



JULY 1, 2023 – JUNE 30, 2024

FISCAL YEAR 2024 **IMPACT REPORT**



A MESSAGE FROM



**HEATHER
COOPER ORTNER**
PRESIDENT & CEO



**SUSAN
DISNEY LORD**
CO-CHAIR



JEFF GLASSMAN
CO-CHAIR

Fiscal year 2024 brought welcome relief from the stress of the COVID-19 Pandemic, as life mostly returned to its “new normal.” Our community education and outreach team was busy reconnecting with people, organizations, and communities throughout Los Angeles County and providing our educational programs in-person as well as online.

While we found balance with both in-person and online programs in many areas, we continued to see significantly increased interest in online support groups. We expect this trend to continue as online support groups enable caregivers to connect with others of the same community or interest, rather than by geography. We are only limited to the number of these groups by the availability of volunteer support group leaders. If you’re interested in becoming a support group leader, please reach out through our Helpline at 844-435-7249!

The number of people served during this fiscal year increased from the previous fiscal year, which was to be expected as our operations returned to in-person and more regular activities. We anticipate this will continue to be the case in the coming years.

New data from the county and state show a greater increase in the number of people currently living here with Alzheimer’s or another dementia than previously thought. This means that the number of people in the greater LA area living with dementia is approaching 200,000. We now anticipate a 46% increase in the number of people 65 and over between 2020 and 2060.

In response, the Alzheimer’s Los Angeles healthcare services and professional training team worked diligently to make connections, build capacity, and prepare to implement Enhanced Care Management in partnership with Medical Care Plans (MCPs) as part of California’s CALAIM program. At the end of the fiscal year, we were working with five MCPs to prepare delivering this critical support program for people at risk of being placed in a long-term living facility. I hope by the time I write next year’s letter, we will be actively delivering services to more clients and their families through this innovative new service.

Fiscal year 2024 also saw us hold the 3rd Annual Making Memories Festival, featuring the multi-Grammy-Award winning local band and Alzheimer’s LA staff favorite Ozomatli! More than 1,500 people turned out for a beautiful Sunday in the park with wonderful music, great food, and a huge resource fair. Local Music. Local Food. Local Cause!

We also hosted our most successful An Unforgettable Evening ever! Nearly 200 people joined us on a spring evening to be entertained by the remarkably talented – and hilarious – Audra McDonald. Together, the group raised well over \$800,000 to support our free programs and services.

We extend our profound appreciation to our donors, funders, partners, and volunteers for their generosity and 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 need our services.

With gratitude,

A handwritten signature in dark ink, appearing to read "Heather Ortner".

Heather Cooper Ortner, *President & CEO*

Two handwritten signatures in dark ink. The first signature is cursive and appears to read "Susan Disney Lord". The second signature is also cursive and appears to read "Jeff Glassman".

Susan Disney Lord & Jeff Glassman, *Board of Directors Co-Chairs*

ABOUT Alzheimer's Los Angeles

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 celebrated family caregivers this year at three Caregiver Wellness Days that took place in different Los Angeles areas in May and June. The events provided support, education, connection, and pampering for close to 200 caregivers from various backgrounds and communities. Professionals and community partners provided resources and support to the attendees. Each wellness day event had a keynote speaker, classes, and activities including dance and meditation classes, comedy relief, and pampering services such as massage, make-up, hair styling, and manicures. Caregivers left feeling valued and rejuvenated, and they thoroughly enjoyed the respite.



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.



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.

ANGIE MORAN, SENIOR CARE COUNSELOR

Angie is a senior care counselor and has been with Alzheimer's Los Angeles for over nine years, during which she has touched the lives of caregivers and families by providing education, counseling, guidance, resources, and support. In addition to her regular counseling duties, she oversees a Spanish-language support group, supervises two clinicians, and conducts quarterly trainings for newly hired Adult Protective Services (APS) Social Workers. She recently received recognition for her "invaluable contribution to Aging and Disabilities" from the Los Angeles County Adult Protective Services Program. Angie shared, "It is meaningful to know that I am making a difference in people's lives, whether that's by offering support, helping them access resources, or simply being someone who listens. This work gives me a sense of fulfillment and reminds me of the importance of empathy and resilience."





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, Connections: Live Alone Support Group, 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.

The Connections support group is for people who live alone and have early memory loss who do not have a care partner and live by themselves. It provides a place to discuss things with others who are also living alone with Mild Cognitive Impairment (MCI). Connections member Jim joined in July of 2023 and, though he now has an Alzheimer's diagnosis, he still actively participates in discussions with the group. He shared, "This is the only place I can be myself. I look forward to meeting each week because I can talk freely without any pressure or having to explain myself to others."



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.



ACTIVITY GROUPS

Activity groups are designed for individuals living with Alzheimer's or other forms of dementia. Caregivers are also encouraged to participate. Our virtual programs include Online Activity Hour, Memories in the Making, BasebALZ, Music to Remember, and Personal Connections. These engaging and creative activities provide meaningful opportunities for self-expression, social connection, and shared experiences which helps participants maintain a high quality of life.



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, in partnership with UC San Francisco and UC Irvine, is the lead community-based organization in Los Angeles conducting outreach for the State of California's Dementia Care Aware initiative. Dementia Care Aware focuses on improving dementia detection and care in primary medical care. Alzheimer's Los Angeles staff presented information in statewide webinars for the program, coordinated Cognitive Health Assessment trainings for thousands of professionals, and conducted extensive outreach to local community clinics and other primary care practices to connect families to Alzheimer's programs and support.



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.

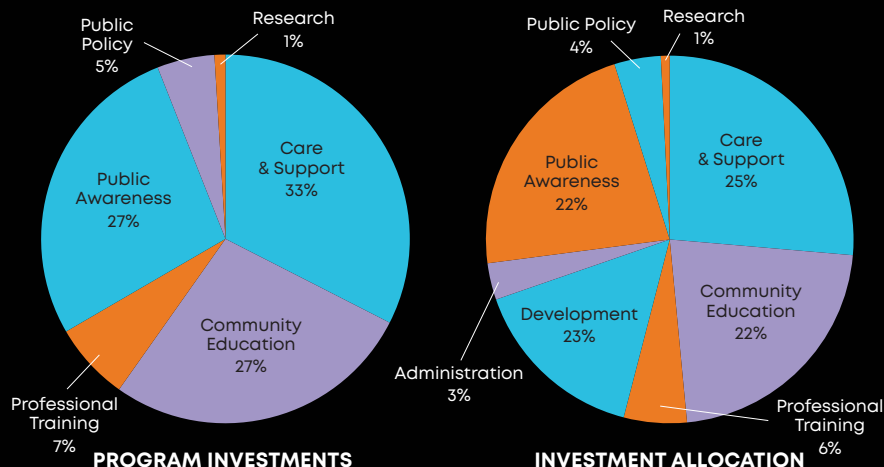
Our work this year has focused on supporting the development of dementia-capable healthcare by building systems that ensure access to a dementia diagnosis and meets the needs of both the individual living with dementia and their family caregivers. This includes increasing access to community-based care, expanding funding for scientific research, public programs serving people with dementia and their caregivers, and supporting the development of dementia-friendly communities.

Passage of legislation to address WANDERING

Sixty percent of people living with Alzheimer's or another dementia will wander away from their home at some point. As we know, time is of the essence when a person with cognitive impairment wanders away. Fifty percent of people not found within 24 hours will suffer serious injury or death. Improvements in coordination between city and county law enforcement agencies and expanded use of a wide variety of technologies to find people who have wandered have the potential to dramatically improve response times.

To address this serious issue, Alzheimer's LA, in partnership with Alzheimer's Orange County and Alzheimer's San Diego, successfully sponsored legislation that will create guidelines for local law enforcement to reduce the risk of and improve responses to incidents of wandering. Alzheimer's Los Angeles will be working closely with the Commission on Peace Officer Standards and Training to implement this important legislation.

FINANCIAL SUMMARY



FISCAL YEAR 2024

(JULY 1, 2023 – JUNE 30, 2024)

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**

EDUCATION IN THE COMMUNITY

Manual's wife, Eva, is struggling with dementia. In Manual's own words, "Now, with every day passing, I sadly see the changes my beautiful wife is going through and how I am losing her. How she comes and goes, knowing me one day and not the other, sometimes within the same day. Putting locks on the doors and not being able to tell her that her mom and dad died over 30 years ago when she calls for them. It is hard for me to write about this without my eyes filling with tears. Our marriage has been so special."

It has been a difficult caregiver journey for Manual, but he experienced a rush of hope when he took both our six-week and three-week Savvy Caregiver® workshops. He shared that every week, he gained more knowledge and self-confidence, and he now feels better and more equipped to take care of Eva.

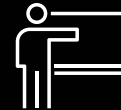
He appreciates what he refers to as life-saving courses and also educator Efren Moreno, who led the workshops. Manual, calling him a "great host," commented on Efren's patience, timing, and diction which he said made learning the information pleasant and lasting. Although Manual still has worries about the future, he now has tools to handle the present, and he knows where to go when he needs help.



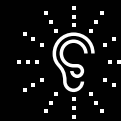
Alzheimer's Los Angeles By the Numbers



327
Support group participants



6,614
Community education participants



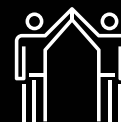
1,733
Care counseling sessions



319
Early stage sessions



1,853
Helpline calls



7,474
Community outreach participants



993
Activity program participants



217
Respite or assistance recipients



1,723
Professional training participants



CAREGIVER STORY

As an only child, Joanne took care of both of her parents when they became elderly. When her mother developed Alzheimer's, Joanne turned to Alzheimer's Los Angeles and began attending classes, educational presentations, Caregiver Wellness events, and joined a support group.

In 2023, Joanne's father unexpectedly passed away. There was not much time or space for her to grieve because of all the arrangements and new responsibilities she faced. As a result, she made the difficult decision to temporarily resign from her beloved job.

When her mother had a strange and frightening hallucination, Joanne started to find it nearly impossible to "live in her mom's world." At her support group, she felt validated as she shared how overwhelmed she was and how she felt she had, "no more to give."

When it was time for Joanne to find a memory care facility for her mom, she toured various locations, read reviews and ratings online, and discussed the pros and cons of each with the group. Eventually, Joanne placed her mother, and for financial reasons, Joanne moved into her parents' house. At every session, she updated the group on her progress on going through her parents' belongings, how she missed her own place, her therapy, and the challenges she faced being a caregiver. Later, she had the difficult job of having to move her mom several times to various facilities. She told the group that every time she started to take a positive step forward in her own life, something would go wrong with her mom's.

As an active participant of the group, Joanne is not only an advocate for her mom, but also a voice for other families. When Joanne filed a complaint with the Department of Social Services Community Care Licensing Division about an issue at her mom's residence, the group cheered her on. When her complaints were substantiated, she and the group celebrated!

Joanne embodies what a support group is all about. She shows up, shares her vulnerabilities, offers a kind and comforting ear to others, learns about resources available, continues to educate herself on the disease, and is a go-to person about services and events in the community. Most of all, like everyone in the support groups, she just gets it, which is the point of it all.



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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FUNDRAISING EVENTS

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



AN UNFORGETTABLE EVENING®

An Unforgettable Evening® is an intimate garden party fundraiser with notable entertainment. This year featured the incredible Emmy, Tony, and Grammy Award winning actress and singer Audra McDonald. The event welcomed 170 guests, featured a live auction and paddle raise, included an exquisite dinner, and benefited the Disney Family Fund of Alzheimer's Los Angeles.



Visionary Women's Afternoon Tea

The Visionary Women's Tea honors women each year who make a difference in our community. Attendees enjoy an exclusive afternoon of tea and delectable treats. In honoring exceptional individuals like Alzheimer's Los Angeles Board Member Randi Jones, caregiver Deb Kurtz, and the inaugural recipient of the Judy Wunsch Heart of Service Award, Chief Program Officer Cathy Ladd, the event not only celebrated their contributions but also underscored a vital message: Alzheimer's is a women's issue. Taking place during Women's History Month, it shines a light on the fact that women are disproportionately affected both as individuals with the disease and as primary caregivers. This year's event was hosted by Emmy-nominated and SAG Award-winning actress Sharon Lawrence.



Making Memories FESTIVAL

Our 3rd annual Making Memories festival was headlined by Grammy Award-winners Ozomatli and featured beloved local bands La Misa Negra, Beaux Gris Gris & The Apocalypse, and J.Rocc with host Alex Gervasi and D.J. Monalisa.

Held downtown on Sunday, November 12, at LA State Historic Park, it 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 approximately 1500 attendees, it raised awareness and support for the cause.



Until there's a cure,
we'll provide the care.



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