Alzheimer’s Memory Care Resource Directory

a guide for family members, caregivers and health care professionals

San Diego County • Fall/Winter 2018

To find additional information on our advertisers, simply click on their ad or bold listings and you will be directed to their web site. These advertisers make this directory possible, so please give them special consideration when making a decision.
The future of caring for those with Alzheimer’s and other forms of dementia begins in the past...

TOWN SQUARE® is a one-of-a-kind experience featuring a unique, indoor, interactive, simulated urban environment utilizing Reminiscence Therapy.

Reminiscence Therapy has been shown to improve mood, reduce agitation and improve sleep quality in individuals with dementia.

We’re Now Open!

CALL OR EMAIL TO SCHEDULE A TOUR TODAY!

800-736-6674 • TOWNSQUARE@GLENNER.ORG

Town Square®

An Adult Day Health Care & Reminiscence Therapy Center

Town Square® is a one-of-a-kind experience featuring a unique, indoor, interactive, simulated urban environment utilizing Reminiscence Therapy.

Reminiscence Therapy has been shown to improve mood, reduce agitation and improve sleep quality in individuals with dementia.

CALL OR EMAIL TO SCHEDULE A TOUR TODAY!

800-736-6674 • TOWNSQUARE@GLENNER.ORG

Town Square®

An Adult Day Health Care & Reminiscence Therapy Center

Town Square® is a one-of-a-kind experience featuring a unique, indoor, interactive, simulated urban environment utilizing Reminiscence Therapy.

Reminiscence Therapy has been shown to improve mood, reduce agitation and improve sleep quality in individuals with dementia.
For general information or additional copies contact us at the number or email above. Copyright 2018-19©

Contents of this directory are intended for community resource information only. Retirement Publishing DOES NOT recommend or endorse the listed facilities, organizations, professionals and companies, or their services.

3825 N. Ramsey Rd. Unit 2603 • Coeur d’Alene, ID 83815

The Alzheimer’s Memory Care Resource Directory
is a publication of:

RETIREMENT PUBLISHING
Phone: 800-584-9916
E-mail: admin@retirementpublishing.com
Web site: www.retirementpublishing.com

Get free in-person support from local experts

WHY CONTACT US?
Alzheimer’s San Diego is a nonprofit dedicated to providing FREE programs and services to local families, and supporting research for a cure. Call us – we are here to help!

FREE PROGRAMS & SERVICES
• Classes & Workshops
• Meet with our Social Workers
• Support & Discussion Groups
• Social Activities
• FREE Respite Care Program
• Research & Clinical Trials

CALL TODAY!
alzsd.org | 858.492.4400 | 6632 Convoy Court, San Diego, CA

We are welcoming MesaView, La Mesa to our family of communities ... boutique assisted living communities dedicated to offering compassionate, individualized care and support for residents living with Alzheimer’s or related dementia. We would love to arrange a tour for you ... CALL TODAY!

• Short Term Care
• Long Term Care
• Respite
• Palliative Care
• Hospice

click on individual logo to connect with web site
Assisted Living - State licensed communities either totally dedicated to Alzheimer's/dementia (AAS) residents, report a designated/secure unit within their facility (ADU, ASU) or accept early stages only (AES).

Skilled Nursing Facility - State licensed facilities who report that they accept Alzheimer's/dementia patients (usually later stages in Alzheimer's designated units).

Referral Services - Organizations that specialize in finding appropriate communities for individuals with Alzheimer's or dementia.

Adult Day Care - Licensed adult day care offers supervised activities, socialization and nutrition to those who do not need health assistance. Nurse is not required to be on site.

Adult Day Health Care - Licensed adult day care for those requiring health assistance. Must have a nurse on site.

Assessment/Diagnostic Services - Multi-Disciplinary organizations that have training, equipment and experience to assess individuals and diagnose Alzheimer's or other dementia. Usually affiliated with a hospital, medical facility or university.

Home Health Care - State licensed agencies providing various home care services often including skilled medical nursing services.

Home Care - Provide non-medical in-home care services such as cooking, shopping, cleaning, companionship, or help with personal hygiene (state licensing not required).

Legal - Attorneys or associations familiar with legal matters affecting Alzheimer's/dementia patients and their families.

Support Groups - Groups started specifically for families and caregivers of Alzheimer's patients.

Abreviation Definitions

AAS ......................................................... Accepts All Stages of Alzheimer's
AES ........................................................ Accepts Early Stage Alzheimer's Only
ADU ....................................................... Have Designated Alzheimer's Unit
ASU ....................................................... Have Secure Alzheimer's Unit
RC .......................................................... Respite Care
ADC ...................................................... Adult Day Care
ADHC .................................................... Adult Day Health Care
M ............................................................. Accepts Medicare
MC ........................................................ Accepts MediCal

Over 120 tips for making your life as a caregiver, a little easier.

Caregiver Tips
For Memory Care

View or download from our Web site only!

www.retirementpublishing.com
>San Diego Publications> Caregiver Tips
### Adult Day Care

<table>
<thead>
<tr>
<th>Location</th>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Category and Abbreviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fallbrook</td>
<td>Adult Day Care</td>
<td>320 W. Alvarado St.</td>
<td>760-723-0890</td>
<td>AAS, ASU, ADC</td>
</tr>
<tr>
<td>Lemon Grove</td>
<td>Sungarden Terrace Adult Day Retreat</td>
<td>2045 Skyline Dr.</td>
<td>619-462-5831</td>
<td>AAS, ASU</td>
</tr>
<tr>
<td>San Diego</td>
<td>St. Paul's Community Care Center</td>
<td>328 Maple St.</td>
<td>619-239-6900</td>
<td>(see our ad on back cover)</td>
</tr>
<tr>
<td>La Mesa</td>
<td>Golden Life Adult Day Care</td>
<td>7373 University Ave., Ste 101</td>
<td>619-433-3598</td>
<td></td>
</tr>
<tr>
<td>National City</td>
<td>Horizons Adult Day Health Care</td>
<td>1035 S. Harbison Ave.</td>
<td>619-474-1822</td>
<td></td>
</tr>
<tr>
<td>Poway</td>
<td>Poway Adult Day Health Care Ctr.</td>
<td>12250 Crosthwaite Circle</td>
<td>858-748-5044</td>
<td></td>
</tr>
<tr>
<td>San Diego</td>
<td>Casa Pacifica Adult Day Health Care</td>
<td>1424-C 30th St.</td>
<td>619-424-8181</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>858-653-5916</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>619-718-9777</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>858-576-8575</td>
<td></td>
</tr>
</tbody>
</table>

### Adult Day Health Care

<table>
<thead>
<tr>
<th>Location</th>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Category and Abbreviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>El Cajon</td>
<td>Western Adult Day Healthcare Cntr</td>
<td>240 S. Magnolia Ave</td>
<td>619-631-7222</td>
<td>(see our ad on page 3)</td>
</tr>
<tr>
<td>Encinitas</td>
<td>The George G. Glenner Alzheimer's Family Centers, Inc.</td>
<td>335 Saxony Rd.</td>
<td>760-635-1895</td>
<td>AAS, RC, ADC, MC</td>
</tr>
<tr>
<td>Imperial Beach</td>
<td>Elm Adult Day Health Care</td>
<td>1220 Elm Ave.</td>
<td>619-827-0573</td>
<td>(see our ad on page 3)</td>
</tr>
</tbody>
</table>

### Assessment Services

<table>
<thead>
<tr>
<th>Location</th>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Category and Abbreviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpine</td>
<td>Alpine View Lodge</td>
<td>973 Arnold Way</td>
<td>619-445-5291</td>
<td>AAS, ASU, RC</td>
</tr>
<tr>
<td>Carlsbad</td>
<td>Bressi Ranch</td>
<td>6255 Nygaard St.</td>
<td>760-603-9999</td>
<td>ADU, AAS, ASU, RC, ADC</td>
</tr>
<tr>
<td></td>
<td>Glen View Assisted Living at La Costa Glen</td>
<td>1950 Calle Barcelona</td>
<td>760-704-6800</td>
<td>AAS, ADU, ASU</td>
</tr>
<tr>
<td></td>
<td>Serenity Harbor 1 &amp; 2</td>
<td>3108 Azahar St.</td>
<td>888-980-2247</td>
<td>AAS, ADC</td>
</tr>
<tr>
<td></td>
<td>Sunrise Assisted Living at La Costa</td>
<td>760-930-0060</td>
<td>ADU, ASU, RC</td>
<td></td>
</tr>
<tr>
<td>Chula Vista</td>
<td>Leichtag Family Assisted Living</td>
<td>211 Saxony Rd.</td>
<td>760-632-0081</td>
<td>AES, ADU, ASU</td>
</tr>
</tbody>
</table>

### Assisted Living

<table>
<thead>
<tr>
<th>Location</th>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Category and Abbreviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpine</td>
<td>Alpine View Lodge</td>
<td>973 Arnold Way</td>
<td>619-445-5291</td>
<td>AAS, ASU, RC</td>
</tr>
<tr>
<td>Carlsbad</td>
<td>Bressi Ranch</td>
<td>6255 Nygaard St.</td>
<td>760-603-9999</td>
<td>ADU, AAS, ASU, RC, ADC</td>
</tr>
<tr>
<td></td>
<td>Glen View Assisted Living at La Costa Glen</td>
<td>1950 Calle Barcelona</td>
<td>760-704-6800</td>
<td>AAS, ADU, ASU</td>
</tr>
<tr>
<td></td>
<td>Serenity Harbor 1 &amp; 2</td>
<td>3108 Azahar St.</td>
<td>888-980-2247</td>
<td>AAS, ADC</td>
</tr>
<tr>
<td></td>
<td>Sunrise Assisted Living at La Costa</td>
<td>760-930-0060</td>
<td>ADU, ASU, RC</td>
<td></td>
</tr>
<tr>
<td>Chula Vista</td>
<td>Leichtag Family Assisted Living</td>
<td>211 Saxony Rd.</td>
<td>760-632-0081</td>
<td>AES, ADU, ASU</td>
</tr>
</tbody>
</table>

(continued on next page)
**Assisted Living (cont.)**

ASU, AAS, RC
Silverado Encinitas
335 Saxony Road
760-753-1245
AAS, ASU, ADU, RC

Somerford Place
1350 S. El Camino Real
760-479-1818
AAS, ASU, RC

**Escondido**
Atria North
1342 N. Escondido Blvd
760-480-8155
ADU, ASU, RC

Canyon Terrace
2644 Canyon Rd.
760-739-0311
AAS, ASU, RC

Hilltop Country Estate
28661 Meadow Glen Way West
858-837-0213
AAS, RC

**Redwood Terrace**
710 W. 13th Ave.
760-747-4306
AAS, ASU, RC

(See our ad at below)

---

**Fallbrook**
Country Gardens
1504 Hillcrest Lane
760-728-5656
ADU, ASU, AAS, RC

Regency Fallbrook
609 E. Elder St.
760-728-8504
ADU, ASU, RC

Silvergate Fallbrook
420 Elbrook Dr.
760-828-8880
AAS, ADU, ASU, RC

**Imperial Beach**
Sun and Sea Manor
740 Seventh St.
619-429-0635
AAS, ASU, RC

**La Jolla**
Ocean View Homes I & II
6342 El Camino Del Teatro
858-459-9260
AAS, ASU, RC

Sunrise of La Jolla
810 Turquoise St.
858-488-4300
AAS, ADU, ASU, RC

Vi at La Jolla Village
8515 Costa Verde Blvd.
858-646-3400
AAS, RC

**Lakeside**
Lakeside Manor
9308 Emerald Grove
619-561-8626
AAS, AES, ASU, RC

**Lemon Grove**
Sungarden Terrace
2045 Skyline Dr.
619-464-2273
AAS, ASU, RC, AD

**Oceanside**
Aegis at Shadowridge
1440 S. Melrose Dr.
760-806-3600
ADU, ASU,

Merrill Gardens at Oceanside
3500 Lake Blvd.
760-414-9880
AAS, ASU, RC

(See our ad below)

---

**Poway**
Solaris Gardens at Poway
858-663-9200
AAS

**Sunshine Care**
12695 Monte Vista Rd.
858-674-1255 Ext. 202
800-811-9595
AAS, ADU, ASU, RC

(See our ad top of next column)

---

**Rancho San Diego**
La Vida Real
11588 Via Rancho San Diego
619-660-5778
AAS, ADU, ASU

(See our ad on page 2)

**San Diego**
ActivCare at Mission Bay
2440 Grand Ave
858-270-8000
ADU, AAS, ADU, RD, ADC

Ann’s Premier Care - Brookside Inn
2921 Murat St
619-580-5918
ASU, RC

Baron’s Residential Care
5289 Lodi St.
858-272-2120
ASU, RC

**BayView Senior Assisted Living**
3219 Canon Street
619-225-5616
AAS, RC, ADC

(See our ad on page 5)

Belenights Village Sabre Springs
13075 S. Evening Creek Dr. S.
858-486-5020
Cloisters of the Valley, LLC
4171 Camino Del Rio South
619-283-2226
AES, RC

(continued on next page)
**Assisted Living (cont.)**

**San Diego (cont.)**

Elmcroft of Point Loma
3423 Channel Way
619-224-7300
ADU, ASU,

HarborView Senior Assisted Living
2360 Albatross St.
619-233-8382
AAS, ASU
*(see our ad on page 5)*

Jacob Health Care Center, LLC
4075 54th Street
619-582-5168
AES, RC, M

Mount Soledad Care Facility
2189 Crown Hill Rd.
858-755-3577
ASU

St. Paul's Villa
2340 Fourth Ave.
619-232-2996
AAS, ASU
*(see our ad on back cover)*

Stellar Care
4518 54th St.
619-287-2920
AAS, ASU, RC

The Arbors
12979 Rancho Penasquitos Blvd
858-530-8002
AAS, ADU, ASU, RC

The San Carlos Chateau
6915 Glenflora Ave.
619-463-5757
ASU, RC

Wesley Palms Summer House
2404 Loring St.
858-274-4110
AAS, ASU

**San Marcos**
Nightingale Memory Care
1255 Adventure Ln.
760-294-0590
AAS, ASU, RC, M

Silvergate San Marcos
1550 Security Place
760-744-4848
AAS, ADU, ASU, RC

**Santee**
Julie's Elderly Care
9041 Iverness Rd.
619-449-5600
AES, RC

Latern Crest Senior Living
11010 Sunset Trail
619-312-4408
ADU, ASU, AAS, RC

**Solana Beach**
Coastal Breeze
740 Santa Paula
858-755-3577
ASU

**Vista**
Evergreen Chalet
1178 Evergreen lane
760-630-8122
AAS, RC

Restful Homes
1266 Pleiades Dr.
760-310-0220
AAS, ASU, RC, ADC

The Manse
2354 Watson Way
760-727-1221
AAS, ASU, RC, ADC

Vista Gardens
1863 Devon Pl.
760-295-3900
AAS, ASU, RC

Vista Village Senior Living
2041 W. Vista Way
760-941-3233
AAS, ADU, ASU, RC

**Care Management & Consulting**

A Hand to Hold
760-230-3039
HELPP
858-481-8827
Jewish Family Service
858-637-3040
Dyna Jones Consulting Service
619-398-5034

Triune Nature
619-980-9591
*(see our ad on this page)*

**Fiduciaries**

La Jolla
Liberty Fiduciary Services, Inc
7825 Fay Ave., Ste. 100
858-505-9156

Del Mar
Professional Fiduciary
2658 Del Mar Heights Rd.
858-481-8823

Encinitas
San Diego Coastal Fiduciary Service
619-446-7543

**Home Care**

Carlsbad
Age Advantage Senior Care
3138 Vista Grande
760-720-7272
AAS, RC

Always There Home Care
800 Grand Ave., Ste A2
760-967-9066
RC

Chula Vista
Absolute Senior Home Care
2220 Otay Lakes RD
619-410-2390
AAS, RC

Trinity Home Care Solutions
601-C E. Palomar St.
619-421-2997
AAS, RC

Del Mar
Advanced Home Health Services
115 Camino del Mar #471
858-259-9228
*(see our ad below)*

Aadvance Home Health provides hourly and live-in personalized home care services. We specialize in Alzheimer’s patient care for both long-term and short-term. Our mission is compassionate patient advocacy. Please call today for additional information or assessment. 858-259-9228

(continued on next page)
El Cajon
First Promise Care Services
1340 Bosworth St.
619-274-9630
(see our ad on page 2)
Home of Guiding Hands
1908 Friendship Dr. SteA
619-938-2856

Escondido
Nightingale Health Services
2644 Canyon Rd
760-739-0311
AAS, RC

Fallbrook
Innovative Healthcare Consultants
746 S. Main Ave.
760-731-1334
AAS, RC

La Jolla
Coastwide Home Care
7514 Girade
888-259-5962
AAS, RC

La Mesa
Assertive Home Care Services
8893 Le Mesa Blvd
619-466-6890
AAS, RC
Home Instead Senior Care
5360 Jackson Dr.
619-460-6222
Coast Care Partners
8530 La Mesa Blvd. Ste.200
619-354-2544

Preferred Care at Home
7777 Alvarado Rd. Ste. 279
619-212-7950
AAS, RC
(see our ad top next column)

San Diego
AccentCare
800-250-2233
RC
Accredited Home Care
619-265-1234
AAS, RC
All Heart Home Care
619-940-6561
ADS
AltaGolden
16885 W. Bernardo Dr.
858-779-9254
Always Best Care Senior Services
3685 Ruffin Rd
619-757-1114
Aspire
5830 Oberlin Dr. Ste. 200
866-654-7774
RC
At Your Home Familycare
6540 Lusk Blvd., Ste C266
888-326-2273
Attentive Home Care
2333 1st Ave., Ste. 205
619-287-1300
Comfort Keepers
4420 Ranier Ave., Ste. 202
619-795-6036
AAS, RC
Home Care Live-in
2003 Bayview Heights Dr. #12
619-266-8300
AAS

Home Instead Senior Care
8775 Aero Dr. Ste 235
858-277-5722
RC
Right at Home
8369 Vickers St., Ste. 203
858-277-5900
AES, RC
Safe Harbor Home Care
5473 Kearny Villa Rd. Ste.110B
619-660-8881

Senior Helpers
3377 Carmel Mtn Rd. Ste. 200
858-523-9170
AAS, RC, ADC
(see our ad below)

San Marcos
Comfort Keepers
215 S. Pacific St., Ste 109
760-598-3400
Visiting Angels of North County
760-736-9934
AAS, RC

Every 66 seconds someone in America develops Alzheimer’s. Seventy (70) percent of people with Alzheimer’s and other dementia live at home, cared for by family and friends.
Hospice Agencies

Carlsbad
Hospice of the North Coast
2525 Pio Pico Dr. #301
760-431-4100
MC, M
(see our ad on this page)

Escondido
Elizabeth Hospice
500 La Terraza Blvd.
780-737-2050

La Mesa
Sharp HospiceCare
8881 Fletcher Parkway, Ste. 336
619-667-1900

San Diego
Avalon Hospice and Palliative Care
3914 Murphy Canyon Rd., A226
858-751-0315

Gentiva Home Health & Hospice
9449 Balboa Ave., Ste. 290
858-565-2499
MC, M

LightBridge Hospice
6155 Cornerstone Ct. East, 220
858-458-2992
MC, M
(see our ad top of next column)

Solana Beach
Hospice by the Sea
312 S. Cedros St., Ste. 205
858-794-0195

Referral Agencies

It's Like Home
760-212-1224

Oasis Senior Advisors
760-688-7618

Your Partners in Caring
Specialized programs for dementia patients and their caregivers.
(858) 458-2992 LightBridgeHospice.com

Residential Options for Seniors and the Elderly
619-885-0420
Senior Care Options
760-696-3542
The Sky Solutions LLC
888-294-1488 ext 101
Time to Move Care Placement
858-242-4715

Related Programs & Services

Adult Protective Services
619-283-5731
Short-term case management, outreach to at-risk elderly.

Aging and Independence Services
800-510-2020
24 hour elder abuse hotline and senior crisis team.

Long-Term Care Ombudsman
858-505-6985

Alzheimer's Association
619-678-8322
alz.org
(see our ad on page 4)

Alzheimer's San Diego
858-492-4400
www.alzsd.org
(see our ad on page 31)

Memory Guides
Help in planning your journey through Alzheimer's
858-412-7337

Memory Cafés
Fun, safe, educationsal and engaging groups for those worried about or beginning to deal with memory loss.
www.memoryguides.org/memory-cafes

Nursing Home Ombudsman
858-560-2507
Advocacy for residents of long-term care facilities

San Diego Dementia Consortium
sdementiaconsortium.org

Senior Life Source
760-580-7002
Workshops for educating seniors on resources.

Southern Caregiver Resource Center
3675 Ruffin Rd., Ste 230
858-208-4432
RC
provide consultation on caregiving and long-term care issues

The Well Spouse Association
800-838-0879
A national organization giving support to families of the chronically ill.

Triune Nature
619-980-9591
(see our ad on page 13)

UCSD Quality of Life Programs
858-822-4800

UCSD Shiley-Marcos Alzheimer's Research Center
9444 Medical Center Dr 1-100
858-822-4800

Pacific Research Network
3003 4th Ave.
619-294-4302

UCSD Shiley-Marcos Alzheimer's Research
9444 Medical Center Dr 1-100
858-822-4800

If you would like additional copies of this publication just call 800-584-9916

View or download a copy of this publication at retirementpublishing.com
Skilled Nursing Communities

Chula Vista
Fredericka Manor Care Center
111 Third Ave.
619-427-2777
AAS, ADU, ASU, MC, M

Coronado
Villa Coronado Skilled Nursing Facility
233 Prospect Place
619-435-6251
AES, RC, MC, M

El Cajon
Chase Care Center
1201 S. Orange Ave
619-441-1988
ADU, ASU, RC, M, MC

Eldorado Care Center
510 E. Washington Ave.
619-440-1211
ADU, ASU, RC, M, MC

Granite Hills Convalescent Hospital
1340 E. Madison Ave.
619-447-1020
AAS, ASU, RC, M, MC

Parkside Special Care Center
444 W. Lexington
619-442-7744
AES, ASU, RC, M, MC

La Jolla
Seasons at La Jolla
6211 La Jolla Hermosa Ave.
858-456-8619
AAS, ASU, ADU, RC

White Sands of La Jolla
7450 Olivetas Ave.
858-454-4201
AES, ASU

San Diego
Carmel Mountain Rehab & Healthcare Center
11895 Avenue of Industry
858-673-0101
ADU, ASU, M, MC

San Diego Healthcare Center
2828 Meadowlark Dr.
858-277-6460
ASU, MC, M

St. Paul’s Health Care Center
235 Nutmeg St
619-239-8687
AAS, ASU, M, MC
(see our ad on back cover)

Encino
Aviara Health Care Center
944 Regal Rd.
760-944-0331
ADU, ASU, RC, M, MC

Escondido
Escondido Care Center
421 E. Mission Ave.
760-747-0430
RC, MC, M

Redwood Terrace Health Center
710 W. 13th Ave.
760-747-4306
AES

Valley Vista Convalescent Hospital
1025 W. Second St.
760-745-1842
AES, RC, M, M

Support Groups

IMPORTANT!!
Time and locations for support groups often change. Be sure to call the Alzheimer's San Diego at 858-966-3303 or the number in the listing to confirm date, time and location before attending.

Alpine
Alpine Community Center
1830 Alpine Blvd.
Meets 1st & 3rd Wednesday of each month, 2:00 pm

Carlsbad
ActiveCare at Bressi Ranch
6255 Nygaard St.
Meets every 2nd Tuesday of each month, 10:30 am

Carlsbad Wellness & Fitness Center
6250 El Camino Real
Meets the 1st & 3rd Thursday of each month, 4:30 pm

Oceanside
St. Paul Senior Services
1420 E. Palomar St.
Meets the 1st & 3rd Saturday of each month, 1:00 pm

Spring Valley
Mount Miguel Covenant Village Health Facility
325 Kempton St.
619-479-4790
AES, ADU, RC, M, MC

Almost 10 million Americans are caring for a person with Alzheimer’s or other dementia: approximately one out of three of these caregivers is 60 years or older.

The George G. Glenner Alzheimer’s Family Centers, Inc.
2765 Main St.
Meets every Wednesday 3:00 pm
619-420-1703

Alpine
Alpine Community Center
1830 Alpine Blvd.
Meets 1st & 3rd Wednesday of each month, 2:00 pm

Carlsbad
ActiveCare at Bressi Ranch
6255 Nygaard St.
Meets every 2nd Tuesday of each month, 10:30 am

Carlsbad Wellness & Fitness Center
6250 El Camino Real
Meets the 1st & 3rd Thursday of each month, 4:30 pm

Oceanside
St. Paul Senior Services
1420 E. Palomar St.
Meets the 1st & 3rd Saturday of each month, 1:00 pm

(continued on next page)
Support Groups (cont.)

**Encinitas**
The George G. Glenner Alzheimer’s Family Centers, Inc.
335 Saxony Rd.
Meets every Wednesday, 10:00 am
760-635-1895

**Escondido**
Park Avenue Community Center
210 Park Avenue
Meets the 2nd & 4th Monday of each month, 10:00 am

**Fallbrook**
United Methodist Church
Meets the 2nd Wednesday of each month, 4:30 pm.

**La Jolla**
La Jolla United Methodist Church
6063 La Jolla Blvd.
Meets the 3rd Wednesday of each month, 1:30 pm

**La Mesa**
Herrick Community Library
Meets the 1st and 3rd Tuesday of each month, 5:30 pm
La Mesa Saturday Group
5150 Wilson St.
Meets the 1st & 3rd Saturday of each month, 9:30 am
The George G. Glenner Alzheimer’s Family Centers, Inc.
Paradise Village
Meets the 2nd & 4th Monday of each month, 7 pm
619-450-4686

**Oceanside**
Oceanside Country Club Senior Center
455 Country Club Lane

Meets the 1st & 3rd Tuesday of each month, 1:00 pm

**Poway**
Poway Adult Day Health Care Center
12250 Crosthwaite Circle
Meets the 2nd Wednesday of each month, 10:00 am

**Ramona**
Ramona Senior Center
434 Aqua Lane
Meets the 3rd Wednesday of each month, 10:00 am

**San Carlos**
San Carlos Methodist Church
6554 Cowles Mtn. Blvd.
Meets the 1st & 3rd Tuesday of each month, 10:00 am

**San Diego**
Alzheimer's Association
5075 Shorham Pl. #240
Meets the 2nd Wednesday of each month, 10:00 am
619-678-8322
Alzheimer's San Diego
6632 Convoy Ct.
Meets the 1st & 3rd Wednesday of each month, 10:00 am
UCSD Shiley Marcos - Alzheimer's San Diego
6632 Convoy Ct.
Meets the 2nd Wednesday of each month, 2:00 pm

**San Marcos**
San Marcos Senior Center
111 Richmar Ave.
Meets every Tuesday at 10:00 am

**Santee**
Santee City Hall
10601 Magnolia Ave Bldg. 8-A
Meets the 4th Thursday of each month, 10:00 am

**Vista**
Vista Gardens Memory Care
1863 Devon Place
Meets every Thursday, 1:30 pm

If you would like additional copies of this publication at no charge just call 800-584-9916 or email us at admin@retirementpublishing.com

Specialty Support Groups

IMPORTANT!!
Time and locations for support groups often change. Be sure to call the Alzheimer's San Diego 858-966-3303 or the number in the listing to confirm date, time and location before attending.

**Spanish Speaking Care Partners**
Americare Adult Day Healthcare **
340 Rancheros Dr., San Marcos
Meets the 4th Wednesday of each month, 2:30 pm.
Contact: Vanessa Caceres, MSW 760-682-2424 x18

(continued on next page)
Specialty Support Groups (Cont.)

IMPORTANT!!
Time and locations for support groups often change. Be sure to call the Alzheimer’s San Diego 858-966-3303 or the number in the listing to confirm date, time and location before attending.

Casa Familiar Recreation Center
212 W. Park Ave., San Ysidro
Meets every Tuesday, 10:30 am
Contact: Ana Chiquete 619-763-6396

Lewy Body and Frontotemporal Dementia Care Partners
Pre-Registration Required
Call to RSVP
Meets the 1st Wednesday of each month. 2:00 pm
Contact: Tracey Truscott LCSW 858-822-4800

Young Onset Caregivers
Meets the 1st Thursday of each month, 10:30 am
6632 Convoy Court
Contact: Rebecca De Campos, MSW 858-966-3303

Younger Care Partners
(60 years or younger)
Pre-Registration Required
Mission Valley Library
2123 Fenton Parkway, San Diego
Meets 1st Thursday of each month, 10:30 am
Contact: Tracey Truscott, LCSW 858-822-4800

Men’s Discussion and Support Group
Alzheimer’s Association - 6632 Convoy Ct. San Diego
Meets the 2nd and 4th Wednesday of each month. 10:00 am
Contact: Sarina Barker 858-966-3293

(continued on next page)
Caring for a loved one with dementia can be exhausting. Many families try to provide care on their own, yet the stressors of caregiving can wreak havoc on the health of the caregiver and it is vital to seek respite. This was alarmingly evident for Dr. George G. Glenner and his wife, Joy, who received a frantic late-night call from the husband of one of Dr. Glenner’s Alzheimer’s patients.

This husband was extremely overwhelmed and under so much pressure that he thought the only way out of his caregiving stress was to murder his wife and commit suicide. Thankfully, Dr. Glenner and his wife were able to stop that murder-suicide, but they became painfully aware of the stressors associated with caregiving and decided to open the first, non-profit, medical/social model adult day care center for Alzheimer’s patients in the nation. This iconic “Little Blue House” located in the Banker’s Hill area, opened in 1982 and is still there today to serve Alzheimer’s patients and their families.

Fast forward to 2018 and the George G. Glenner Alzheimer’s Family Centers, Inc.®, a non-profit 501(c)(3) organization, now have locations in Encinitas and Chula Vista as well. Each center provides specialized day care Mon-Fri, 8:45 a.m.-5:15 p.m. with full-day and half-day programs available that offer caregivers the opportunity to reset and tend to their other duties while having peace of mind knowing that their loved one is safe, supervised and enjoying the day. The organization also offers several free, professionally-facilitated caregiver support groups and provide families with a host of community resources.

Taking their 35 years of experience and innovative thinking to the next level, the Glenner Centers have just relocated their Chula Vista staff and participants to the corner of Main St. & Broadway into what is an innovative and “first-of-its-kind” center to help this population. This next-generation center, called Town Square, is housed inside an approximately 9,000 sf warehouse once owned by a lumber company and is built out on the inside to mimic a 1950s-1960s town in order to facilitate Reminiscence Therapy. Studies show that in dementia patients, short-term memory is typically lost first while long-term memories are often left intact.

From the moment Town Square participants step inside, they will be brought back in time and will be guided by expertly-trained care staff through 14 era-specific storefronts designed to trigger memories. For example, attendees will have the opportunity to dine in a 1950s diner, watch an old movie in a vintage theater and browse books and magazines from the good old days.

... knowing that their loved one is safe, supervised and enjoying the day.
St. Paul’s Senior Services is proud to offer multiple opportunities for San Diego seniors suffering from Alzheimer’s or dementia. With residential communities, respite care, and a Senior Day program, families can relax knowing their loved ones are receiving the best care possible. We believe in creating a home-like atmosphere through our Resident-centered, individualized approach to care and living. Our staff is specifically trained to work with Residents experiencing different stages of memory loss.

We engage our Residents throughout the day with a variety of activities to stimulate them both physically and mentally. Activities are also tailored to the physical and mental capabilities of those we serve, whether they take part in light exercise classes, daily nature walks, groove along to live music, or get involved in smaller group activities – there are plenty of activities to keep them interested!

St. Paul’s Villa in Bankers Hill and St. Paul’s Plaza in Chula Vista offer residential living in a secure and stimulating environment for seniors with memory loss. Private studio and one-bedroom apartments complement the various amenities provided, including a 24-hour certified nursing staff, library, non-Denominational Chapel, three delicious and nutritious meals, as well as transportation to scheduled outings! We are pleased to also offer respite care for families needing a (continued on page 28)

Caregivers
Take Note

Ulcers and heart disease were the only known stress related illnesses 30 years ago. Now, about 90% of all illnesses are thought to have a stress related component. Some unexpected symptoms of chronic stress include feeling pressured to do more, exhaustion and fatigue, depression, anxiety, memory loss, poor judgment, colds, flus, headaches, sleep disturbances, weight loss or gain and many more.

When we stay in a state of chronic stress it has a negative impact on our bodies because stress triggers the “Fight or Flight” response which:
• Releases excess Adrenaline
• Secretes the Cortisol hormone for increased energy
• Shuts down vital body functions that are non-essential for short term survival but are very necessary for a healthy body (including growth, digestion, immune system, bone and tissue repair, reproductive function and metabolism)

The increased Cortisol levels also link Chronic Stress to diseases such as Type 2 Diabetes and Dementia. Chronic stress leads to the release of a constant stream of Cortisol. Recent studies have shown high levels of Cortisol in the brains of early onset dementia patients. Also, Cortisol (continued on next page)
Caregivers Take Note (continued from page 27)
(a glucocorticoid hormone) functions to increase blood sugar. Your pancreas must then produce enough insulin to metabolize the increased sugar. When it cannot keep up, the resulting high blood sugar levels are called Type 2 Diabetes.

Stress also has a magnifying effect on just about any symptom, whatever the original cause. When an individual is suffering from Chronic Stress, a headache may become a migraine or indigestion becomes Irritable Bowel Syndrome or Ulcers.

Learning to manage stress begins with removing ourselves from stressful situations in a productive, healthy way such as a massage, mild exercise, meditation, breathing exercises or Yoga. This begins the “Rest and Repair” response, which is the body’s antidote to “Fight or Flight”. Getting enough rest for your body and the proper nutritional intake are also important. Of course, if you are under the care of a physician, you should always check with him/her before making any changes.

For more information please contact: Sheila Coulbourn 619/980-9591 Sheila@TriuneNature.com See their ad on page 13

St. Paul’s Villa (continued from page 26)
break from the care giving duties. Trust your love ones will enjoy their vacation with us, while you rest and recuperate!

St. Paul’s Senior Day Program is a safe and secure center where seniors with mild to moderate memory loss can spend their days while families are at work, running errands, or enjoying downtime. The program is available Monday through Friday, 7:30am to 6:00pm. Socialization is a key focus and Participants interact with peers through a variety of activities including group discussions, planned outings, musical performances, and much more! Participants also interact with the children in our Day Care Program, creating a memorable experience for everyone. Family members tell us their loved one is more engaged after a day at our senior day program, and sleep better at night.

St. Paul’s PACE Program of All-Inclusive Care for the Elderly is a managed care health plan for those with Medi-Cal, a combination of Medi-Cal and Medicare or private payment. We provide coordinated medical and social services to seniors who wish to continue living in their own home despite chronic health needs. Services can include medical care, ongoing rehabilitative therapies, in-home care, social work, transportation, and day center activities!

See their ad on back cover.

What is an Ombudsman and Why Do I need to Know?
Not enough people have heard the term Ombudsman, and significantly less know what an Ombudsman does. Since we are all aging, and may need care at a long term care facility, it is important to know who is on your side. Aging is not what people want to think about. Unfortunately time catches up with all of us, a crisis strikes, and we need a long term care facility. It is now that we realize that we are not fully prepared to deal with the crisis. The Long Term Care Ombudsman is your resource. The Ombudsman program is a federally mandated volunteer program to act as advocates for residents in long term care facilities. The Ombudsman ensures a regular presence in each facility, establishes rapport with the residents, and monitors for any issues. Residents are encouraged to contact the Ombudsman for any issues that they have with their care at the facility. The Ombudsman only advocates for the resident and must have the residents consent to disclose any information. If the resident does not wish our assistance, then we will not disclose any information to the facility or family. If a resident would like our assistance we will develop with the resident a plan to address the concern. The resident must be involved and in full agreement with this plan. If (continued on next page)
the resident lacks the capacity to consent, then consent must be given by their responsible agent. The Ombudsman is an invaluable resource to individuals residing in a long term care facility. They are able to provide support, guidance, resources and advocacy to ensure resident wishes are being observed and concerns addressed appropriately to ensure resident satisfaction. The Ombudsman is here for you. Call 1-800-640-4661 or 858-560-2507 for assistance.

Kristin Rigsbee
Long Term Care Ombudsman Program

Do you know someone who is caring for a loved one or friend who has Alzheimer’s?

Perhaps they could use the resources available in this directory. If so, just give us a call and we will mail them a FREE copy.

They will appreciate your thoughtfulness.

800-584-9916

For the Complete Story on How Assisted Living in San Diego Works

This comprehensive publication is designed to provide information and guidance for seniors and their families through the process of finding an assisted living home or community. We cover it all from the origins, available options, how to tell if it’s time, choosing a home or community, legal issues, and making the transition easier.

View or download from our Web site only! www.retirementpublishing.com>San Diego Publications

Caring for someone with Alzheimer’s isn’t easy.

Reaching us is.

The Alzheimer’s Association® offers round-the-clock support and reliable information about memory loss, Alzheimer’s disease and other dementias.

Free 24/7 Helpline: 800.272.3900
Caregiver Center: alz.org/care

BRAIN HEALTH FORUM

Tuesday November 6th
8:30 am - 3:00 pm

Understanding and Optimizing Brain Health

VISIT www.sddementiaconsortium.org FOR MORE INFORMATION

Make your reservations today!
858-277-3722
Memory Care

St. Paul’s Senior Services offers housing, personal care, medical, education and even day programs for seniors who need support due to memory impairment.

If we can’t help you, we’ll find you an organization that can.

(619) 239-6900
admissions@stpaulseniors.org

StPaulsSeniors.org

St. Paul’s Villa - Bankers Hill LIC370804823
(619) 232-2996
Memory care in competitively priced PRIVATE apartments. Providing support with a focus on compassion, person-centered care, and engagement

St. Paul’s Plaza - Eastlake LIC374603643
(619) 591-0600
Unique “Reflections” design allows residents with memory impairment to live in PRIVATE apartments and share home-like living and dining spaces to encourage exploration safely

St. Paul’s Senior Day & Child Care - Bankers Hill LIC374600538 / (619) 239-6900
A day program for seniors with mild to moderate cognitive impairment and includes activities with children from our Child Care Program

St. Paul’s Program of All-inclusive Care for the Elderly (PACE) in Downtown (619) 677-3800 and Chula Vista (619) 271-7100
Free medical program for those over 57 years who have Medi-Cal and no share of cost. Ideal for those with memory impairment who live with family and need medical and social support.