Alzheimer's LOS ANGELES

FISCAL YEAR 2023 IMPACT REPORT





JULY 1, 2022 - JUNE 30, 2023





A MESSAGE FROM



HEATHER
COOPER ORTNER
PRESIDENT & CEO



SUSAN
DISNEY LORD
CO-CHAIR



JEFF GLASSMAN CO-CHAIR

Fiscal year 2023 saw much change, yet again. But this year's changes brought us closer to what we all remember as normal. The summer and fall of 2022 still brought a COVID surge, but life gradually began to resemble what it used to be like as people began participating in more in-person activities.

This meant a strong return to in-person programs for us. Our activity programs, like Memories in the Making® and Memory Mornings, began holding regular in-person sessions, both in our office and with partners around the county. We spent several months assessing our communities' needs and finding a balance between maintaining virtual programs and reintroducing and scaling up for in-person classes and workshops.

This process highlighted the communities that had suffered more than others as a result of the pandemic. Because it was impossible to work in-person for more than two years, those who rely most on person-to-person interaction and communication, as well as those who do not have access to technology, had the hardest time accessing our programs and services. Gratefully, this year also saw us continue implementation of our \$3 million Conrad N. Hilton Foundation grant from the previous year. This grant supports our work in diverse, low-income, and underserved communities and enabled us to add several new positions to our staff team to address these needs.

Building on the success of our 40th anniversary celebration, we held the 2nd Annual Making Memories Festival, featuring the beloved multi-Grammy-Award winning local band Los Lobos. More than 1,500 people turned out for a beautiful Sunday in the park with great music, tasty food, and a huge resource fair. Local Music. Local Food. Local Cause!

We also hosted our most successful An Unforgettable Evening ever! The remarkably talented and hugely entertaining Kristen Chenoweth had people singing and dancing along as we raised over \$800,000 to support our free programs and services.

We extend our profound appreciation to our donors, funders, partners, and volunteers for their endless generosity and deep passion for Alzheimer's LA and our community. Without their financial support and the many volunteer hours, we could not continue to serve those who are in great need of our services.

With gratitude,

Heather Cooper Ortner

President & CFO

eather Other

Susan Disney Lord & Jeff Glassman

Board of Directors Co-Chairs

In d. Alsen



Alzheimer's Los Angeles provides free care and support to individuals with Alzheimer's and other dementias, their families, caregivers, and the community. Low-cost training and education are also offered for professionals. Alzheimer's Los Angeles began as an independent 501(c)(3) nonprofit in 1981. 100% of all donations to Alzheimer's Los Angeles stay local, focusing on care, support, advocacy, and research across the greater Los Angeles area.

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OUR MISSION

Improving the lives of local families affected by Alzheimer's & dementia by increasing awareness, delivering effective programs & services, providing compassionate support, and advocating for quality care and a cure.

PROGRAMS & SERVICES

at a glance



COMMUNITY EDUCATION & OUTREACH

Our community education team provides free presentations on a variety of topics from the basics of Alzheimer's to risk reduction. We increase the health and well-being of community members through a variety of programs including caregiver workshops, community education, and outreach programs. We offer these programs in a variety of languages.

The community education and outreach team hosted "Posada de la Salud del Cerebro" at our East LA office as their first in-person community outreach event since the beginning of the pandemic. Dementia education presented by Dr. Gustavo Estrella from Optum Health and UCLA neuropsychologist, Dr. Mirella Díaz-Santos was added to the traditional Mexican celebration that takes place during the nine days leading up to Christmas. Sixty-five people attended and participants reported that it was informative, engaging, and great to be back in person.



HELPLINE: (844)435-7259

Helpline specialists provide up-to-date information, education, and support

to the greater Los Angeles community. They also provide callers with local resources and referrals as well as the emotional support that dementia caregivers often need.



MAITE GARCIA, HELPLINE VOLUNTEER

Maite knows what it is like to be a caregiver for someone with Alzheimer's. In fact, she experienced moving her parents into her home to

help with her mom's various stages of the disease. And five years ago, when Maite was able, she started volunteering at Alzheimer's LA. She says of her own experience, "Through the enormous support of amazing caregivers and Alzheimer's Los Angeles, I was able to learn to swim instead of sink. As a caregiver, I learned the most valuable tool was to truly accept the changes this disease caused in my mother so I could step into her world with more compassion, patience, and humor. Now helping others is my way of helping disarm this insidious disease."



CARE COUNSELING

Our care counselors are dementia specialists who provide in-depth,

personalized consultations for individuals and families facing decisions and challenges. They address families' unique concerns to develop care plans and provide resources for each family's particular situation.

TORI BOYER, SENIOR CARE COUNSELOR

Tori Boyer has been a care counselor at Alzheimer's Los Angeles for over five years. She works exclusively with people in the early stage of dementia, oversees



the early-stage programs, and supervises other early-stage staff and interns. Tori shares that, "People with early memory loss often feel alone and they believe that others do not relate to what they are going through. To be able to provide support, education, and help empower people and connect them to others feels like life-changing work."

EARLY STAGE SERVICES

Early Stage Services are designed for those with Mild Cognitive Impairment (MCI), early stage Alzheimer's, and other dementias to help them and their families by empowering them with information, resources, and connections. Memory Club, Grad Club, and the Early Memory Loss Conference address concerns, enable earlier treatment, and empower families to plan for the future in many ways including financial and legal matters.

Memory Club is a comprehensive support, education, and peer group for individuals experiencing early-stage symptoms of memory loss due to Mild Cognitive Impairment, Alzheimer's, or another dementia and for their family or friend care partners. Participants spend eight weeks forming friendships, learning from each other and from expert speakers on how to navigate life after receiving a diagnosis.



SUPPORT GROUPS

Support groups are offered for caregivers as well as family and friends of people living with Alzheimer's or

another dementia. They provide a safe place to talk through challenges, share feelings and concerns, and learn about available resources. Alzheimer's LA support group facilitators are experienced, trained staff or volunteers who work closely together to ensure caregivers are provided up-to-date and pertinent resources, information, and support.



JIM KELLY, SUPPORT GROUP LEADER

After his mother-in-law passed away, Jim Kelly's original retirement plans changed. He and his wife had been caregivers for her her mother, but it wasn't until

toward the end of their caregiving that they became aware of support groups. Jim shares, "In the short time I did attend a group, I became more aware of community resources, I felt an open and honest sense of community, and I learned the language of being a caregiver. After six years as a facilitator, I still find it rewarding to witness the generosity of family caregivers."

ACTIVITY GROUPS

Activity groups are offered for people in the early to middle-stages

of Alzheimer's or another dementia with their caregivers attending especially when in person. Two popular activity groups are BasebALZ and Memories in the Making®. BasebALZ uses baseball as a topic for reminiscence therapy. Memories in the Making is a unique fine arts program that offers creative and non-verbal communication and captures precious moments through art.

ANNE OH-MOON, SENIOR MANAGER, SUPPORT GROUPS & ACTIVITY PROGRAMS

For close to six years, Anne Oh-Moon has overseen support groups that are available to caregivers and activity programs that are tailored for people living with



dementia and their care partners to enjoy together. Anne facilitates an in-person program called Memory Mornings which provides a supportive environment for people living in the mid-stages of dementia and for their care partners to engage in cognitively stimulating activities including art, music, exercise, and more. Anne shares, "Families and people living with dementia have so much to offer such as wisdom, courage, knowledge, and their stories. My hope is that families affected by this disease know they are not alone; we are here to provide compassionate support by delivering our impactful programs and services."



HEALTHCARE SERVICES & PROFESSIONAL TRAINING

Healthcare Services and Professional Training provide advocacy, technical assistance, and training to healthcare organizations to support them in making their systems of care more responsive to the needs of people living with Alzheimer's or other dementias and to the needs of their families. The Healthcare Services and Professional Training team builds bridges between the healthcare system and Alzheimer's Los Angeles to ensure that non-medical needs are met, care is coordinated, and families are supported.

Alzheimer's Los Angeles is the lead agency in California for Dementia Care Specialist training, which is specifically for care managers at health plans and provider groups who serve lower income older adults. This year, Alzheimer's Los Angeles delivered four Dementia Care Specialist trainings consisting of twelve and a half hours per training. Care managers from nine different healthcare organizations attended. Following the training, participants had opportunities to reinforce concepts they had learned and to discuss effective strategies to manage challenging clinical cases.



PUBLIC POLICY

Alzheimer's LA advocates at the local, state, and federal levels for

legislative, policy, and regulatory changes that improve the quality of care and quality of life for people living with Alzheimer's or other dementias and for their families. We work on improving dementia care and services, increasing access to community-based care, expanding funding for scientific research and public programs serving people with dementia and their caregivers, and supporting the development of dementia-friendly communities.

Public Policy staff cohosted a coffee for local seniors in partnership with Jewish Family Service, the Assembly Aging and Long-Term Care Committee, the California Department of Aging, and the LA County Department of Aging and Disability. The event gave advocates an opportunity to speak directly with state and county leaders about issues important to seniors and people impacted by dementia in Los Angeles. This event was part of the work of two State initiatives: the Master Plan for Aging and California for All Ages and Abilities by 2030.

EDUCATION IN THE COMMUNITY

Eva is the backbone of her family. She provides care for her husband, who has had severe damage from two strokes, which has resulted in him being bedridden for a span of 25 years, and is now living with cognitive and memory impairments. Adding to those caregiving responsibilities, she also looks after her 80-year-old mother-in-law who has Alzheimer's.

Alzheimer's Los Angeles has walked alongside Eva during this challenging journey since she sought help and joined our classes. In Eva's own words, "Your organization and the classes are nothing short of a blessing." The weight of her responsibilities is evident, but even amidst the struggles, she shared over a heartfelt phone conversation, "I'm filled with hope, confident that I'm on the right path, and there's peace in my heart."

Eva took part in our Unidos workshops held in person at our East LA office. These sessions were especially meaningful

for her as they not only provided her with essential caregiving knowledge about Alzheimer's disease, self-care, and the caregiver's role, but they also fostered family unity. With the tools and support garnered from the workshops, she was able to rally her husband's family, who are now actively involved and find joy in taking care of their elderly mother. Their story is a testament to the transformative power of understanding, compassion, and collective effort.



Alzheimer's Los Angeles By the Numbers



480

Support group participants



3,499

Community education participants



1,557

Care counseling sessions



464

Early stage sessions



1,871

Helpline calls



4.172

Community outreach participants



776

Activity program participants



|52|

Respite or assistance recipients

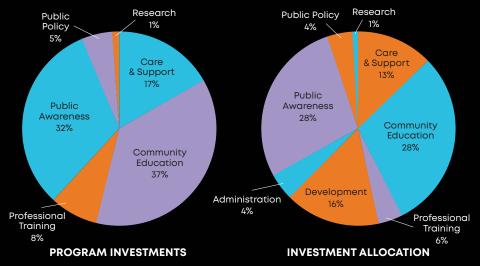


2.767

Professional training participants

FINANCIAL SUMMARY

FISCAL YEAR 2023 (JULY 1, 2022 - JUNE 30, 2023)



HOW YOUR DONATION WORKS FOR OUR MISSION:

100% RAISED STAYS LOCAL

Alzheimer's Los Angeles believes in transparency in everything we do. A copy of our complete audited financial statements are available at AlzheimersLA.org or may be requested by calling 844.HELP.ALZ



CAREGIVER STORY

Gina is a caregiver for her mom, Irene, who was diagnosed with Alzheimer's three years ago. Before the diagnosis, Gina and her mom were estranged for many years. After her mom's diagnosis, Gina discovered her mom wasn't being treated well by her partner, so Gina brought her home to live with her.

Gina has a few siblings who help a little financially, but since she was the only one doing the caregiving, she was having trouble coping and felt increasingly isolated, lonely, and stressed, especially since her mom was often agitated. Her mom's agitation made it harder to go out and socialize. Gina had liked taking her mom to church on Sunday where her mom sang in the choir, but as her dementia progressed, her mom was behaving inappropriately during choir practice and was told she could no longer participate.

Seeking some support, Gina called our Helpline, took Savvy Caregiver® classes, began participating in a support group for Spanish speakers, and started meeting with a care counselor. Alzheimer's Los Angeles provided Gina with some respite and a shower bench for her mom. At first, Gina was very guarded in the support group and with her care counselor, but as the months have gone by, she has started opening up more and also providing support to other members of the group. She has gained clarity and insight into the experience of being both a daughter and a caregiver, enabling her to establish a new relationship with her mother after all these years. Gina is determined to provide as high a quality of life for her mom as possible, and she is very grateful to Alzheimer's LA.

THE POWER OF PHILANTHROPY

We are so grateful for every contribution, large or small, from our generous donors and are honored to recognize those who made gifts between July 1, 2022 and June 30, 2023.

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Supporter Profile: WHY I GIVE

Joyce Brandman

Community leader, entrepreneur, philanthropist, friend of Alzheimer's Los Angeles

Giving back to others provides a tremendous amount of joy to Joyce Brandman, and that joy is reflected in all her various roles in the community – as president of the Saul and Joyce Brandman Foundation, as a longtime community activist, and in her many other volunteer activities. The Foundation was established to support various charitable causes including healthcare, education, women's issues, Jewish causes, aging issues, medical research, the disabled, and military personnel. "I have been very fortunate to have learned from my family and my late husband, Saul Brandman, the importance of philanthropy," Joyce explained.

Because Joyce is moved by the significant impact Alzheimer's Los Angeles has on the entire community, she chose to honor the nonprofit with a generous grant from the Saul and Joyce Brandman Foundation. This support will allow Alzheimer's Los Angeles to continue critical outreach efforts to underserved communities, providing high-quality programs and services to thousands of people in Los Angeles, always at no charge.

"I feel humbled that I can support these critical efforts of Alzheimer's Los Angeles as they provide services and programs to people and their families directly touched by the disease. When people are in need of help and assistance, they can't wait months for help. This is what so impressed me with Alzheimer's Los Angeles: their compassionate and immediate response to people in crises."

In addition to providing support for Alzheimer's Los Angeles, the Foundation provides support for more than 100 charities locally, nationally, and internationally. "I am the happiest when I can help another person overcome some of the challenges they are facing," Joyce shared.

We are grateful for people such as Joyce Brandman who are committed to improving the lives of people in our local community through personal philanthropy and to the Saul and Joyce Brandman Foundation for their support of Alzheimer's Los Angeles.

FUNDRAISING EVENTS

Several fundraising events are held throughout the year, and each has a different purpose.



An Unforgettable Evening® is an intimate garden

party fundraiser with notable entertainment. This year featured the incredible Emmy and Tony Award winning actress and singer Kristen Chenoweth. The event includes an exquisite dinner and benefits the Disney Family Fund of Alzheimer's Los Angeles.

The Visionary Women's

Tea honors women each
year who make a
difference in our community.

Visionary Women's Afternoon Tea

Attendees enjoy an exclusive afternoon of tea and delectable treats. The Connie Keiter Breaking Boundaries Award is presented for innovative, creative, or groundbreaking efforts related to Alzheimer's advocacy, care, or research, and the Caring Hearts Award recognizes an unsung hero whose selfless efforts bring comfort and inspire others. This year's event was hosted by Emmynominated and SAG Award-winning actress, Sharon Lawrence.

Our 2nd Annual Making Memories festival was headlined by Grammy Award-winners Los Lobos and featured other beloved local bands. It was held downtown on Sunday, November 13, at LA State Historic Park and featured delicious cuisine from some of LA's best food trucks along with information booths focusing on brain health and other healthy lifestyle opportunities. With around

Making SUNDAY 11/13/22 LA STATE HISTORIC PARK

1,500 attendees, it raised awareness and support for the cause.















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