZ (435-7259), printable resource directory; local programs and support services.
- Alzheimer's Association, [www.alz.org](http://www.alz.org), 800-272-3900, elearning; virtual library; select location for local services.
- CalQualityCare.org, filter by area

for a map of care facilities; overall ratings and links; provider comparison feature.

- Help for Alzheimer's Families, [www.helpforalzheimersfamilies.com](http://www.helpforalzheimersfamilies.com), online caregiver training; mobile app; area workshop search.
- Helping Hands Senior Foundation, [www.helpinghandsla.org](http://www.helpinghandsla.org) 818-279-6580, care coordination; local resource connections that are free, subsidized or covered by insurance, Medi-Cal and VA.
- Leeza's Care Connection, [www.leezascareconnection.org](http://www.leezascareconnection.org), 888-OK-LEEZA (655-3392). caregiver education programs and support.
- Arch National Respite Network, [www.archrespite.org](http://www.archrespite.org), a national respite network and resource center with information on funding and support for caregivers.
- Family Caregiver Support Pro-

gram at USC Davis, [www.fcscgero.org](http://www.fcscgero.org), 855-872-8060, services for unpaid family caregivers.

- WISE & Healthy Aging, [www.wsieandhealthyaging.org](http://www.wsieandhealthyaging.org), 310-394-9671, a non-profit social services agency focused on greater LA.
- Medi-Cal, [www.medi-cal.ca.gov](http://www.medi-cal.ca.gov), 800-541-5555, Medicaid can help cover many services, including respite for caregivers.

Be advised that many websites offering free information and placement counseling for care facilities are working toward a finder's fee. That often means you will be required to accept phone calls from them and their affiliates. Many have negative reviews due to high-pressure sales. It also means their listing will include only facilities that have partnered with them. Be wary of and check in-

### Caregiver Tips

Sharon writes:

It's not safe for seniors to walk in slippers or backless shoes. I learned the hard way. My mom tripped over her slipper and fell. They need an ankle strap!

Send us your tips to [info@whosgonnatakecareofme.org](mailto:info@whosgonnatakecareofme.org).

We need your tips!

dependent reviews for any site that requests personal information. Opt for websites that are .org or .gov.

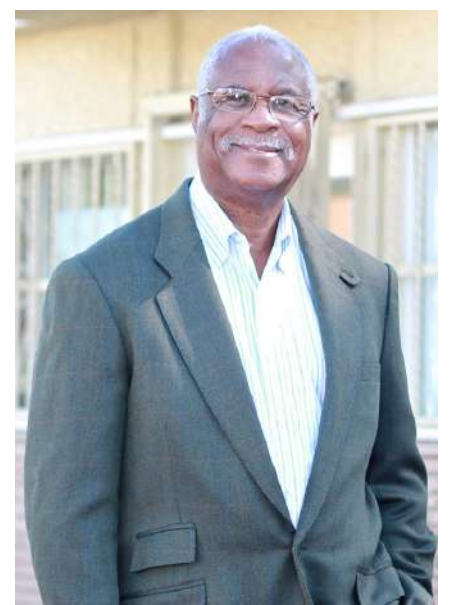
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ANOTHER PERSPECTIVE

# Keep Your Family Safe, Dementia-rize Your Home

By VICTOR JACKSON

I woke up to a strange sound, sat straight up in bed. I glanced at the clock ... 2 a.m. and lights are on down the hall. Momma's up. With a deep sigh, I throw off the covers and got out of the bed to investigate. I reached the bathroom in time to see her fingers curled around a plastic bottle of rubbing alcohol.

Stunned, I stood frozen for a split second, eyes wide, watching her lift the bottle to her lips. "Momma!" I yelled. "What are you doing?"

She stopped, looked at me like I was crazy and replied, "I'm thirsty."

I snatched the bottle away from her, ran down the hall and yelled over my shoulder, "Don't worry, I'll get you some water."

In the kitchen, I jumped from cabinet to sink. My body can't move fast enough. "Oh my God," I said out loud. "What if she had drank it?"

I finally got her settled

back in the bed, but my pounding heart won't let me calm down. What if I walked in 60 seconds later? The entire outcome would be different. My whole body shivers as my imagination takes over.

Whew. I know I'll have things to do in the morning. I have some rearranging to do. I have to dementia-rize my Momma's home.

Caring for a loved one with dementia can be scary. It's similar to looking after a toddler, only worse —

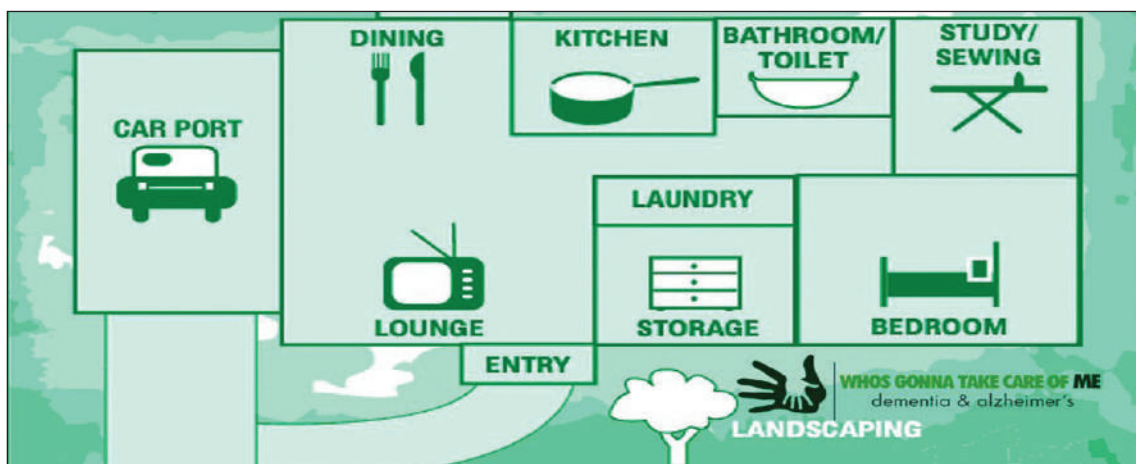
you can tell a 2-year-old what to do. But your mother? The one who raised you? The one who made all the household decisions as you grew up? That's tough.

Many dementia patients have difficulty

welcoming a caregiver's good intentions when it comes to locking up hazardous chemicals and rearranging their personal possessions. You'll have to roll up your sleeves and get over it ... get the job done. You'll



**Victor Jackson**



sleep sounder once her home is safe.

When it comes to creating a safe home, think three steps ahead. Go room by room. What objects could cause bodily harm or jeopardize the patient's health? Here are some ways to dementia-rize your home:

- Install handrails and skid stickers in the bathtub and shower stalls.
- Install night lights throughout the house.
- Place plastic outlet covers on electrical outlets.
- Remove locks on all inside doors.
- Lock up cleaning agents, poisonous chemicals (fertilizers, weed killers, ant spray) and alcoholic beverages.
- Allow only supervised access to medications.
- Restrict access to yard

and lawn equipment, power tools, etc.

- Remove gas grills and disconnect hookups in the yard.
- Place locks on exterior gates.
- Turn off the gas at the shut-off valve on the stove.
- Change out glasses for plastic cups.
- Maintain landscaping outside, taking extra care the yard is free of clutter, divots, and holes. Keep gates locked.
- Remove that cute butcher block knife set off the cabinet.
- Lock up that open wet bar with those wonderful tasty lavations. The bar is now closed!

Be prepared — accidents can happen quickly. Make sure first aid kits are stocked

and up to date. Ensure the fire extinguisher is working and finally, encourage caregivers to take first aid and CPR classes.

Also, be prepared for your Momma's reaction to you reorganizing her stuff. Instead of welcoming your safety precautions, she might give you an ear full about her now closed wet bar.

Stand firm, be consistent and speak with a soft authoritative tone. Avoid sounding condescending.

Remember, she may look the same on the outside, but on the inside, her brain is slowly deteriorating. She's unaware of her decline in good judgment and worsening short-term memory.

She only knows her son stands in the way of her daily activities.

Supervisor **Mark Ridley-Thomas**  
Los Angeles County • Second District  
<http://Ridley-Thomas.LACounty.gov>

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**TO ENSURE YOU ARE PREPARED FOR DISASTERS...**  
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**TUESDAY**  
**SEPTEMBER 17, 2019**  
**10:00AM ~ 1:00PM**  
**Martin Luther King, Jr. Medical Campus**  
1670 E. 120th St., Los Angeles, CA 90059

**THURSDAY**  
**SEPTEMBER 19, 2019**  
**10:00AM ~ 1:00PM**  
**Harbor UCLA-Medical Center**  
(Use the Surgery/Emergency Building Entrance)  
1000 W. Carson Street, Torrance, CA 90502

Other vendor participants will be available as well as various County departments.  
**For more information and to RSVP call (323) 586-6523**

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Supervisor Mark Ridley-Thomas  
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## REAL ESTATE TIPS

# Gifts Money for a Home Loan

By HUGH WILLIAMS

For years it has been common for buyers to receive gift funds from a family member, love one or friend to buy a home.

Over the years the rules that govern this type of gift have changed, but property ownership remains the single objective. How the gift loan is structured can be a sensitive issue and an IRS taxable item. Most situations are unique so please always seek professional advice with your personal matters.

When gifting funds for a home loan, legal issues and tax consequences need to be addressed between the Gift Giver (GG) and Gift Funds Receiver (GFR) before the buyer acquires the property. In addition, transfer of funds should be subject to a written notarized agreement. There are several online service providers that offer low-cost, do-it-yourself documents if you need assistance.

It is important for the gift giver

to protect their interests as well. One way to accomplish this is to have the GFR sign a 2nd Trust deed with the GG as the beneficiary at the close of escrow. This gives the GG some protection of their funds in the event of a foreclosure or any unexpected issues.

How the funds are received by the GFR is a very important part of the loan application process.

There are a few ways to receive gift funds for a home loan. We will look at two of them.

“Seasoned funds” are where the funds are given to the GFR well in advance of the purchase — 90 to 120 days before. Most of the time it’s best that gifted funds be deposited into the receiver’s account before initiating the transaction. Lenders like to see funds in an account for over 90 days, however some will consider 60.

A “gift letter to the lender” is a letter from the GG that states the GFR will not have to pay the money back. If the GFR is using the mon-

ey as part or all of the down payment, the letter specifies that the money is a gift and not a loan.

The lender will want to verify that the funds are from the GG account, so be prepared to present copies of proof of funds from the account where the funds are being withdrawn. The GG should be prepared to provide all necessary documents and most times the lender will require that the funds be sent directly to escrow.

When an underwriter (UW) reviews a loan application, he is assessing the overall viability and strength of a borrower. By having seasoned funds, the borrower gives the lender’s UW a higher sense of security in moving forward with the loan. However, if the GFR’s debt to income ratio is high, they will need a large down payment to be consid-



**Hugh Williams**

ered a reasonable loan risk.

Remember, it’s important to structure the gift transaction properly. In 2019 the annual limit for gift income is \$15,000 per giver, per person. How do you avoid the dreaded gift tax issue? See a CPA or a real estate attorney that is familiar with gift money for the purchase

of real estate.

If you have any gift tax questions please seek professional assistance from a CPA, real estate attorney or visit the IRS site: Frequently Asked Questions on Gift Taxes at <https://www.irs.gov/businesses/small-businesses-self-employed/frequently-asked-questions-on-gift-taxes>.

Now go out there and buy up those properties on your block. Then buy up your neighborhood and start building your empire in your town. One property at a time, have at it!

## SLEEP, from PAGE 1

It essentially smothers brain cells, interfering with the signals transmitted between them, eventually killing them.

Keep in mind the test subjects had no dementia diagnosis. The takeaway here is that science and commonsense dictate that treating sleep apnea should be seen as one way to help prevent Alzheimer’s.

Here’s a couple of scary facts. An estimated 22 million Americans have sleep apnea. Of those with moderate to severe cases of obstructed breathing, 80 percent are undiagnosed.

It really seems like this could be at least one source of a steady flow heading toward dementia.

The way to prevent amyloids from building up is good sleep. That downtime allows the brain to clear out proteins that build up during the day.

It explains why we may slog through the day, feeling unfocused and uncoordinated.

It may be the same reason Alzheimer’s sufferers may experience increased anxiety and confusion later in the day, as amyloids build up in brains already overloaded with plaque.

There is an assortment of factors believed to lead to Alzheimer’s: genetics, lifestyle and environmental

impacts are all suspected to play a role. That covers a lot of ground.

Some potential risk factors can be avoided, others, not so much. Whatever the cause of Alzheimer’s, it is well known that slowing plaque build up can slow down its relentless progression.

While prevention has been mostly about maintaining good overall health, the potential relationship between Alzheimer’s and what was seen as an unrelated, treatable condition could substantially reduce the risks for a lot of people.



**Sherril Rieux, M.D.**

Researchers are also hopeful the sleep apnea connection could lead to a better understanding of the causes of Alzheimer’s disease.

What if it were all related to something as simple as lack of sleep?

Almost anything can impact sleep cycles and metabolism, so the solution is not simple. But there are diagnostic and research centers around the world devoted to sleep disorders.

That seems to be one place to start

What exactly is sleep apnea and how do you know if you have it?

First of all, there are two kinds, obstructive and central.

Pauses in breathing during sleep

can happen when the airway closes or is blocked by soft tissue in the mouth or throat, such as the uvula or enlarged tonsils. This obstructive sleep apnea can be caused by a phys-

*Researchers have been looking for possible connections between getting poor sleep and the development of Alzheimer’s disease. One recently published study found elevated levels of beta amyloid in the spinal fluid of patients who have severe sleep apnea.*

ical abnormality, obesity or aging, due in part to weakened muscles.

In central sleep apnea, the airway is not blocked. Instead, a problem with the nerves in the respiratory control system disrupts signals from the brain that tell the body to breathe.

In either case, when breathing starts again, it is usually a rude awakening for the individual. This can happen hundreds of times during the night as the diaphragm and chest muscles work harder to produce enough pressure to force open the airway, causing a loud snort and body jerk.

Often, it’s someone else in the bed or home that notices the telltale signs, usually because they are annoying and worrying. They include loud snoring, breathing pauses, choking or gasping, decreased sexual desire, insomnia and waking up to use the bathroom.

For the bad sleeper, add waking up tired, morning headaches and

the impact inadequate sleep has on the day, such as fatigue, difficulty concentrating and remembering and irritability.

If you are overweight, your risk factor for developing sleep apnea increases dramatically. The cure, of course, would be to lose weight.

If your body mass index (BMI), the weight and height to fat ratio, is within the acceptable range and you still snore or

have other breathing issues during sleep, the problem is often a physical abnormality or a symptom of heart or pulmonary disease.

Sleep apnea reduces the flow of oxygen to vital organs and can cause an irregular heartbeat.

Whether or not sleep apnea actually leads to Alzheimer’s has not been conclusively determined, but researchers continue to follow test subjects to see if dementia develops.

As with any disease, the best defense is prevention. At the very least, living a healthy lifestyle assures that when illness and disease strike, a well-supported immune system and other systems will be part of the battle strategy.

Prevention is never more important than when there is no cure. Unlike the other rampant killers — cancer, stroke, diabetes, heart and respiratory disease — the causes of Alzheimer’s are unclear, there is no effective treatment and it is always fatal.



# Arranging Care From Afar Is Complicated

Chances are, at some point you will be a caregiver to a friend or family member.

Providing care and support can be challenging in any circumstance, but caring for a loved one who lives a distance away presents a unique set of challenges.

When providing care for loved ones who do not live nearby, keep the following three tips in mind.

**Plan ahead.** Learn your loved one's medical wishes, contact information for their doctors as well as their important financial and insurance information.

**Research community options.** Many older adults need a little help to stay healthy and independent.

Area Agencies on Aging and other community-based organizations can connect caregivers to programs that help with transportation, personal care services, nutrition, home modification and repairs, legal services,

falls prevention programs and more.

**Care for yourself.** The Eldercare Locator can connect caregivers to local resources that can help, including caregiver support programs that can provide training, support groups and other resources that help caregivers better support their loved ones — and themselves.

The Eldercare Locator can help both care recipients and their long-distance caregivers. Through its website, [www.eldercare.acl.gov](http://www.eldercare.acl.gov), and national call center at 800-677-1116, the Eldercare Locator connects long-distance caregivers to resources that can provide assistance where it is needed most — in the care recipient's own community.

The Eldercare Locator is funded by the U.S. Administration for Community Living and is administered by the National Association of Area Agencies on Aging.

— NAPSI



pexels.com

When a far away family member needs help, it is beneficial to get any medical or financial information you might need ahead of time.

# THE JOURNEY

## ALZHEIMER/DEMENTIA

*with Butch Grimes*

*Take care of your Momma,  
Daddy, Uncles & Aunts.*

*They need you NOW more than ever!*

[www.whosgonnatakecareofme.com](http://www.whosgonnatakecareofme.com)

## SUPPORT GROUP DIRECTORY

For caregivers, finding support and meeting others who understand their struggles is important.

The following information comes from Alzheimer's Los Angeles, an organization dedicated to supporting families and caregivers.

According to the group's website, [www.alzheimersla.org](http://www.alzheimersla.org), "Our Support Groups are free, led by trained group facilitators, completely confidential and are held throughout Los Angeles County in multiple languages."

### TELEPHONE SUPPORT GROUPS

All service areas **YO, FT**

Facilitator: Dr. Linda Ercoli

Facilitator: Yael Wyte

310-794-3914

### SANTA CLARITA VALLEY

#### Newhall

■ Santa Clarita Senior Center **CG, \***

Facilitator: Etta Martin

661-259-9444

Facilitator: Monique Castillo

818-830-4835

■ Oakmont of Santa Clarita **CG, \***

Facilitator and contact:

Mary Dembkowski

661-993-3240

Facilitator: Deborah Dicorradro

661-993-2004

### SAN FERNANDO VALLEY

#### Agoura Hills

■ Meadowbrook Senior Living **CG, \***

Tami Podell

818-357-1123

#### Burbank

■ Burbank Joslyn Senior Center

**CG, Spanish, \***

Francisca Reynoso

818-398-1475

■ Leeza's Care Connection **AC, EP, \***

Contact: Wendy Saltzberg

818-847-3686

#### Calabasas

■ Silverado Senior Living Calabasas

Memory Care Community **CG, \***

Jennifer Watson

818-317-3421

#### Canoga Park

■ Canyon Trails Assisted Living

and Memory Care **CG**

Dinora Toj

### KEY TO ABBREVIATIONS

**AC** Adult Children

**B** Bereavement

**BS** Bereavement Spanish

**CG** Caregivers (General)

**DS** Caregivers of Down Syndrome

Persons with Dementia

**EC** Early Stage Caregivers

**EP** Early Stage Persons

**EO** Early Onset Persons

**FB** Faith-Based

**FT** Frontal Temporal Caregivers

**H** Huntington's Disease

**LB** Lewy Body Dementia

Caregivers

**LGBTQ** Lesbian, Gay, Bisexual,

Transgender, Questioning

**M** Male Caregivers

**P** Parkinson's Caregivers

**PWD** Persons with Dementia

**S** Spouse

**VD** Stroke Survivors

**YA** Young Adults of PWD

**YO** Young On-Set (EO) Caregivers

**\$** Inquire about fee/donation

\* Trained by Alzheimer's Los Angeles



**To suggest a caregiver for this section, call Alzheimer's Digest at 310-693-4681 or email [info@alzheimersdigest.info](mailto:info@alzheimersdigest.info).**

323-930-6247

#### Encino

■ Hope Connection **B**

Jo Christner

818-788-4673

#### Glendale

■ Glen Park Healthy Living **CG, \***

Facilitator: Annie Cardillo

818-242-9000

Facilitator: Paula O'Sullivan

818-296-4097

#### Granada Hills

■ Aegis Living of Granada Hills **CG**

Facilitator: Brittany Kramer

Contact: Ron Borzcon

818-776-1183

#### North Hollywood

■ Private Home **CG, Spanish, \***

Nadia Cantuña

818-720-4482

#### Northridge

■ Brookdale Northridge **CG**

Gabriel Diaz

818-886-1616

■ Somerford Place of Northridge **CG, \***

Jennifer Watson

818-317-3421

#### Pacoima

■ Little Tokyo Service Center –

Japanese-American Community

Center **CG, English, \***

Facilitator: Isabelle Miyata

Contact: Lois Okui

818-899-1989

#### Panorama City

■ Kaiser Permanente **CG**

Lisa Luna

818-788-5862

#### Reseda

■ Jewish Home for the Aging –

Eisenberg Village **EP, \***

Jennifer Watson

818-317-3421

■ Jewish Home for the Aging –

Fountainview **CG, AC, S, \***

Facilitator: Jennifer Watson

Contact: Susan Leitch

818-757-4490

#### Sylmar

■ LA Caregiver Resource Center

Lake View Terrace Library **CG**

Lucila Torres

855-872-6060

#### Tujunga

■ Verdugo Hills Family YMCA **CG, \***

Facilitator: Bernice Sanders

Contact: Gaby Najera

818-583-4744

#### Van Nuys

■ ONEgeneration Adult Day Care **CG, \***

Denise Kee-White

818-708-6376

#### West Hills

■ Meridian Senior Living **CG**

Vana Pensuriya

818-264-0970

■ Sunrise Senior Living **CG**

Stephanie Bien

818-701-9550

818-991-8282

#### Woodland Hills

■ Woodland Hills Caregiver Group

**CG, EC\***

Karin Marin

818-734-9991

■ The Commons at Woodland Hills

**CG, AC, \***

Jennifer Watson 818-317-3421

### SAN GABRIEL VALLEY

#### Glendora

■ La Fetra Senior Center **CG, \***

Jill Bakker

626-774-1419

#### Pasadena

■ Alzheimer's Los Angeles Memory

Club at Huntington Hospital **EP, EC,**

**Early Stage, \***

Kristen Tachiki

626-397-8145

■ Alzheimer's Café / Pasadena Senior

Center **CG**

Facilitator: Jenny Delgado

Facilitator: Renee Concialdi

Facilitator: Amber Bolanos

626-584-8130

■ CAPS Adult Day Care Center **CG, \***

Mimi Brown

626-351-5427

■ Pasadena Senior Center **CG**

Mei-chi Kuo

213-821-6920

■ Terrace at Park Marino **CG, \***

Carolyn Wong

626-798-6753 x303

#### Rosemead

■ California Mission Inn **CG**

Yvonne Kuo

213-821-6919

### METRO LOS ANGELES

#### Beverly Hills

■ Nessah Synagogue **CG, Farsi, \***

Nancy (Nahid) Rafii

310-874-5110

■ Sunrise Senior Living Beverly Hills

**CG**

Ann White

310-247-4479

#### Los Angeles

■ Silverado Senior Living Beverly

Place **CG, \***

Facilitator: Thomas Baird

323-825-4304

■ Male Caregiver's Support Group –

Alzheimer's Los Angeles **CG, M, \***

Dave Sitzer

213-293-9408

■ Adult Children Support Group –

Alzheimer's Los Angeles **AC, YA, \***

Zina Paris

323-930-6212

■ Alzheimer's Los Angeles Memory/

Grad Club/Alumni Club **EC, EP, EO, \***

Alicia Villegas

323-930-6289

■ APHCV – Los Feliz Health Care

Center **CG, Tagalog**

Perla Santos

323-644-3880 x341

■ Little Tokyo Service Center –

St. Francis Xavier Chapel

**CG, Japanese & English, \***

Kiyoko Kaneda

213-473-3035

### WEST LOS ANGELES

#### Culver City

■ Culver City Senior Center **CG, \***

Zina Paris

323-930-6212

■ Kaiser Permanente Culver Marina

Medical Office **AC, \***

Ed Holly

310-915-4567

■ Meridian Culver City **CG, \***

Reggie Rodriguez

559-349-3466

■ Kaiser Permanente – West LA Medi-

cal Center **CG, \***

JB Saunders

323-857-3784

■ OPICA Adult Day Health Center

**CG, S, AC, \$**

Facilitator: Anne Galbraith

Facilitator: Elizabeth Lira

310-478-0226

■ St. Sebastian Catholic Church

**CG, Spanish**

Facilitator: Dr. Xavier Cagigas

Facilitator: Enrique Gracian

310-825-4304

■ West LA VA Medical Center – for

Veterans or Caregivers of Veterans **CG**

Jessica Alva

310-478-3711 x41652

#### Santa Monica

■ UCLA Medical Center Santa Monica

**CG, LB**

Facilitator: Dr. Kathleen Tingus

Facilitator: Catherine Jones

Contact: Monica Moore

310-794-3914

■ Sunrise of Santa Monica **CG, \***

Facilitator: Julie Liker

Contact: Denese Taylor

310-922-5659

■ WISE & Healthy Aging **CG**

Facilitator: Nick Eisner (a.m.)

Facilitator: Blaine McFadden (p.m.)

Contact: Phyllis Amaral

310-394-9871

#### West Los Angeles

■ Hope Connection **B**

Jo Christner

818-788-4673

#### Westchester

■ Westchester Senior Center **CG, \***

Loli Ramezani

## SUPPORT GROUP DIRECTORY

■ First AME Church **CG**  
Mrs. Bobbe Akalona  
855-872-6060

### EAST LOS ANGELES

#### Cerritos

■ Cerritos Senior Center **CG**  
Lisa Miyahata  
562-916-8550

#### Downey

■ Remita Health **CG**  
Elisa Gaytan  
562-904-6777

#### Huntington Park

■ Alzheimer's Los Angeles –  
Huntington Park Public Library  
**CG, Spanish, \***

Angie Moran  
323-859-8810

■ Alzheimer's Los Angeles  
**CG, Spanish, \***

Dinora Toj  
323-881-0586

#### Montebello

■ Beverly Hospital Women's Care  
Center **CG, \***

Facilitator: Sandy Acosta  
Contact: Alice Baldwin  
800-618-6664 or 323-725-5032

#### Santa Fe Springs

■ Gus Velasco Neighborhood **CG, \***  
Lucila Torres  
855-872-6060

#### Whittier

■ Oakmont of Whittier **CG**  
Vickie Pearson  
562-693-8222  
■ Whittier Place Senior Living **CG**  
Tina Hernandez  
714-856-3909

### SOUTH BAY

#### Gardena

■ Southbay Caregiver Support Group  
**CG, Japanese & English, \***  
Akiko Takeda  
310-819-8659

#### Inglewood

■ Rogers Park **CG, \***  
Linda Peterson  
310-412-4368

#### Long Beach

■ Brittany House **CG**  
Colleen Rozatti  
562-421-4717  
■ Faith Presbyterian Church **CG, \***  
Terri Furlow  
562-427-8048  
■ Long Beach Memorial Medical  
Center **CG, \***  
Facilitator: Jim Kelly  
Contact: Dinora Toj  
323-930-6247  
■ Namaste Center for Spiritual Living  
Paty Piar **CG, \***  
562-795-5762  
■ Skills4Care **CG, \***  
Facilitator: Paty Piar

Contact: Robert Skidmore  
562-413-1061

■ Grace First Presbyterian Church **CG**  
Yvonne Kuo  
855-872-6060

#### Manhattan Beach

■ American Martyrs Church  
& Homewatch Caregivers **CG**  
Facilitator: Dick Williams  
310-292-0996

#### Palos Verdes Peninsula

■ Palos Verdes Peninsula Center  
Library **CG, \***  
Lauren Spiglanin  
310-383-1877

■ Mary and Joseph Retreat Center **CG**  
Lucila Torres  
855-872-6060

#### Redondo Beach

■ Beach Cities Health District **CG, \***  
Facilitator: Rosalie Rapas  
Contact: Officer of the day  
310-374-3426 x138

■ Beach Cities Health District – Mem-  
ory Club **CG, EP, EC, \***

Facilitator & Contact: David Hart  
Facilitator: Tara Guden  
310-792-8666

■ The Neurobehavioral Healthcare  
Center **CG, \***

Dr. Lauren Keats  
310-855-3288

#### San Pedro

Harbor Terraces Assisted Living **CG, \***  
Lauren Spiglanin  
310-383-1877

■ The Salvation Army Sage House  
Adult Day Care Center **CG**

Sherrie Similton  
310-832-6031

#### Torrance

■ Always Best Care **CG, \***  
David Hart  
310-792-8666

■ Family Connect Memory Care  
**CG, \***

Lauren Spiglanin  
310-383-1877

### INLAND EMPIRE

#### Apple Valley

■ Valley Crest Memory Care **CG**  
Renee Savage  
760-242-3188

#### Big Bear Lake

■ Senior Citizen Center of Big Bear  
Valley **CG**  
Sokura Solario  
909-584-0323

#### Chino

■ Pacifica Senior Living Hillsborough  
**CG**  
Facilitator: Ahley Goodley  
Facilitator: Jennifer Helboorn  
909-386-6068,  
909-548-2100

#### Chino Hills

■ Pacifica Senior Living Chino Hills

#### CG, \*

Lloyd Mustin  
909-270-0866

■ Chino Valley Community Church  
**CG, \***

Facilitator & Contact: Lloyd Mustin  
Facilitator: Lisa Laufer  
909-270-0866

■ Oakmont Senior Living **CG, \***  
Lloyd Mustin  
909-270-0866

#### Claremont

■ Claremont Joslyn Senior Center  
**CG, \***  
Facilitator: Angelika Pittet  
Facilitator & Contact: Lydia  
Bouroumand  
909-621-9900 x238 or 909-399-5488

■ Claremont Place **CG, \***  
Facilitator: Angelika Pittet

Facilitator: Lydia Bouroumand  
Contact: Tricia Elliker  
909-447-5259 or 909-399-5488

■ Claremont Club **CG, \***  
Laura Van Dran  
909-921-1033

■ Pilgrim Place Health Services **CG, \***  
Laura Van Dran  
909-921-1033

■ Sunrise of Claremont **CG, \***  
Lloyd Mustin

909-270-0866

#### Corona

■ Brookdale Corona **CG**  
Joy Rivera  
951-898-6991

#### Loma Linda

■ Linda Valley Senior Living **CG**  
Antonia Lopez  
909-799-3117

#### Mentone

■ Rose Garden **CG**  
Justina Cardenas  
909-794-1040

■ Welbrook Senior Living **CG**  
Michelle Thompson  
951-200-3110

#### Rancho Cucamonga

■ Alzheimer's Los Angeles & Home  
Instead Senior Care **CG, \***  
Sharon Jones  
909-476-9030

■ Sunlit Gardens **CG**  
Kelli Garfield  
909-215-2142

#### Redlands

■ Blossom Grove **CG**  
Mechelle Alona  
909-335-6660

■ Plymouth Village Retirement Com-  
munity **CG, \***  
Connie Garrett  
909-793-1233 x1620

■ Somerford Place Assisted Living **CG**  
Debra Walls  
909-793-9500

#### Riverside

■ Care Pathways **CG**

Karen Armijo  
951-867-3800

■ Care Connexus Adult Day Services  
**CG**

James Slater  
951-509-2500

■ Pacifica Senior Living **CG**  
Jill Johnson-Young  
951-360-1616

■ Sunrise Senior Living  
– Canyon Crest **CG, \***

Facilitator: Paul Velen  
Contact: Mary-Ellen Taber  
951-686-6075

#### San Dimas

■ Brookdale Senior Living  
**CG, English & Spanish, \***

Maria Monedero  
909-394-0304 x233

#### Upland

■ Oakmont of San Antonio Heights  
**CG, EO, AC, S**

Anthony Villegas  
909-981-4002

■ St. Anthony's Catholic Church **CG, \***  
Laura Van Dran  
909-921-1033

■ Victorville

■ Home Instead Senior Care **CG**  
Sharon Jones  
760-843-5655

or 909-476-9030

■ Sterling Commons **CG**  
Debra Newlin  
760-245-3300

### SOUTHWEST RIVERSIDE COUNTY

#### Beaumont

■ Beaumont Senior Center (Albert  
Chatigny) **CG**

Veronica Ramos  
909-799-3117,  
909-266-2672

#### Hemet

■ Desert Hills Memory Care Center  
**CG, \***

Facilitator: Jane Farmer  
Contact: Chantelle Hudson  
951-652-1837

■ Sun City/Canyon Lake

■ Canyon Lake Community Church  
**CG**

Facilitator: JoAnn Wickerath  
Contact: Beverly Haney  
Facilitator: 951-679-7736  
951-244-1877 x200 (church)

#### Sun City/ Menifee

■ Care Connexus Adult Day Care **CG**  
Jim Slater  
951-509-2500

#### Temecula

■ Rancho Community Church **CG**  
Facilitator: Sylvia Garcia  
Facilitator: Lyn Euzenas  
951-303-3986

## CRISIS HOTLINES & HOSPITALS

If you are experiencing a current emergency, call 911. This information came from the NAMI Los Angeles website.

### Crisis Team Hotlines

**Crisis Hotline,**  
ALWAYS OPEN, 800-854-7771  
**S.M.A.R.T. Team,**  
Monday – Friday only, 213-996-1300  
**Police Officer responds with Mental  
Health Worker,** 310-966-6500  
**PMRT (Pet Team) Psychiatric Mobile  
Response Team,** 310-482-3260  
**MEU – Mental Health Evaluation Unit**  
– LAPD, 213-996-1300  
**MET – Mental Health & Sheriff for LA  
County,** 800-854-7771

**Santa Monica Police,**  
310-458-8491  
**Local Police West L.A. Captain,**  
310-575-8400

**TYT-hearing impaired,**  
562-651-2549

**Suicide Prevention Hotline,**  
310-391-1253

**West L.A. Mental Health Center**

– Ed Edelman, 310-966-6500

**San Fernando Valley Mental Health**

**Center,** 818-832-2586

**Exodus Recovery, Inc. (no insurance ),**  
310-253-9494

**Mental Health and Crisis**

**Services in the Westside,**

### Los Angeles County

**Local L.A. County Dept. of Mental**

**Health,** 213-738-2524

**Ed Edelman Westside Mental Health**

**Center,** 310-966-6500

**Step Up On Second,**  
310 394-6889

**Didi Hirsch,** 310 390-8896

**Hollywood Mental Health Center,**  
323-769-6100

### Local Westside Hospitals

**U.C.L.A. Neuropsychiatric,**  
800-825-9989

**Brotman Mental Health Hospital,**  
310-836-7000

### Del Amo Psychiatric Services

**& Hospital,** 310-530-1151

**Daniel Freeman Mental Health**

– Marina Del Rey, 310-823-8911

**Santa Monica U.C.L.A. Hospital,**  
310-319-4000

### Other Resources

**Homeless Assistance,**  
310-399-6878

**Family Advocate with the Department**

**of Mental Health,** 213-738-3945

**Suicide Prevention Hotline,**  
310-391-1253

Source: <https://namila.org/crisis-hotlines-hospitals/>

**SEED** is a proud partner of Alzheimer's Digest and Who's Gonna Take Care of Me, Inc.



We consult with CEOs, nonprofit executives and government leaders from around the country in the following areas:

- Collaboration • Community Development
- Economic Development



For a Consultation: **SEED** Collaborative  
[www.seedcollab.com](http://www.seedcollab.com) • 888-207-9291