



1503 N. IMPERIAL AVE., SUITE 104
EL CENTRO, CA 92243-2875
PHONE: (760) 592-4494
FAX: (760) 592-4410

SOCIAL SERVICES TRANSPORTATION ADVISORY COUNCIL

MINUTES

December 4, 2019

Present

Voting Attendees:

Michael Hack – Vice-Chair	Consumer
Ted Ceasar	Consumer
Sarah M. Enz	Area Agency on Aging/Public Administrator
Monica De Leon	Area Agency on Aging
Raul Cordova	Work Training Center
Sonia Silva	Access to Independence
David Aguirre	CTSA-ICTC
Maricela Galarza	CTSA-ICTC
Gustavo Gomez	CTSA-ICTC

Non-Voting Attendees:

Cesar Sanchez	IVT/IVT Access/IVT Ride/IVT MedTrans
Jose Guillen	IVT MedTrans
Karla Aguilar	IVT Ride
Karla Pacheco	IVT Access

1. Mr. Hack called the meeting to order at 10:05 a.m. **A quorum was present.** Introductions were made.
2. Minutes adopted for November 6, 2019 ([Ceasar, Cordova](#)), **Motion Carried.**
3. CTSA Reports:

Mr. Gomez had the following updates:

- There were about 10 ADA certifications for the month of November.
- IVT Ride services continue to have at least 4 people on average signing up per week.
- A presentation of IVT and IVT Ride services in addition to a mobility training was conducted for seniors at Villa de Flores apartments, organized by Access to Independence. There are future plans to return and conduct IVT Ride sign-ups.
- Attended the California Health & Wellness Imperial County Community Advisory Committee meeting.
- Staff attended the Caregiver Appreciation Day event and promoted all IVT services.

Ms. Galarza had the following updates:

- A presentation was conducted at the Area Agency on Aging Advisory Committee.
- A presentation at the 1000 Women's club was conducted with the main focus on IVT Access and IVT Ride service.
- Staff conducted IVT Ride sign ups towards the end of the month of September at the Villa de Flores apartments. There are current plans to go back and conduct more IVT Ride sign-ups at the same location and other possible locations.

Mr. Aguirre had the following updates:

- Stuff a Bus event concluded and there was a total of 1076 pounds delivered to the Food Bank.
- The Veteran's Day event concluded and there were some veterans that took advantage of a free ride.
- The RFP for the TDA Triennial Audit is complete and processed. It is expected to be awarded by the end of December.
- ICTC is currently working on more infrastructure projects.
- A new bus shelter was added to the 5th & Park stop. This stop will benefit anyone who is trying to visit the new El Centro Aquatic Center.
- ICTC hopes to work on improving communication with the cities, thus creating more time-effective responses.

4. Continuance of Agencies Presentations:

A presentation was made by Monica De Leon, Information & Assistance Coordinator, a representative for the Area Agency on Aging (attached).

- ❖ All programs are free of charge.
- ❖ Programs include; Information & Assistance, Long term Care Ombudsman, In-Home Respite Care, Senior Nutrition, Legal Assistance, Health Insurance Counseling & Advocacy, and Transportation.
- ❖ Area Agency on Aging connects seniors 60+ with resources that are currently available for them.
- ❖ Elder abuse training available for anyone interested.
- Mr. Ceaser asked what is the limit of hours for Respite Care participants.
 - Ms. De Leon stated that it all depends on the needs of the person receiving respite care, based on an assessment given to the person in need.

A presentation was made by Sarah Enz, Assistant Public Administrator, a representative for the Imperial County Public Administrator (attached).

- ❖ Programs include; Public Administrator, Public Guardian, Public Conservator, Representative Payee, Indigent Burial and Area Agency on Aging.

5. Setting Date for January SSTAC Meeting:

- SSTAC members voted on moving the upcoming January SSTAC meeting to Thursday, January 9, 2020. It would originally fall on January 1st, which is a holiday (Ceasar, Cordova).
Motion Carried.

6. FY 2020-21 Master Needs List:

- The FY 2020-21 Master Needs List was presented to SSTAC members.
 - Mr. Aguirre informed SSTAC members that the Unmet Transit Needs process is beginning, therefore the FY 2020-21 Master Needs List can be adjusted as to what SSTAC members believe is the priority or move items that may have changed priority. Mr. Aguirre informed SSTAC members that newly uncovered needs may be listed in addition. Mr. Aguirre stated that it does not have to be finalized this meeting so agencies' have a chance to address any needs or changes for the following SSTAC meeting in the month of January.
 - Ms. Enz asked the reason that item "10" and "11" were close to the same verbiage:
 - ❖ Item 10 states, "Allow IVT Ride to provide transportation services to Seniors to congregate meal sites in Heber. Service would be operated on three weekdays."
 - ❖ Item 11 states, "Allow IVT Ride to provide transportation services to Seniors to congregate meal sites in Heber. Service would be operated on four weekdays."
 - Ms. Galarza stated Item 10 was originally going to be implemented. Feedback regarding item was received from Ms. Blankenship to attempt to reach for a fourth day to cover for the Nutrition program in Heber. Therefore, item 11 was then created.
 - Mr. Aguirre added that Item 11 was implemented to assist for the 4 days of Nutrition program in Heber instead of the 3 days that was originally planned. The implementation of the IVT Ride Heber service is planned to continue for the future but it is considered to be in a demo phase. It will be continuously monitored on its performance.
 - Ms. Enz mentioned that items "10" and "11" were already implemented, therefore it be removed from the list.
 - Mr. Ceaser stated that Item 9 should be looked at as a high priority.
 - ❖ Item 9 states, "Add an IVC Express route from Calexico to IVC and from IVC to Calexico in the evening after 5:30 p.m."
 - Mr. Aguirre stated that Item 9 can be further discussed at the next meeting, allowing some feedback from Mr. Torres.

7. Unmet Transportation Needs Letter (Sample):

- Mr. Aguirre presented SSTAC members with a sample of last year's Unmet Transportation Needs final draft letter. Mr. Aguirre informed SSTAC members to review the letter and further discussion on any adjustments can be made at the next meeting in January.

8. Transit Operator Reports:

- Imperial Valley Transit: Mr. Guillen reported the following:
 - Presented the statistics for the months of July-August-Septembers, 1st quarter.
 - The service is running well.
 - The Stuff a Bus and Veteran's Day event went well.
- IVT Access: Ms. Pacheco reported the following:
 - Presented the statistics for the months of July-August-Septembers, 1st quarter.

- The service has been busy and running well.
- IVT Ride: Ms. Aguilar reported the following:
 - Presented the statistics for the months of July-August-Septembers, 1st quarter.
 - There were a total of 140 sign ups for the 3 month period.
 - Ms. Enz reported that Ms. Estrada, advocate and coordinator at the Heber nutrition site, passed away. The service may see a decrease in passengers attending the nutrition site.
 - Mr. Aguirre mentioned that the Heber statistics drastically increased from July to August for the reason that the Area Agency on Aging was still using their previous mode of transportation, ARC-IV. Therefore IVT Ride Heber service was still operating in July with little passengers actually utilizing it.
 - Ms. Silva asked about the sudden increase of no shows for IVT Ride Heber service.
 - Mr. Aguirre mentioned that the increase is due to the transit service is new to the area and a constant issue with nutrition participants that don't call to confirm reservations. This issue leads up to IVT Ride Heber service still picking up all registered nutrition participants listed even if not confirmed. Recently, there has been an agreement with the Area Agency on Aging in regards also invoicing the nutrition participants no shows.
- IVT MedTrans: Mr. Guillen reported the following:
 - Presented the statistics for the months of July-August-Septembers, 1st quarter.
 - The 2nd bus service was suspended a few times due to a lack of passengers.

9. General Discussion

- No further comments.

10. Adjournment

- The meeting adjourned at 11:25 a.m. ([Hack](#)), **Motion Carried.**
- The next meeting will be held on Thursday, January 9, 2020, at the Imperial County Transportation Commission Office, 1503 N. Imperial Ave., Suite 104, El Centro, CA 92243.



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IN-HOME RESPITE CARE

Provider: AlzCare | 760.344.4654

In home care for the frail or impaired elderly, to provide short term relief for unpaid family caretakers. Seeks to prevent or delay nursing home admissions of the person receiving care and/or the physical decline of the one giving care.


 A photograph showing two elderly individuals, a woman and a man, sitting at a table and eating a meal together. They appear to be in a home setting.

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INFORMATION & ASSISTANCE

Provider: Area Agency on Aging | 442.265.7030 or 800.510.2020

Provides information, links individuals to community services available. Assesses the individual's problems and capabilities. Provides follow-up, where possible, to ensure that the services were received.


 A graphic of a wooden signpost with six directional arrows. The arrows point to the words: ADVICE, HELP, TIPS, SUPPORT, ASSISTANCE, and GUIDANCE.

2

SENIOR NUTRITION PROGRAMS

PROVIDER: CATHOLIC CHARITIES

Home Delivered Meals 760.353.6822	Congregate Meals 760.353.2748
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Nutrition for the homebound to help in recovery.

Nutrition in a group setting to help physical and social well being.



 A decorative graphic consisting of a row of silver forks. Each fork has a different piece of fresh produce balanced on its tines, including strawberries, broccoli, lemons, purple onions, tomatoes, and green beans.

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LONG-TERM CARE OMBUDSMAN

Provider: Area Agency on Aging | 442.265.7032

Ensures the rights and entitlement of persons in long-term care facilities by investigating and resolving complaints, initiating corrective action and asserting civil and human rights.


 A circular logo with the letters "LTC" in the center. The words "LONG TERM CARE" are written along the top inner edge and "OMBUDSMAN" along the bottom inner edge.

3

LEGAL ASSISTANCE

Provider: Elder Law & Advocacy | 760.353.0223

Provides legal advice, referral services, counseling, and representation by an attorney or paralegal acting under the supervision of an attorney to senior and their caregiver.


 A photograph of a man and a woman sitting at a table. The man is wearing a white shirt and glasses, and the woman is wearing a blue vest over a white shirt. They appear to be in a professional or care setting.

6

HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (HICAP)

Provider: Elder Law & Advocacy | 760.339.9977

Provides Medicare beneficiaries and those soon becoming eligible for Medicare with counseling and advocacy as to Medicare, private health insurance, and related health coverage plans.



7

TRANSPORTATION

Provider: IVT Ride | 760.337.1760

Curb-to-Curb transit access to group lunch.



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Imperial County Public Administrator/Area Agency on Aging

778 W. State Street
El Centro, CA 92243
(442)265-7000



Rosie Blankenship, Public Administrator/Guardian/Conservator
Area Agency on Aging Director

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PA Budget

Revenue: \$231,920

Expenses: \$1,033,705

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Department Description

Effective September 30, 2017, AB 798 (Garcia) was signed into law by the Governor of California making the position of the Public Administrator an appointed position by the Board of Supervisors (Gov. Code Section 24011). The Public Administrator directs, manages, and reviews the operation of various programs including:

- Public Administrator
- Public Guardian
- Public Conservator
- Representative Payee Program
- Indigent Burial
- Area Agency on Aging

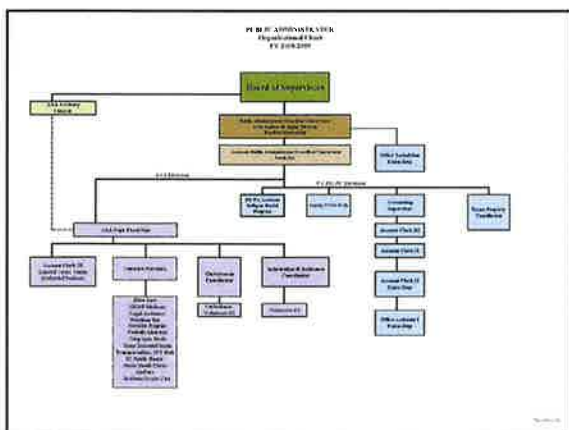
2



Mission Statement

Protecting, assisting and advocating for individuals by coordinating community based services to maintain their independence at home; and protecting the assets and managing the estates of those who have passed away.

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3

Public Administrator Programs and Activities

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- Probate the Estates of decedents who die without a will or where there is no family living in the State willing or able to do so
- The PA will make burial arrangements if the estate has sufficient funds and if other parties who have higher priority have not claimed the deceased.

Public Administrator



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Indigent Burial Budget


Revenue: \$7,000

Expenses: \$39,100

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- The PC/PG provides services required under the Probate Code &/or Welfare & Institutions Code when appointed by the court or upon its own petitions when there is no one living in the State who is willing and able to.
- The PC/PG acts as the legally appointed guardian/conservator for persons found by the Superior Courts to be unable to properly care for themselves or their finances or who can't resist undue influence or fraud.
- Such persons usually suffer from severe mental illness or are older, frail and vulnerable adults. The court can appoint a conservator of the person only or both person and estate.


Public Conservator / Guardian



8

- Designed to help families who are financially unable to pay for a funeral
- When the responsibility for disposition becomes the duty of the County, the decedent's evidence assessment takes priority.
- All deceased persons shall be afforded a dignified burial commensurate with their pre-need arrangements and/or ability to pay.
- The program does not supplement funds already available to the family


Indigent Burial



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- Manage the financial needs of persons unable to handle their own funds due to age, mental illness or disability.
- PA is the only agency approved by Social Security Administration in this County
- Case Management to target population (when needed)

Representative Payee Program



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Client Case Load

Year	Decedent	Payee	Probate
2013	268	285	18
2014	289	305	25
2015	311	329	28
2016	370	390	32
2017	373	438	38
2018	420	500	42

Current Overall Caseload: 962
Each Deputy Manages About 320 Cases

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Area Agency on Aging Programs and Activities

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- All the County's State and Federal funds for aging programs are managed through this office.
- Provides or contracts with other Providers, to provide services pursuant to the Older Americans Act and Older Californians Act
- Provide services to seniors 60 years of age and older with the greatest need.

Area Agency on Aging

Services Provided:

1. Congregate Meals
2. Home Delivered Meals
3. Nutrition
4. Long Term Care Ombudsman Services
5. Legal Assistance
6. Respite Services
7. Health Clinics
8. Transportation
9. Dementia Training & Education
10. Information and Assistance
 - Heber is a diverse community with a wide range of needs and needs that are not met by standard services. We are committed to providing services to all community members, including those with special needs.

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"I want to be young for as old as I can"

Belief of the late President George H. W. Bush

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Provider Service Units

PROVIDER	TITLE	DESCRIPTION OF SERVICE	CONTRACT HOURS FY 17-18	CONTRACT UNITS TO BE SERVED FY 17-18	CONTRACT CONTACTS FY 17-18	CONTRACT HOURS SERVED FY 16-17	CONTRACT UNITS SERVED FY 16-17	CONTRACT CONTACTS SERVED FY 16-17
HiCare, Inc.	MR	In-Home Respite	230	0	0	133	0	0
HiCare, Inc.	MR	caregiver Respite	6000	0	0	972	0	0
Area Agency on Aging	MR	Transportation	0	16237	163	0	1479	400
Catholic Charities	MR	Congregate Meals	0	44375	905	0	8947	1124
Catholic Charities	MR	Home Delivered Meals	0	19400	73	0	2053	183
Heber Law & Advocacy	MR	Senior Legal	890	0	275	606	0	377
Heber Law & Advocacy	MR	caregiver Legal	80	0	50	330	0	70
C. Public Health	MR	Senior Health	0	100	200	0	100	824
C. Public Health	MR	Health Promotion	0	240	500	0	1	1
Nutrition Link	MR, LR, PR	Nutrition Education	250	0	0	250	0	0

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AAA Budget

Revenue: \$1,471,285

Expenses: \$1,471,285

Revenue Includes grants totaling \$387,693


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Perceived Senior Transportation Needs

- Heber: Currently no IVTRide in Heber to Congregate Meal Site. ARC Transportation currently in use.
- Intercity IVTRide: Currently only Intracity available.
- Calexico: Designated IVTRide bus for Seniors attending congregare meal site.
- Post Bus Route Schedule at Bus Stops
- Other:

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CHALLENGES WE FACE



- Increased senior population; with no one to care for them resulting in increased referrals for PC and Payee services
- Increase in Financial Elder Abuse and lack of PA Staff for Case Management and DA staff to prosecute perpetrators
- Lack of resources to provide Senior services due to decrease in State and Federal Funding (e.g., home delivered meals, transportation and respite care)
- Limited Board and Care facilities in the County
- Central location for Dementia/Alzheimer's education/training
- Local board and care providers willing to take seniors with Dementia or Alzheimer's
- Increased PA & PC case load and insufficient staff to provide needed services

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Questions or Comments?

Thank you for your time!

Imperial County Public Administrator
Area Agency on Aging
778 W. State Street
El Centro, CA 92243
(442) 265-7000



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**IMPERIAL COUNTY
PUBLIC ADMINISTRATOR
Conservator / Guardian
AREA AGENCY ON AGING**



AREA AGENCY ON AGING

All Imperial County's State and Federal funds for aging programs are managed through this office and are under the direct supervision of the Public Administrator & staff. Some services are contracted with local providers.

INFORMATION AND ASSISTANCE

Information and Assistance is designed to connect and refer individuals to the services they are seeking within and outside of the community. Through an assessment between the individual and coordinator, the coordinator will strive to ensure that the individual is linked to the proper service. After a referral or connection is made, a follow-up will be conducted to ensure services were received. Information and Assistance can be reached at 1-800-510-2020.

The INFO-VAN is our mobile information and assistance office. The INFO-VAN is available for community fairs, presentations and community outreach.

OMBUDSMAN

Advocates for the protection of Resident's Rights in long-term care facilities by investigating and resolving complaints, initiating corrective action and asserting civil and human rights.

**Public Administrator
Public Conservator / Public Guardian
(442) 265-7000 + (442) 265-7034 Fax**

**Area Agency on Aging - PSA 24
(442) 265-7033 + (442) 265-7035 Fax**

**Local Toll Free
1-800-510-2020**

**Long Term Care Ombudsman Program
(442) 265-7032 + (442) 265-7036 Fax**

**Ombudsman Crisis Line
1-800-231-4024**

www.aaa24.org



**778 W State Street
El Centro, CA 92243
(442) 265-7000**



PUBLIC CONSERVATOR / GUARDIAN

The Public Guardian or Public Conservator (PG/PC) conducts the official County investigation into conservatorship matters. The PG/PC also acts as the legally appointed guardian or conservator for persons found by the Superior Courts to be unable to properly care for themselves or their finances or who can't resist undue influence or fraud. Such persons usually suffer from severe mental illness or are older, frail and vulnerable adults.

The court can appoint a conservator of the person only, or of both person and estate.

REPRESENTATIVE PAYEE PROGRAM

The Social Security Administration (SSA) administers two programs that provide income security for aged, blind or disabled persons. Most people receive their payments directly; however, others are unable to manage or direct the management of their own funds. SSA pays these people through the representative payee program, and this office manages payments for them.

PUBLIC ADMINISTRATOR

The Public Administrator (PA) investigates and may administer the estates of persons who die with no will or without an appropriate person willing or able to act as administrator. The Public Administrator has the same duties as private administrators.

- Protect the decedent's property from waste, loss or theft.
- Make appropriate burial arrangements.
- Conduct thorough investigations to marshal all assets.
- Ensure that the estate is administered according to the decedent's wishes.
- Pay creditor claims and taxes.
- Locate persons entitled to inherit from the estate and ensure that these individuals receive their inheritance.



INDIGENT BURIAL

Decedents meeting the criteria for the County Indigent Burial Program shall be afforded a dignified burial commensurate with their pre-need arrangements and/or ability to pay. When the responsibility for disposition becomes the duty of the County of Imperial, the decedent's evidenced intent is to take priority. The Imperial County Indigent Burial program has been designed to help families who, at this difficult time are financially unable to pay for a funeral. Upon approval, applicants are limited to direct burial or direct cremation. The County does not supplement funds already available to the family or decedent for funeral arrangements.



Newsletter

Together We Can

The Imperial County Area Agency on Aging (AAA) is committed to addressing the needs and enhancing the resources for dementia care in Imperial County through its multi-faceted countywide initiative **Together We Can**.

The AAA, in partnership with the Alzheimer's Association San Diego Imperial Chapter and Southern Caregiver Resource Center (SCRC), provides a variety of services for the community to increase skills and knowledge related to dementia care.



Walk to End Alzheimer's



The **Together We Can** initiative was launched with the First Walk to End Alzheimer's on Saturday November 3rd of 2018. The Area Agency on Aging in partnership with the Alzheimer's Association San Diego/Imperial/Chapter joined forces to bring the Agency's first walk. There were over 100 participants that attended and we had 8 informational resource tables. Various sectors of the Imperial County community participated in this walk provided momentum to this valuable initiative, and they also empowered County-wide efforts for enhancing Alzheimer's care throughout the County of Imperial. The 2nd Annual Walk occurred recently on Nov. 2nd and details of the outcome of this walk will be released soon. For more information about this event please contact Debbie Garcia at (760) 482-2995 or Lydia Greiner (203) 767-1598.

Money raised at the 2019 Imperial Valley Walk to End Alzheimer's allowed the association to serve more people with dementia, their caregivers and others in the community by providing outreach, education, advocacy and research.

Safe Return Program

The Imperial County Area Agency on Aging (AAA) - Dementia Care Division and the Alzheimer's Association San Diego Imperial Chapter offered free memberships for the MedicAlert + Safe Return program. This program is a 24 hour nationwide emergency response service for individuals with Alzheimer's, or related dementia, who wander or have a medical emergency. The AAA - Dementia Care Division had several informational presentations at senior apartments, congregate sites, and other community locations to promote this program.

The AAA-Dementia Care Division also has expanded its public outreach by distributing flyers & material about this program. During April and June of 2019, the AAA - Dementia Care Division signed up 53 members to this program. Feedback received from members using this program indicates that the bracelet makes people feel safer because it reassures them that someone may recognize them and return them home safely if they were to wander off. The program also makes the caregivers feel more at ease about patients who wander off.





Become a Dementia Friend

Become a Dementia Friend. A Dementia Friend learns about dementia and then turns that understanding into action. We all have a part to play in creating a dementia friendly community!

The Public Administrator/Area Agency on Aging staff displaying their Become a Dementia Friend certificates after completing their training with the Dementia Friends U.S.A. organization.

The Imperial County is in the process of getting the Board of Supervisors approval to be recognized as a Dementia Friendly county.

What is a dementia friendly community? Join the movement!



Dementia Care Division Trainings

Training

To provide training opportunities for non-family caregivers in dementia care, the Imperial County –Area Agency on Aging (AAA) promotes the CARES online training tool, which is a web-based program consisting of 8 modules dealing with topics in dementia care. Marisol Luna currently has 6 primary care sites that have signed up for this program at no cost.

This online training is for non-family caregiver's working in home care, hospice, residential care, skilled facilities, IHSS, and other primary care sites. It also offers certification for professional caregivers. Participants taking this training have up to one year to complete the program.

Training community educators using Alzheimer's Association San Diego and Imperial County materials

El Centro DayOut has had monthly trainings using the Alzheimer's Association/Imperial County materials online. They have also incorporated this information in their monthly support groups that are scheduled every 2nd Tuesday of the month at 375 1st Street El Centro, CA 92243. This support group is facilitated by Maribelle Mendez, Director.

There is another support group facilitated by LCSW Mr. Jim Shinn every 1st and 3rd Wednesday of the month at Dr. Sampat's

office located at 1665 S. Imperial Avenue El Centro, CA 92243. Mr. Shinn implements Alzheimer's Association/Imperial material into his support groups as well.

Classes

The Dementia Care Division Caregivers and the community at large attended classes hosted by Alzheimer's Association & Southern Caregiver Resource Center. Some of these classes were in partnership with Imperial County Public Administrator-AAA. These classes were designed for families, caregivers or individuals with Alzheimer's or another related condition.

SCRC classes were livestreamed and aired through social media to reach out to family caregivers about this training opportunities.

The classes held in April, discussed different topics for understanding Alzheimer's and dementia and exploring the relationship between Alzheimer's disease and dementia. The "Healthy Living for Your Brain and Body" topic focused on how to make good lifestyle choices for maintaining and optimizing brain and body health, and "The Basics of Memory Loss" described age related changes involving bad decisions.

SCRC classes also covered concepts like managing the difficult behaviors of dementia, the aging process, life expectancy, healthy aging, and learning how to handle difficult situations like changes in personality, wandering, and communication.



Outreach Efforts

On May 1st 2019, the Public Administrator / AAA - Dementia Care Division attended a Law Day Event that was hosted locally in Imperial Valley for working with law enforcement officers and first responders to disseminate information about the Alzheimer's Association/AAA First Responder Training. The training

that was sponsored in this event is a free online course that prepares first responders and law enforcement personnel to respond to common calls involving people with dementia. After completing the training, certificates are issued. There were 10 law enforcement officers / first responders who signed up for the training.

The Dementia Care Division joined (AAA) Information & Assistance Coordinator Monica De Leon presenting older adult services at senior apartments all over the county. The AAA held several presentations for the community to increase outreach and inform others about the services available.

Elder Abuse Awareness Conference 2019

The AAA has an Elder Abuse Conference every other year. This year, we had 80 attendees that participated in this conference. There were 5 speakers from different agencies that shared valuable elder abuse information. The (AAA) Dementia Care Division was invited to partici-

pate in this conference and also had a resource table where staff members handed out flyers and talked to different organizations about services available to seniors with dementia or a related condition.



Caring for the Caregiver Conference

On May 30th 2019, the Southern Caregiver Resource Center (SCRC) had its 2nd Annual Conference Caring for the Caregivers. This year, the conference was in Spanish and was well attended by the community. There were various topics that were discussed such as memory loss and the importance of a healthy diet for maintaining better physical and mental health. There were several booths from different agencies that participated in this event. Speakers from SCRC and other organizations educated the group about different topics related to dementia care. SCRC engaged the group by sharing new exercise techniques like dancing, stretching, and provided them with stress balls and other items to take home. They had giveaways and a virtual resource table with an experimental tool kit for anyone seeking to understand the physical and mental challenges of those suffering from Alzheimer's and Dementia. The Imperial County - AAA Dementia Care Division promoted this event in 56 places during April and May.



10 Early Signs and Symptoms of Alzheimer

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. If you notice any of them, don't ignore them. Schedule an appointment with your doctor.

- 1 **Memory loss that disrupts daily life**
- 2 **Challenges in planning or solving problems**
- 3 **Difficulty completing familiar tasks at home, at work or at leisure**
- 4 **Confusion with time or place**
- 5 **Trouble understanding visual images and spatial relationships**
- 6 **New problems with words in speaking or writing**
- 7 **Misplacing things and losing the ability to retrace steps**
- 8 **Decreased or poor judgment**
- 9 **Withdrawal from work or social activities**
- 10 **Changes in mood and personality**

Dementia Word Search It's fun and interesting!

U U R J I Q M E M O R Y L O S S N
 E B E H A V I O R L O V E V F T O
 P S U N D O W N I N G C Q F L T T
 A D D S S K S V P A R A N O I A U
 T F O R G E T F U L N E S S A X C
 I U C M Q Q A C V I G B J K Q M A
 E R O E Y A G O H X G Y X C D N R
 N Z N O K T I M U B R A I N R W E
 T Y F F E H N M X B C P V L Y U G
 H R U M F E G O S E N I O R S X I
 F O S N B R D D D E M E N T I A V
 Q X I L A A C E K C U C R P H R E
 L D O B T P N V G R S E P M S R R
 T T N W H Y X B U C O P E N C U S
 H E L P I N G Z G G P T L J I M Z
 H P A Q N I N C O N T I N E N C E
 K V G O G H A G I T A T I O N J F

Therapy	Aging	Agitation	Bathing
Behavior	Brain	Caregivers	Commode
Confusion	Cope	Dementia	Forgetfulness
Helping	Incontinence	Love	Memory Loss
Paranoia	Patient	Seniors	Sundowning

A Self-Help Approach to Coping with Caregiver Stress

Carol Bradley Bursack, *Minding Our Elders* Caregiving can bring forth an ever-changing kaleidoscope of emotions. These feelings are often bittersweet, and without the proper preparations and assistance, things can quickly skew towards bitter. Left unchecked, many of these emotions may lead to guilt, depression, anxiety and caregiver burnout.

While therapy is recommended for people who are struggling with these negative feelings, many wish to handle such challenges on their own. Professional help can be extremely beneficial, but there are steps that caregivers can take by themselves to better handle the emotional complexities of caregiving and get more comfortable with the idea of seeking outside assistance.

Realize That You Matter, Too

Former graphic designer Koko Kawasaki is no stranger to the importance of respite and self-care for caregivers. The experience of caring for her father who suffered from multiple health issues, including stroke and vascular dementia, inspired her to earn her master's degree in gerontology to help other families like hers.

Self-care tends to be one of the biggest challenges for those who are caring for ill and aging loved ones, but Kawasaki agrees that it is a necessity for wellness of the entire care team. Even though this is a need we all understand the importance of, there is something about caregiving that triggers guilt in anyone who yearns for a moment alone to pursue physical and mental healing.

"I initially did not think of caring for myself because I thought it would take time away from caring for my father," Kawasaki admits. Determining how much time and effort to devote to oneself is a common dilemma for many family caregivers. Even when they allow themselves a marginal amount of respite, many fear they are being selfish with their resources.

"In time, though," Kawasaki, recalls, "I realized that if I didn't make self-care a priority, my attitude and my ability to look after my father would both be negatively affected. In hindsight, I believe that making time for myself enhanced the caregiving experience for both of us." This realization is a fundamental part of the care journey that comes too late for many. Unfortunately, failing to recognize that your own health matters can have significant and often lasting physical and mental consequences.