

# Early Stage AD Resources

Resources	Details
<b>Social Programs</b>	<p><b>Out &amp; About:</b> Participants enroll in an 8-week series of weekly 4-hour outings to cultural and mentally stimulating destinations in San Diego. Pre-screening is required and there is a fee for the series. <b>Contact Lisa Snyder, LCSW, UCSD Shiley-Marcos Alzheimer's Disease Research Center at (858) 622-5800 or e-mail: <a href="mailto:lsnyder@ucsd.edu">lsnyder@ucsd.edu</a></b></p> <p><b>Memories at the Museums:</b> Museum docents engage people with mild-to-moderate Alzheimer's disease and an accompanying family member or friend in discussions about the artwork. Tours alternate between four art museums at Balboa Park. Free of charge. <b>Contact Lisa Snyder, LCSW, UCSD Shiley-Marcos Alzheimer's Disease Research Center at (858) 622-5800 or e-mail: <a href="mailto:lsnyder@ucsd.edu">lsnyder@ucsd.edu</a></b></p> <p><b>Friday Club:</b> Participants meet for four hours once a week for a variety of social, physical, and mentally stimulating activities geared to the person with early-stage dementia. Pre-screening is required and there is a monthly fee. <b>Contact Silverado Senior Living: (760) 753-1245</b></p> <p><b>Somerford Place Ladies Lunch Bunch:</b> Participants meet every Monday from 12:00-4:00 for lunch, conversation, recreation and participation in volunteer projects. There is a fee for each day. <b>Contact Noel Fairbairn, Somerford Place, at (760) 479-1818.</b></p> <p><b>Somerford Place Men's Club:</b> Participants meet each Wednesday from 12:00-4:00 for lunch, conversation, games, and outings. There is a fee for each day. <b>Contact Noel Fairbairn, Somerford Place, at (760) 479-1818</b></p>
<b>Support Groups</b>	<p>Groups for people with early memory loss meet weekly and may have a corresponding caregiver support group that meets at the same time. <i>Pre-screening is required.</i> All support groups are free of charge. For more information, speak with the contact person listed below.</p> <p><b>La Jolla/UTC:</b> Co-sponsored by UCSD Shiley-Marcos Alzheimer's Disease Research Center, Contact: Lisa Snyder at (858) 622-5800</p> <p><b>San Diego:</b> Co-sponsored by Eldercare Guides, Contact Jean Alton at the Alzheimer's Association at (858) 492-4400 ext 137</p>
<b>Newsletter</b>	<p><b>Perspectives-</b>A Newsletter for Individuals with Alzheimer's Disease or related disorder. This resource speaks directly to the interests, concerns and reflections of diagnosed individuals. Includes excerpts written by persons with Alzheimer's, research updates, coping tips, selected topics (driving, maintaining hope, etc.) and more. This 8 page, quarterly newsletter is available for free by e-mail or by printed surface mail for \$20.00/yr. Contact: Lisa Snyder, LCSW at the UCSD Shiley-Marcos Alzheimer's Disease Research Center at (858) 622-5800 or e-mail: <a href="mailto:lsnyder@ucsd.edu">lsnyder@ucsd.edu</a>.</p>
<b>Video</b>	<p><b>"Alzheimer's Disease: Inside Looking Out"</b> – produced by Terra Nova Films. This 18 minute video includes interviews with diagnosed individuals on their subjective experience of AD and is favorably reviewed by professionals, and patient and caregiver support groups. Available on loan from the Alzheimer's Association San Diego/Imperial Chapter Library.</p>

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<b>Books</b>	<p><b><u>Speaking Our Minds: - What It's Like to Have Alzheimer's*</u></b> by Lisa Snyder, LCSW, 2009, W.H. Freeman Publishers. Seven persons with Alzheimer's (ages 35-80) discuss their feelings and experiences of living with the disease intertwined with the author's own insight and reflections about Alzheimer's.</p> <p><b><u>Alzheimer's Early Stages: First Steps in Caring and Treatment*</u></b> by Daniel Kuhn, MSW, 2003, Hunter House, Inc. Offers the latest medical information and practical advice to family members and friends caring for a loved one in the early stages of Alzheimer's disease.</p> <p><b><u>What to do When the Doctor Says it's Early-Stage Alzheimer's</u></b> by Todd Feinberg &amp; Winnie Yu, 2005, Fair Winds Press. Part of the What to do When the Doctor Says series, this book offers medical, lifestyle, and alternative medicine information for individuals and family members dealing with early Alzheimer's.</p> <p><b><u>Alzheimer's: The Answers You Need</u></b> by Helen D. Davies and Michael P. Jensen, 1998, Elder Books Publishers. Written to the person with Alzheimer's, this book provides concise and direct answers to over 100 commonly asked questions about the disease.</p>
<b>ADEAR</b>	<p><b>Alzheimer's Disease Education and Referral.</b> This organization maintains a national data base of literature and information relating to all aspects and stages of Alzheimer's disease. Call to make specific request for references or literature pertaining to early stage Alzheimer's disease and they can provide recommendations. Phone: 800-438-4380 or FAX: 310-495-3334. Web site: <a href="http://www.alzheimers.org">http://www.alzheimers.org</a></p>
<b>Pamphlet</b>	<p><b>Basics of Alzheimer's Disease: What it is and what you can do.</b> National Alzheimer's Association.</p>
<b>Library</b>	<p><b>Alzheimer's Association Benjamin Greenfield Library.</b> This is the national library of the National Alzheimer's Association. They maintain comprehensive listings of Alzheimer's resources and can mail a list of references based on your area of interest. Call 800-272-3900 or 312-335-5767. Web site: <a href="http://www.alz.org/">http://www.alz.org/</a></p>
<b>Family Caregiver Alliance</b>	<p>This statewide network providing services to families caring for a loved one with brain impairment puts out a comprehensive fact sheet on early-stage Alzheimer's. To request a copy, call 800-445-8106. The local chapter of this organization is the Southern Caregiver Resource Center at 800-827-1008. Web site: <a href="http://www.caregiver.org">http://www.caregiver.org</a></p>
<b>Research Center</b>	<p><b>UCSD Shiley-Marcos Alzheimer's Disease Research Center.</b> Dedicated to investigating the cause, treatment, and prevention of Alzheimer's disease. Located at 8950 Villa La Jolla Drive, Suite C129, La Jolla, CA 92037. Call to learn more at 858-622-5800 or visit the website at <a href="http://adrc.ucsd.edu">http://adrc.ucsd.edu</a></p>