Dear Supporters,

Across the past 38 years, we have been committed to developing a sustainable model of care for individuals living with Alzheimer's disease or another dementia that fundamentally preserves their health, dignity and personhood.

**This year, we have been focusing on reaching a greater number of people in our community.** First, we developed a new Intensive Outpatient Program in partnership with Mission Hospital. The Mind & Memory Program at Mission is the first program of its kind in the nation and was three years in the making.

**The Mind & Memory Program at Mission,** which opened in January 2018, is a program constructed for individuals with both a cognitive and psychiatric disorder who need more support than periodic visits with a therapist. Services will be provided by nurses, therapists, case managers and others who are specialized in caring for patients with dual diagnoses. Some of the more common memory disorders that specialists see include Alzheimer's Disease, Early Onset Alzheimer’s, and Lewy Body Dementia. Furthermore, patients may also have mental conditions such as depression, anxiety, and Post-Traumatic Stress Disorder.

**Our second outreach initiative is a program of ongoing complimentary memory screenings.** These are offered every month at Alzheimer’s Family Center to anyone concerned with memory loss. The goal of this initiative is to address the lack of awareness on the importance of detecting memory-impairment and lack of access to such services. Our free screenings were introduced at our first Healthy Brain Fair in November 2017. Nearly 300 people attended and, of those screened, 80% had a memory concern serious enough to refer on for additional assessment.

**As we look back on the achievements of 2016-17 and towards the future,** we recognize that our progress speaks to the incredible generosity of our grant funders, donors, and supporters. You enable Alzheimer's Family Center to implement new sustainable programs every year. Thank you for your support.

Respectfully,

Joanna Richardson-Jones  
Chief Executive Officer  
Alzheimer’s Family Center
Our mission is to improve quality of life for families challenged by Alzheimer’s disease or another dementia through services tailored to meet individual needs.

Our vision is 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.
Top 5 Ways you helped us make a difference in 2016-17

1. **Adult Day Health Care**
   *Alzheimer’s Family Center* provided 22,791 patient days of care to 254 individuals affected by Alzheimer’s disease or another dementia.

2. **Education and Outreach**
   Over 200 hours of community-based education were offered by dementia professionals focusing on early intervention, risk reduction, and healthy brain aging. Our team reached 7,513 individuals across Southern California via 21 community-based events.

3. **Intensive Case Management**
   10,160 hours of intensive case management were provided by our social workers and nurses for 254 patients and 635 caregivers of patients with Alzheimer’s disease or another dementia.

4. **Nutrition**
   47,221 meals were served to AFC patients that met or exceeded nutritional standards for geriatric needs.

5. **Transportation**
   AFC provided 24,390 single transportation trips to and from the Center, alleviating the duties of their family caregivers.
Creating Happier and Healthier Days

Louella

This picture was taken by a volunteer photographer at the Center. It is a reminder of how meaningful the support is that we receive from our community every day.

Pictured on the right is Louella. She is a big fan of art therapy. Louella is not someone who cracks a smile very often, but as the picture shows, we were able to capture the radiance of her smile as she proudly displays the fruit of her creativity.

We are thrilled to be able to provide life-enhancing therapies for memory-impaired patients -- and respite for their family caregivers.

Adult Day Health Care May Slow Progression of Alzheimer’s disease

Two quantitative studies conducted by the agency indicates that Adult Day Health Care may help patients maintain cognitive skills longer and may slow the progression of Alzheimer’s disease or other dementias.

The study, entitled The Effects of Adult Day Health Care on Dementia Patients, examined the effects of cognitive stimulation, socialization, physical therapy, and more on the progression of the disease in patients enrolled at AFC in 2014 and 2016.

• Alzheimer’s Family Center found that more than 50% of patients in both studies had either increased in their cognitive abilities or stayed the same after attending regularly (for a minimum of 2 days a week) over one year, as measured by the Mini-Mental State Examination.

• Similarly, patients experienced a 50% decrease in the number of falls they sustained compared to a year before enrolling at AFC.

• Emergency room utilization by our patients was down 33% within a year of attending Alzheimer’s Family Center.

These results can be attributed to multiple factors, including comprehensive care (nursing, case management, physical therapy, and occupational therapy), as well as socialization and cognitive stimulation. They are significant because:

• Dementia patients improve or maintain their cognitive abilities longer by attending Adult Day Health Care.

• Caregivers see a reduced risk of having to take their loved one to the hospital or the emergency room, while enjoying a higher level of cognition, longer, in their loved one.

• Health care costs associated with emergency room visits and hospitalizations are lower.
Across the 2016-17 fiscal year, Alzheimer’s Family Center provided:

• 22,791 patient days of care, Monday through Saturday, for 254 individuals affected by Alzheimer’s Disease or another dementia, including medical, therapeutic, nutritional, and personal care.

• 24,390 single transportation trips to and from the Center.

• 10,160 hours of intensive case management by social workers and nurses for 254 patients and 635 caregivers of patients with Alzheimer’s Disease or another dementia.

• 572 nursing interventions to notify physicians and families of a change in a patient’s condition and coordinate medical intervention.

• 47,221 meals served to AFC patients that met or exceeded nutritional standards for geriatric patients.

• 833 hours of mental/behavioral health services provided to patients and caregivers though the Outpatient Services Behavioral Health program.

• Over 200 hours of community education offered by dementia professionals focusing on early intervention, risk reduction, and healthy brain aging, reaching 7,513 individuals across Southern California via 21 community-based events.

• Information to 294 individuals concerned about memory loss or referrals by in house dementia care experts.
Financial Highlights

INCOME AND SUPPORT 2016-2017
Fees for Service ........................................................................................................ $2,026,395
Government Funding ........................................................................................... $543,414
Corporation and Foundation Grants ................................................................. $2,272,703
Charitable Contributions ...................................................................................... $252,043
In-Kind Facility Rent ............................................................................................ $300,960
Other .................................................................................................................... $48,698
TOTAL .................................................................................................................. $5,444,213

EXPENSES 2016-2017
Programs & Services ........................................................................................... $4,015,439
Administrative Expenses ..................................................................................... $352,287
Fundraising Expenses .......................................................................................... $324,172
TOTAL .................................................................................................................. $4,691,898

86 cents of every dollar donated to Alzheimer’s Family Center goes directly towards programs and services for our patients and caregivers.
Thank You

2016-17 Corporate Sponsors

- UnionBank
- Charter Communications
- Remick Associates
- scan
- Silverado

2016-17 Community Supporters

- Orange County Community Foundation
- DREAMCATCHERS, an auxiliary of
- California State University, Fullerton
- HBCOA
- Stanbridge College
- AARP
- UCI Mind
- One OC
- NADSA
- Saddleback College
- Vanguard University
- Concordia University
- Council on Aging
- Golden West College
- CONCordia University
FY 2016-17 Board of Directors

**Officers**

Mary Lou Shattuck  
*Chair*

Richard Milo  
*Vice Chair*

Tiffany Scurry  
*Secretary*

Peter Foulke  
*Treasurer*

**Members**

Teryn Clarke, M.D.  
Laura DeSoto  
Norma García Guillén  
John F. Gentile, M.D.  
Nancy Grimaldi  
Jeff Harpster  
Gregory R. Joslyn  
Martin Kleinbart, D.P.M.  
Thomas M. Linden  
Gwyn Parry, M.D.  
Tom Sparks  
Michael Stephens

**Executive Team**

Joanna Richardson-Jones, MBA, RD  
*Chief Executive Officer*

Monica Macias, LCSW  
*Senior Director of Programs*

Cheryl Alvarez, PsyD  
*Director of Clinical Research & Education*

Becky Barney-Villano  
*Director of Fund Development & Marketing*

Cherryllyn Jucaban  
*Director of Finance*

Aimee Ruiz, SHRM-CP  
*Human Resources Manager*