LA Found: Tracking Bracelets
Innovations to Protect Wandering Seniors

Did you know that 60% of individuals with Alzheimer’s or Dementia will wander and go missing? Los Angeles County and L.A. Found are here to help caregivers. They offer a system of trackable bracelets to help locate individuals who get lost. As the focus of the L.A. Found Initiative, Project Lifesaver provides a voluntary system of trackable bracelets for at-risk individuals. When an individual wearing a Project Lifesaver bracelet goes missing, the LA County Sheriff's Department can also deploy helicopter-mounted receivers to assist the ground search team to help expedite locating the missing person. Speaker, Henry Mendez from LA County Aging and Community Services will teach you how this program works and about the application progress.

Wednesday
March 18, 2020
1:00-2:00 PM
RSVP Only (818)847-3686
Thank you Suzy Fox for a great presentation!

Our guests learned how to make their homes safe!

1 in 4 adults aged 65+ falls every year. Every 11 seconds, an older adult is treated in the ER for a fall.

Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admission among older adults.

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Tips Corner:
10 Ways to Ditch Guilt

1. Write down when you feel guilty, tracking the guilt will help in understanding the root of it.

2. Rely on friends and family or join a support group. Constantly give yourself opportunities to stay social.

3. Ask for help.

4. Refocus yourself on how fortunate you are, focus on the positive rather than the negative.

5. Develop realistic expectations.

6. Self-care is not selfish. You cannot give much if you do not give to yourself.

7. People don’t make you feel guilty, only you let yourself feel guilty.

8. Do not “Should Yourself.” It creates negativity on a daily basis.

9. For everything you have to do, do something for yourself.

10. Create a mantra, “I release the need to be perfect. I am doing the best I can.”

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You gotta nourish to flourish
SUPPORT GROUPS

Are you thinking about a support group? Great! We offer a variety of groups designed to meet many caregiving situations. Many people tell us it’s the thing that gives them peace of mind, a lifeline to hope and a family of people who “get it.” We’d love to have you join our community! To make sure you find the group that’s the right fit for you, contact us at the center. We are here for you at anytime to answer your questions and help you connect with the resources you need to navigate your caregiving journey. We look forward to hearing from you! You’re not alone.

Meet Our Empowerment/Support Group Facilitators

Liz Gregory, Audrey Amzalag, and Dana Sigoloff, are all Human Services Paraprofessionals who were trained at the Wagner Program at American Jewish University. Ann Brunner, MSW has many years working with seniors and families. Bernice Sanders is a trained facilitator with the Alzheimer’s Association.

Caregiver Connection

1st & 3rd Wed., March 4th & 18th 11:15am-12:45pm
This support group is open to people that are family members, living with and/or caring for a loved one with Alzheimer’s or Dementia. A time to vent, share, learn and offer to others on a similar path. Group facilitated by Bernice Sanders. (Please contact us to make sure this group is the right fit for you.)

Caring for a Parent with Alzheimer’s/ Dementia

EVENING GROUPS – 1st & 3rd Wed., March 4th & 18th 6:00-7:30pm
Caring for your mom or dad can present very different challenges than caring for a spouse. Share experiences and ideas; support each other in navigating the care and support of a parent. The group facilitator is Bernice Sanders. (Please contact us to make sure this group is the right fit for you.)

Courageous Heroes Alzheimer’s/ Dementia Caregiver Support Group

1st & 3rd Thurs., March 5th & 19th, 12:30pm-2:00pm
This meeting is open to spouses that are living with and/or caring for a loved one with Alzheimer’s or Dementia. A time to vent, share, learn and offer to others on a similar path. Group led by Liz Gregory and Audrey Amzalag. Respite is offered (Please contact us to make sure this group is the right fit for you.)

Early Memory Loss Support Group

2nd & 4th Thurs., March 12th & 26th 10:00am-11:30am
This is a support group for those that are recently diagnosed with any memory impairment. Acknowledging a memory loss can bring up many feelings-this is a time to open up, learn and share in a safe environment. Group facilitated by Ann Brunner. (Please contact us to make sure this group is the right fit for you.)

Wellness Warriors Alzheimer’s/Dementia Caregiver Support Group

2nd & 4th Thurs., March 12th & 26th 12:30pm-2:00pm
This meeting is open to spouses that are living with and/or caring for a loved one with Alzheimer’s or Dementia. A time to vent, share, learn and offer to others on a similar path. Group led by Dana Sigoloff and Liz Gregory. (Please contact us to make sure this group is the right fit for you.)