To find additional information on our advertisers, simply click on their ad or highlighted 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.
Our memory care is accredited for two reasons
You. And your family.

Because having the peace of mind of accreditation is important.
Call 619.567.5677 today to learn more.

LA VIDA REAL
INDEPENDENT & ASSISTED LIVING • MEMORY CARE
11588 Via Rancho San Diego • Rancho San Diego, CA
LaVidaRealSeniorLiving.com • 619.567.5677

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

We are a group of family owned independent living and senior assisted living boutique 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!

Independent Living
Senior Assisted Living
619-466-0253
7971 Culoevee St.
La Mesa
MesaViewSanDiego.com

619-225-5616
3219 Cañon St.
BayViewPointLoma.com

619-233-8382
2360 Albatross St.
HarborViewSanDiego.com

Respite • Short Term Care • Long Term Care
Palliative Care • Hospice
The San Diego and Imperial Counties Chapter of the Alzheimer's Association offers a variety of support groups for all individuals living with Alzheimer's disease or a related disorder. Groups are facilitated by trained volunteers. Many locations offer specialized groups for adult children, those with early-onset and early-stage Alzheimer's, adult caregivers and others with specific needs. To get more information on these groups, their location and meeting dates call 619-678-8322 or toll-free at 800-272-3900. Also, check in with The George G. Glenner Alzheimer's Family Centers, Inc® for a schedule of their groups and locations, call 619-543-4700.

A Digital Version of this Directory is Available On-Line to View or Download

Our on-line version easily lets you visit our sponsors web sites for more information just by clicking on their ad or bold listing. This also lets you share this information with family members across the country or across the street.

www.retirementpublishing.com/pdfs/sdalzpub.pdf
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 other dementias.

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

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.

208-484-7913
**Adult Day Care**

**Fallbrook**
Fallbrook Adult Day Care 760-723-0890
AAS, ASU, ADC

**Lemon Grove**
Sungarden Terrace Adult Day Retreat 619-462-5831
ADC, AAS, ASU

**San Diego**
*St. Paul’s Community Care Center*
328 Maple St 619-239-6900
www.stpaulseniors.org
*(see our ad on page 4)*

**The George G. Glenner Alzheimer’s Family Centers, Inc.®**
3686 Fourth Ave. 619-543-4704
www.glenner.org
AAS, RC, ADC, MC
*(see our ad on back cover)*

**La Mesa**
Golden Life Adult Day Care 619-433-3398

**National City**
Horizons Adult Day Health Care 619-474-1822

**Poway**
Poway Adult Day Health Care Cntr. 858-748-5044

**San Diego**
*Casa Pacifica Adult Day Health Care*
619-424-8181
Hope Adult Day Health Care Center 858-653-5916
Loving Care Adult Day Health Center 619-718-9777
Neighborhood House Adult Day Health 619-233-6691

**San Marcos**
Americare Adult Day Health Care 760-682-2424
AAS, RC, ADC, MC
*(see our ad on back cover)*

**Assessment Services**
HELP 858-481-8827
UCSD Memory & Aging Clinic 858-534-8730

**Assisted Living**

**Alpine**
Alpine View Lodge 619-445-5291
AAS, ASU, RC

**Carlsbad**
Bressi Ranch 760-603-9999
ADU, AAS, ASU, RC, ADC
Glen View Assisted Living at 760-704-6800
La Costa Glen
AAS, ADU, ASU
*(continued on next page)*
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<td>Sunrise Assisted Living at La Costa</td>
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<td>Chula Vista</td>
<td>Atria of Bonita</td>
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<td>619-470-2220</td>
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<td>Coronado</td>
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<td>Del Mar</td>
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<td>858-755-7454</td>
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<td>El Cajon</td>
<td>Aerie Meadows Care Home</td>
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<td>Bosworth Gardens I &amp; II</td>
<td>619-588-5843</td>
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<td>Rose's Greenfield Manor</td>
<td>619-444-5731</td>
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<td>AES, RC</td>
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<td></td>
<td>Shaded Arbor Groveland Terrace</td>
<td>619-387-6092</td>
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<td>Lo-Har Senior Living</td>
<td>619-444-8270</td>
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<td>ADU, ASU, RC</td>
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<td>Hilltop Country Estate</td>
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<td>Oakmont of Escondido Hills</td>
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<td>Redwood Terrace</td>
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<td>710 W. 13th Ave.</td>
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<td><a href="http://www.redwoodterrace.com">www.redwoodterrace.com</a></td>
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<td>(see our ad below)</td>
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<td></td>
<td>“The Grove at Redwood Terrace - a boutique Memory</td>
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<td>Care Community dedicated to enriching life and</td>
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<td>preserving dignity”</td>
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<tr>
<td></td>
<td>760-291-2703</td>
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<td><a href="http://www.redwoodterrace.com">www.redwoodterrace.com</a></td>
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<td>Silverado Escondido</td>
<td>760-737-7900</td>
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<td>Las Villas Del Norte</td>
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(continued on next page)
Assisted Living (cont.)

Fallbrook
Silvergate Fallbrook
420 Elbrook Dr    760-728-8880
AAS, ADU, ASU, RC
www.silvergaterr.com

Imperial Beach
Sun and Sea Manor    619-429-0633
AAS, ASU, RC

La Jolla
Ocean View Homes I & II    858-459-9260
AAS, ASU, RC
Sunrise of La Jolla    858-488-4300
AAS, ADU, ASU, RC

La Mesa
Mesa View Senior Assisted Living
7971 Culowee St
619-379-0234
AAS, RC, ADC
www.mesaviewsandiego.com
(see our ad on page 3)

The Montera
5740 Lake Murray Blvd    619-464-6801
www.TheMontera.com
AAS, ADU, ASU, RC
(see our ad below)

Lakeside
Lakeside Manor
AAS, AES, ASU, RC
619-561-8626

Lemon Grove
Sungarden Terrace
AAS, ASU, RC, ADC
619-464-2273

Oceanside
Aegis at Shadowridge
ADU, ASU
760-806-3600
Heritage Hills
760-206-7930

Merrill Gardens at Oceanside
3500 Lake Blvd.
www.merrillgardens.com
AAS, ASU, RC
(see our ad below)

Ocean Hills Assisted Living
760-208-3036

Poway
Solaris Gardens at Poway
AAS
858-663-9200
Skyview Gardens
858-335-0916

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

*Rancho San Diego*
La Vida Real
11588 Via Rancho San Diego
619-660-5778
www.srgseniorliving.com
AAS, ADU, ASU
*(see our ad on page 2)*

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

Ann's Premier Care - Brookside Inn 619-580-5918
ASU, RC

Atria Rancho Penasquitos 858-538-0802
AAS, ASU, RC

*BayView Senior Assisted Living*
3219 Canon Street
619-225-5616
www.bayviewpointloma.com
AAS, RC, ADC
*(see our ad on page 3)*

Belmont Village Sabre Springs 858-486-5020
ADU, ASU, RC

Canyon Guest Home 619-483-9845
AAS, ASU, RC

Cloisters of the Valley, LLC 619-283-2226
AES, RCE

Elmcroft of Point Loma 619-224-7300
ADU, ASU, RC

*HarborView Senior Assisted Living*
2360 Albatross St.
619-233-8382
www.harborviewsandiego.com
AAS, ASU
*(see our ad on page 3)*

Jacob Health Care Center, LLC 619-582-5168
AES, RC, M, MC

Mount Soledad Care Facility 858-755-3577
ASU

*St. Paul’s Villa*
2340Fourth Ave.
www.stpaulseniors.org
AAS, ASU
*(see our ad on page 4)*

*Silvergate Rancho Bernardo* 858-451-1100
16061 Avenida Venusto
www.silvergaterr.com
AAS, ADU, ASU, RC

Stellar Care 619-287-2920
AAS, ASU, RC

Wesley Palms Summer House 858-274-4110
AAS, ASU

*San Marcos*
Country Rose Memory Care 760-294-0590
AAS, ASU, RC, M

*Silvergate San Marcos* 760-744-4484
1550 Security Place
www.silvergaterr.com
AAS, ADU, ASU, RC

The Meridian at Lake San Marcos 760-510-7500

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

- **Santee**
  - Julie’s Elderly Care 619-449-5600
  - AES, RC
  - Latern Crest Senior Living 619-312-4408
  - ADU, ASU, AAS, RC

- **Vista**
  - Alta Vista Senior Living 760-941-3233
  - AAS, ADU, ASU, RC
  - Evergreen Chalet 760-630-8122
  - AAS, RC
  - **Pacifica Senior Living Vista**
    - 760 E. Bobier Dr. 760-691-1027
    - pacificaseniornliving.com
    - AAS, ADU, ASU, RC
  - Restful Homes 760-310-0220
    - AAS, ASU, RC, ADC
  - Shadowridge 760-727-1221
    - AAS, ASU, RC, ADC
  - Vista Gardens 760-295-3900
    - AAS, ASU, RC

**Care Management & Consulting**

- A Hand to Hold 760-230-3039
- HELP 858-481-8827
- Jewish Family Service 858-637-3040
- Dyna Jones Consulting Service 619-398-5034
- Triune Nature 619-980-9591

**Fiduciaries**

- **La Jolla**
  - Liberty Fiduciary Services, Inc 858-505-9156
- **Del Mar**
  - Professional Fiduciary 858-481-8823
- **Encinitas**
  - San Diego Coastal Fiduciary Service 619-446-7543

**Home Care**

- **Chula Vista**
  - Absolute Senior Home Care 619-410-2390
    - AAS, RC
  - Trinity Home Care Solutions 619-421-2997
    - AAS, RC
- **Del Mar**
  - **Aadvanced Home Health Services**
    - 1155 Camino del Mar #471
    - 858-259-9228
    - www.aadvancedhomehealth.com
    - (see our ad below)

**Aadvanced Home Health**

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)
**Home Care (cont.)**

**El Cajon**
First Promise Care Services  619-274-9630
Home of Guiding Hands  619-938-2856

**Escondido**
**BrightStar Care**  760-738-1926
504 W. Mission, Ste. 206
www.brightstarcare.com
*(see our ad below)*

Nightingale Health Services  760-739-0311

**Fallbrook**
Innovative Healthcare Consultants  760-731-1334
AAS, RC

**La Jolla**
Coastwide Home Care  888-259-5962
AAS, RC
Home Care Assistance  858-842-1346

**La Mesa**
Assertive Home Care Services  619-466-6890
AAS, RC
All Heart Home Care  619-940-6651
RC
Home Instead Senior Care  619-460-6222

---

Coast Care Partners  619-354-2544
**Preferred Care at Home**  619-212-7950
7777 Alvarado Rd. Ste. 402
www.preferhome.com
AAS, RC
*(see our ad below)*

Poway
**BrightStar Care**  760-738-1926
*(see our ad on previous page)*

**San Diego**
AccentCare  800-250-2233
RC
Accredited Home Care  619-265-1234
AAS, RC
ALL CARE In Home Services  619-297-9601
AAS, RC
AltaGolden  858-779-9254
RC
Always Best Care Senior Services  619-757-1114
RC
Amada Senior Care San Diego Central  858-866-9005
AES, RC

*(continued on next page)*
**Home Care (cont.)**

**San Diego (cont.)**

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<tr>
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<tr>
<td>Aspire</td>
<td>866-634-7774</td>
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<td>RC</td>
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<tr>
<td>At Your Home Familycare</td>
<td>888-326-2273</td>
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<tr>
<td>Attentive Home Care</td>
<td>619-287-1300</td>
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<td>Comfort Keepers</td>
<td>619-795-6036</td>
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<td>FirstLight Homecare</td>
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<td>Home Care Live-in</td>
<td>619-266-8300</td>
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<td>Home Instead Senior Care</td>
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<td>Right at Home</td>
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<tr>
<td>Safe Harbor Home Care</td>
<td>619-660-8881</td>
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**Senior Helpers**

3377 Carmel Mtn Rd. Ste. 200        | 858-523-9170   |
www.seniorhelpers.com               |                |
AAS, RC, ADC                        |                |
*(see our ad below)*

---

We Specialize in Alzheimer’s, dementia. Ask us about our “Senior Gems” program.

858-523-9170

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<table>
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<th>Home Health</th>
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<td>Seniors Helping Seniors</td>
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<td>Windward Life Care</td>
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<td><strong>San Marcos</strong></td>
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<tr>
<td>Visiting Angels of North County</td>
<td>760-736-9934</td>
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<td><strong>Santee</strong></td>
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<td><strong>BrightStar Care</strong></td>
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<td><strong>Vista</strong></td>
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<td>Home Helpers</td>
<td>760-726-1900</td>
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<td>Home Instead Senior Care</td>
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<td>Firstat Nursing Service</td>
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<td>Kindred at Home</td>
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<td>Renaissance Home Health</td>
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<td>Salus Homecare</td>
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Hospice Agencies

**Carlsbad**
- Hospice of the North Coast  760-431-4100
- **Escondido**
  - Elizabeth Hospice  800-797-2050
- **La Mesa**
  - Sharp Hospicecare  619-667-1900
- **San Diego**
  - Avalon Hospice  858-751-0315
  - Kindred Hospice  858-565-2499
  - LightBridge Hospice  858-458-2992
  - Seasons Hospice  760-643-0400
- **Solana Beach**
  - Hospice by the Sea  858-794-0195

Referral Agencies

- It's Like Home  760-212-1224
- Oasis Senior Advisors  760-688-7618
- Residential Options for Seniors and the Elderly  619-885-0420
- Senior Care Options  760-696-3542
- Beyond the Sky Solutions LLC  888-294-1488
- 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  800-339-4661
  - 24 hour elder abuse hotline and senior crisis team.
- Long-Term Care Ombudsman  800-640-4661
- Alzheimer’s Association  619-678-8322
  - alz.org
- Alzheimer’s San Diego  858-492-4400
  - www.alzsd.org
- Caregivers Network Club  760-450-5523
- Nursing Home Ombudsman  858-560-2507
  - Advocacy for residents of long-term care facilities
- Parkinson Disease Info & Referral  760-940-4097
- San Diego Dementia Consortium  sddementiaconsortium.org
- Senior Life Source  760-580-7002
  - Workshops for educating seniors on resources.
- Southern Caregiver Resource Cntr.  858-268-4432
  - RC provide consultation on care-giving and long-term care issues
- The Foundation for Senior Wellbeing  844-654-4636
- UCSD Quality of Life Programs  858-822-4800
- UCSD Shiley-Marcos Alzheimer’s Research Center  9444 Medical Center Dr 1-100  858-822-4800
Research

Pacific Research Network  619-294-4302

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

Skilled Nursing Communities

**Chula Vista**
Fredericka Manor Care Center  619-427-2777
AAS, ADU, ASU, MC, M

**Coronado**
Villa Coronado Skilled Nursing  619-435-6251
AES, RC, MC, M

**El Cajon**
Chase Care Center  619-441-1988
ADU, ASU, RC, M, MC

Eldorado Care Center  619-440-1211
ADU, ASU, RC, M, MC

Granite Hills Convalescent Hospital  619-447-1020
AAS, ASU, RC, M, MC

Royal Home, The  619-443-3886
ASU, MC

Villa Las Palmas Healthcare Center  619-442-0544
AES, RC, M, MC

**Encinitas**
Avira Health Care Center  760-944-0331
ADU, ASU, RC, M, MC

**Escondido**
Escondido Care Center  760-747-0430
RC, MC, M

**La Jolla**
Seasons at La Jolla  858-456-8619
AAS, ASU, ADU, RC

**La Mesa**
Community Convalescent Hospital  619-465-0702
AAS, MC, M

**National City**
Castle Manor Convalescent Center  619-791-7900
AAS, RC, M, MC

**Poway**
Poway Health Care Center  858-485-5153
ADU, ASU, RC, M, MC

**San Diego**
Carmel Mountain Rehab & Healthcare  858-673-0101
ADU, ASU, M, MC

San Diego Healthcare Center  858-277-6460
ASU, MC, M

**St. Paul’s Health Care Center**  619-239-8687
235 Nutmeg St
www.stpaulseniors.org
AAS, ASU, M, MC
*(see our ad on page 4)*

Villa Rancho Bernardo Care Center  858-672-3900
ADU, ASU, RC, M, MC
The Clarinetist

I didn’t notice him in the rear of the hall. Sitting with his daughter, I would later learn. My performance this day would be at a seniors community specializing in memory care. The lesson I was about to learn would prove startling. You see, never having performed at such a facility, I was understandably nervous about the people with whom I was about to share my gift. Would they be able to grasp the very nature of my modern, electronic performance? Would they all simply fall asleep before I played a note? Would anyone recognize any songs in my repertoire? Sure, in these performances I featured the Music of the 1930’s, ’40’s, 50’s, and ’60’s. The great songwriters. Cole Porter. George Gershwin. Harry Warren. Duke Ellington. Billie Holiday. And yes, even the Beatles. To my surprise, a crowd of 100 people awaited their free concert, all dressed in their Sunday best. As I set up my equipment, they sat patiently, watching my every move. Several asked if they could help me. And asked again. And, yet again. I chuckled with those close enough to endure my corny jokes. Not corny to them. Funny. They laughed. And wanted more. No closed eyes yet.


Not to mention the “teeny, tiny musicians contained within my iPad Mini!” Yeah, they got it! Mostly. I began with a song from 1927. A song now known as the most recorded song ever written. “When you hear this song,” I teased, “let me know if you recognize it.”

While performing Hoagy Carmichael’s Stardust, I saw it in their eyes. The memory of a song so long ago experienced. The rekindling of emotions so deeply enjoyed. Now tumbling through age-damaged minds. Tears flowed. First from them. Then from me.

And I reveled in their “Gentle Rekindling of Emotions so Long Ago Experienced and so Deeply Enjoyed.” And that’s when the essence of this story flashed into my conscious thoughts.

For the next hour, we journeyed together through their songs of life. They applauded after each one. Enthusiastically. Those who could, stood to let me know their appreciation. They held hands. Retreated to their past lives. Remembered, as best they could. Searching for the partner no longer sitting at their side. Realizing they were now alone. Yet, together.

When the concert ended, most remained seated, seeming to enjoy watching me dismantle my electronic gear. Many asked questions. Some were led back to their rooms by caring staff members. As I walked towards the door to leave, one lovely lady, unable to get up from her wheelchair, waved her hand in a gesture meant to ask if I would spend a moment with her. When I arrived at her side, she was wiping tears from her eyes.

“I could tell, just by looking at you when you came through the front door today, that you pos-
sess a gentle and kind soul. And I was certainly right! Thank you for sharing your gift with us today. It made a difference in our lives.”

The Activities Director who had invited my performance, approached me with the broadest smile on her face.

“I can’t thank you enough for performing for us today, Jeff. Everyone enjoyed your Music. But most of all, they enjoyed you. This is a rare treat for them. Did you notice the old gentleman in the back of the hall? Sitting with his daughter? Holding hands?”

“You know, I can’t say that I did,” I responded.

“He wanted so much to talk to you. He’s been a resident here for many years. He often tells us stories of his years as a professional Clarinetist, performing on the road with some great big-bands of years past. I know your performance was very special for him. He couldn’t stop talking about that instrument you play. What’s it called again?”

“The EWI,” I answered.

“Well, it actually looks like an oversized Clarinet to me. Anyway, I’ve never seen him smile as much as he did today, especially when he saw that Clarinet. I have no doubt he saw himself in you. And wished he could perform with you! Next time you play here, I’ll make sure to introduce you to him.”

“Sure,” I agreed. “I’ll look forward to it.”

A week later, I received a lovely eMail from her, telling me how much everyone enjoyed my performance. But her last sentence caught me off guard.

“I’m sorry to have to tell you that The Clarinetist died the day after your show. He spoke non-stop about you and your talent after you left that day. It was his time. You should know that you made a difference in his life. You allowed him to remember who he was. And wished he still could be. That is a rare gift.”

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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. Therefore, 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 back in the early ‘80s.

Clearly overwhelmed and under so much pressure, this patient’s husband thought the only way out of his caregiving stress was to end his wife’s life and commit suicide. Thankfully, Dr. Glenner and Joy Glenner were able to stop this murder-suicide. This experience caused them to become painfully aware of the stressors associated with caregiving and out of love and compassion for the family caregiver, they 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 of San Diego, CA, opened in 1982 and is still there today to serve Alzheimer's patients and their families.

Today, 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. Their programs offer caregivers the opportunity to reset and tend to 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 provides families with a host of community resources.

Taking their decades of dementia care experience and innovative thinking to the next level, in 2018, the Glenner Centers opened Town Square®, a “first-of-its-kind” center to help this population. This next-generation center, located in Chula Vista, CA, is housed inside an approximately 9,000 sf light industrial building and is built out on the inside to mimic a 1950s-1960s small town. This environment was created 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. Reminiscence Therapy helps to bring participants back to a time where their memories are the strongest. It has also been shown to reduce agitation and improve mood and sleep quality.

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.

Families are invited to tour Town Square® to learn more about enrolling their loved one in a half-day or full-day program that allows them to drop them off for a fun-filled day of structured dementia-friendly activities under the care and supervision of professionally-trained care staff.

If you are interested in scheduling a tour or enrolling your loved one at Town Square® or one of the other specialized Glenner Centers, please call 619-543-4700, email townsquare@glenner.org or visit www.glenner.org for more information.
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.

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