Mary Lou Shattuck is a lifelong community volunteer whose commitment to helping others is an inspiration for all who meet her. She has been supporting Alzheimer’s Family Center (AFC) for over 14 years and is currently the Chair of the organization’s Board of Directors.

Dear Friend of AFC,

This past year has been incredible for Alzheimer’s Family Center. We have been able to not only expand our existing services but also add new services for more patients and families in need of memory care resources.

In January of 2018, we launched an Intensive Outpatient Program dedicated to patients with a dual diagnosis of memory loss and a mental health issue. Operated in collaboration with Mission Hospital, the Mind & Memory Program is the first program of its kind in the nation. Our team has been working tirelessly to get this new service up and running, and we are happy to report that over 3,000 days of service were provided to patients and caregivers through the program over throughout 2018.

Since the end of 2017, AFC has been hosting Healthy Brain Fairs twice a year--in Huntington Beach and Laguna Woods, reaching hundreds of individuals and providing them with information and resources pertaining to memory loss. These fairs also offered free Memory Checkups, a service that we are now proudly providing on a monthly basis in various locations throughout Orange County.

The achievements of fiscal year 2017-18 would not have been possible without the support of the many volunteers, donors, community partners and funders who generously invested in our work and mission to create happier and healthier days for families caring for a loved one with dementia in Orange County.

In gratitude,

Mary Lou Shattuck
Board of Directors Chair
OVERVIEW

Our Vision
To be the premier provider of innovative programs and services dedicated to compassionate, individualized care that improves the lives of individuals and families living with dementia.

Our Mission
To improve the quality of life for families challenged by Alzheimer’s disease or another dementia through services tailored to meet individual needs.
Services Impact
2017/2018

Adult Day Health Care
Alzheimer’s Family Center - Huntington Beach

24,967 patient days of care were provided through our Adult Day Health Care and Adult Day Care services.

274 unduplicated patients suffering from Alzheimer’s or another dementia were served.

28,245 trips between patient homes and the organization’s Huntington Beach and Mission Viejo locations were offered through our door-to-door transportation service.

10,960 hours of intensive care management were provided by social workers and nurses.

1,100 nursing interventions to notify physicians and families of a change in patient’s condition and coordinate medical interventions were performed.

1,358 hours of behavioral health services were provided.

51,809 meals that meet or exceed nutritional standards for geriatric patients were served.
Services Impact
2017/2018

Intensive Outpatient Program
Mind & Memory Program - Mission Viejo

1 Year Statistics—2018

111 unduplicated patients were served

3,026 days of service were provided

52% of patients showed an improvement in cognition

67% of patients showed a decrease in depressive symptoms

43% of patients showed a decrease in anxiety symptoms
Caregiver Support

635 family caregivers of patients living with Alzheimer’s or another dementia were helped through our services.

150 individuals attended the caregiver support groups provided monthly by the organization.

Community Education

400 hours of community-based education were offered by dementia professionals focusing on early intervention, risk reduction and healthy brain aging.

9,784 individuals reached across Orange County via 33 community-based events.

159 memory screenings were administered at no cost to individuals concerned about their memories from the launch of this service in November 2017 until the end of fiscal year 2017-18.
Stories of Impact
2017/2018

Adult Day Health Care
Alzheimer’s Family Center - Huntington Beach

Maria D. started in March 2018. When Maria started attending Alzheimer’s Family Center, she was extremely anxious and often would make suicidal statements. Her anxiety caused her to slap herself in the face and she even asked for a gun a few times. Her daughter and primary caregiver shared that she was very difficult to manage at home and was causing a lot of trouble. However, we started seeing changes in her behavior within the first 2 to 3 months of attending Alzheimer’s Family Center. Our team is providing constant reassurance and keeping her very busy—they encourage her to engage in simple activities such as folding linen, sticking stamps, or walking around the building. She also truly enjoys daily music therapy, which has diminished her anxiety greatly. Over the first 6 months of attending, Maria’s Mini-Mental State Examination (MME) went up 2 points and has now completely stopped making suicidal statements.

Intensive Outpatient Program
Mind & Memory Program - Mission Viejo

Ron started attending the Mind & Memory Program in February 2018. His wife recently told one of the therapists: “Ron came home and asked me how I was feeling. It is the first time he’s asked me that in years.”

Caregiver Tricia said that her mom, Beth, was her best friend and “partner in crime” her whole life, but as time went on and Beth became ill with the disease she became angry and her mood changed. It became hard on the family to understand the changes memory loss brings. After enrolling in the Mind & Memory Program, Tricia could see positive changes in her mom. She started to cry and said “My mom is coming back, she’s not angry anymore.” Tricia shared that they had planned a trip to Graceland for years because her autistic brother is a huge Elvis fan, but Beth couldn’t handle it. Finally, she believes they are in a good place and can go on a road trip all together.”
INCOME AND SUPPORT

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<td>Government Funding</td>
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<td>Corporation and Foundation Grants</td>
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<td>In-Kind Facility Rent</td>
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EXPENSES

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<td>Administrative Expenses</td>
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<td>Fundraising Expenses</td>
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FINANCIAL HIGHLIGHTS 2017/2018

- Charitable Gifts 4%
- Corporation and Foundation Grants 41%
- Fees for Services 39%
- In-Kind Facility Rent 5%
- Other 1%

EXPENSES 2017/2018

- Programs & Services 84%
- Administration 7%
- Fundraising 9%

84 cents of every dollar donated to Alzheimer’s Family Center goes directly towards programs and services for our patients and caregivers.
We could not do it without you

Corporate Supporters & Community Partners

We would also like to thank our many grant funders for supporting our work and mission.
Board of Directors 2017/2018

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*Vice Chair*

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**Alzheimer’s Family Center**

9451 Indianapolis Avenue  
Huntington Beach, CA 92646  
(714) 593-9630

Mercedes Tomioka, MD  
*Medical Director*

**Mind & Memory Program**

27800 Medical Center Rd, Suite 108  
Mission Viejo, CA 92691  
(949) 364-4203

Joey Gee, DO  
*Medical Director*