



El Cuidador...or 'Mama, the car keys don't go in the fridge!'

Sergio Ochoa's One-Man Show Remembers Comedienne Leonorilda Ochoa

Los Angeles, CA (August 21, 2017) – Celebrated Mexican actor Sergio Ochoa performs ***El Cuidador*** (The Caregiver), on Saturday, September 23, 8 p.m. at El Camino College Campus Theater. This is the American debut of Ochoa's one man show about his mother, actress Leonorilda Ochoa, and their relationship, after her memories began to fade. Directed by Omar Medina, performed in Spanish and critically acclaimed during its Mexico City run, ***El Cuidador*** is presented by Alzheimer's Greater Los Angeles (ALZLGA) as part of Hispanic Heritage Month activities. This performance is made possible by generous sponsors; Univision Los Angeles, SCAN Health Plan, First Serenity Hospice and Latinos Against Alzheimer's. Tickets are free of charge, courtesy of SCAN Health Plan, however reservations are required and available by phone at (310) 329-5345, online at <https://tinyurl.com/elcuidador>, or email artstickets@elcamino.edu. A panel discussion follows the performance.

Leonorilda Ochoa was a renowned Mexican comedic actress whose career spanned more than fifty years. In 2006, at 66 years old, Leonorilda was diagnosed with Alzheimer's Disease and retired from performing. Her son Sergio soon became her caregiver. As her disease progressed, Sergio kept notes on their lives together, tracking good days and bad ones, keeping sadness at bay by detailing the sweetness and surprising humor that he often found. Leonorilda passed away in 2016. Sergio has distilled his memories of his mother and their evolving relationship after her illness, into a critically acclaimed monologue. By turns warm, anguished, funny and painful, in *El Cuidador* (The Caregiver) ...or 'Mama, the keys don't go in the fridge', Sergio remembers all fondly, but accurately.

"I have written about the experiences and anecdotes that occurred to me the entire 10 years that I cared for my mother. It's a 100% experiential monologue, all real, although obviously, I try to tell it in a funny way, so it's not so hard. It's like an apapacho (a hug) for people who are burdened by this disease; the patients, their families and caregivers. When I began to perform ***El Cuidador*** I saw that it was a good release for me, and that people liked me to tell my stories, because I could take some weight from their own experiences. Having an emotional outlet and a support group is critical for caregivers," said Ochoa.

Recent medical research indicates that on average, Hispanics are twice as likely to develop Alzheimer's and other cognitive impairment than whites, and nearly three times more likely than whites to develop early onset dementia (age 55-64). However, the Hispanic community is less likely to be familiar with symptoms and the availability of local resources for patient and caregiver assistance. Strong cultural

bonds of family responsibility sometimes discourage caregivers from seeking external services for loved ones, or counseling and respite for themselves. For 36 years, ALZGLA has provided family counseling in Spanish, a bilingual hotline call center, Hispanic community awareness outreach, and other services at all five of the greater Los Angeles service centers.

About Alzheimer's Greater Los Angeles

Alzheimer's Greater Los Angeles is the only local full-service, dementia-focused, nonprofit with 36 years of experience and 57 staff serving Greater Los Angeles and the Inland Empire. ALZGLA provides programs and services free of charge to individuals with Alzheimer's and related dementias, their families, caregivers and the community. Low cost training and education are also offered for professionals. Alzheimer's Greater Los Angeles began as an independent 501(c)(3) nonprofit in 1981. 100% of all Alzheimer's Greater Los Angeles fundraising stays local, focusing on care, support, advocacy, and research across Greater Los Angeles and the Inland Empire.

Alzheimer's is a devastating neurodegenerative disease that weakens the memory and other cognitive and emotional functions. For more information, call the Helpline 24/7 at 1-844-HELP-ALZ or visit www.alzgl.org.

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Media Contact:

Philippa Jones

Katy Sweet & Associates

(310) 479-2333

pip@katysweetpr.com