ALZHEIMER’S IMPACTS THE ENTIRE FAMILY

On hectic days when there just isn’t enough time in the day to get everything done, do you dream of retirement? Retirement is freedom. Freedom from the dreaded shrill of the alarm clock. Freedom from the daily commute. Freedom to spend more time with our loved ones. Pure, wonderful freedom from responsibility.

A diagnosis of Alzheimer’s for a loved one is devastating on so many levels, and if you’re the one in the position to become the primary caregiver, it is life changing. You grieve for the pain your loved one will endure with no cure in sight and you grieve the future you should have had together, the freedom you imagined.

Caring for a family member with dementia is an intense 24/7 endeavor that is psychologically and emotionally stressful. Experiencing the effects of a loved one’s memory loss, growing difficulty in communicating effectively, episodes of frustration and anger, coupled with the increasingly close supervision and personal care that those with Alzheimer’s disease require, and the stress it creates can result in depression, grief, fatigue, feelings of entrapment, and physical health problems.

OPICA’s longstanding view is that both the individual with dementia and their family caregivers are clients. Recognizing the challenges that family caregivers experience and supporting them in their role is essential and

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Dear Friends of OPICA,

OPICA is an oasis tucked away on the southwest corner of Stoner Park; it is relatively unknown to the many people struggling to care for a loved one with Alzheimer’s or related illnesses. The building’s exterior reveals very little about the special place that it is. Once inside, visitors encounter members actively involved in singing, art, dancing, ball play or ping pong, engaged with staff to the extent that it’s hard to discern who’s enjoying themselves more.

When families are asked how they heard about OPICA, the most common response is “from a friend.” Word-of-mouth is a valuable marketing tool for any organization and because of OPICA’s low profile, especially important for the hundreds of individuals and families for whom OPICA has been a life-saver.

On Sunday, July 20th, Frume Labow, a member of OPICA’s Advisory Council, graciously hosted an Indian Afternoon Tea for friends and colleagues at her home to introduce them to OPICA. Greeted by delicious appetizers, samosas and assorted tea sandwiches, guests had the opportunity to learn more about our “oasis” tucked away in Stoner Park. Moved by testimonials of how OPICA has helped so many individuals and families, those who attended had an opportunity to make a difference; whether it’s a referral to someone they know who can greatly benefit from OPICA’s services or support to insure that OPICA can continue to grow, to meet the increasing demand of people impacted by Alzheimer’s.

We are indeed grateful to Frume for opening her home and hosting such a delightful way to spend an afternoon and spread the word about OPICA. If you have a group of friends that you would like to introduce to OPICA and are able to host a gathering, please contact Stacey Barrett at OPICA to schedule a date. We appreciate your help to spread the word. We want the community to know more about the supportive programs and services OPICA has to offer and where they can turn to when their need for respite and support arises. With your help, we can make it happen.

Sincerely,

Mary Baker
President

Mary Michlovich
Executive Director

OPICA is a place where adults coping with memory loss, dementia and related disorders are accepted and welcomed. While families and friends who come to us for help may be in crisis and not know where to turn, OPICA is here to provide support, guidance and hope.

Our mission is to:

• Provide compassionate and stimulating day care for adults impaired by dementia;
• Support caregivers through counseling and respite;
• Offer education and resources that increase community understanding of memory disorders; and

Through these programs, help our members continue to live at home.
OUTSIDER/INSIDER ART SHOW
Beyond Alzheimer’s, The Artist Within

OPICA’s 5th annual Outsider/Insider Art Show will be held on September 13th at Bergamot Station. Please join us for an afternoon of entertainment and refreshments where OPICA artists will proudly present their paintings to family, friends and members of the community.

OPICA innovatively meets the need of individuals and families dealing with dementia. Central to our programming is nurturing our members’ creativity. In a supportive environment, our members are encouraged to experiment with an assortment of art media in a fun and meaningful way. Through the art-making process, participants often gain confidence to try new media, sometimes uncovering talents they never knew existed. In addition to expanding their ability to think creatively, the social aspect of the group helps decrease isolation, stress and depression, and fosters a sense of community which can lead to an overall improvement in quality of life.

Heartfelt thanks to the inspiring OPICA artist for sharing their creativity and wisdom, and for generously donating their art to create this unique and enriching experience.

A special Thank You to:
• Emily Carvill, Abby Fels and Georgi Marshall for their dedication and commitment to OPICA members, providing them opportunities for personal and creative growth;
• Paula Stoeke for generously opening her art gallery and our generous co-sponsors;
• Co-sponsors, The Ted and Rita Williams Foundation and Whole Foods Market at National & Barrington;
And of course YOU, friends of OPICA, for all your support.

Proceeds from artwork sold benefits OPICA’s Counseling Center.

When and Where
2:00-4:00pm – Meet The Artist
2:00-6:00pm – House Reception

Talisman Fine Art Gallery
Bergamot Station
2525 Michigan Avenue A-6
Santa Monica, CA 90404

OPICA’s Counseling center provides individual counseling and support groups for family caregivers the community they need where they can share personal stories, express emotions, and be heard in an atmosphere of acceptance, understanding, and encouragement. Participants share information and resources. By helping others, people in a support group strengthen and empower themselves.

The emotional support derived from support group participation can help reduce stress, where participants learn how to develop better coping skills. By attending support groups, partners, friends, and family members may also learn how to be more understanding and supportive of their loved ones coping with dementia.

For more information about OPICA’s counseling center, contact Anne Galbraith, Director of Counseling at (310)478-0226 or anne@opica.org
OPICA was proud to honor Joshua Grill, Ph.D. and Richard Giesberg at its annual Forget-Me-Not Luncheon, on Thursday, June 5th. Speaking to a sold out crowd at the Four Seasons Hotel, each honoree shared his involvement in the Alzheimer’s community and how it influenced his life, renewing a commitment to and support of OPICA.

Dr. Grill expressed his appreciation to OPICA as a partner for opening its doors to host community presentations. He stressed how important it is to seek a cure and provide care for Alzheimer’s patients. From his perspective, “Alzheimer’s is the most important problem our society faces from a medical standpoint today. To achieve our goals, it will take a true team effort, patients, caregivers, community partners, researchers and scientists. OPICA produces meaningful differences in people’s lives; I value the experiences I’ve had to see this first-hand.”

Dick accepted the Founder’s award with heartfelt praise of OPICA’s unique programs and dedicated compassionate staff. He described how after decades of helping build OPICA in partnership with his late wife, he needed OPICA for guidance and services as she developed Alzheimer’s disease. In his unexpected role as caregiver, he turned to OPICA’s counseling services and has become a member of the OPICA supportive family. Moved by the extent of appreciation extended to him, Dick closed the event to a standing ovation, “I’m honored that so many good friends are here to celebrate and honor my contributions, thank you.”

Presenting awards were Dr. Dale Bredesen, Director, Mary E. Easton Center for Alzheimer’s Disease Research at UCLA and Rabbi Kenneth Chasen of Leo Baeck Temple.

“OPICA produces meaningful differences in people’s lives; I value the experiences I’ve had to see this first-hand.”

“Countless families, including Dick’s own, over thirty-five years have been among the recipients of the grace, sensitivity and deeply needed care that OPICA provides…”

“OPICA produces meaningful differences in people’s lives; I value the experiences I’ve had to see this first-hand.”

“Countless families, including Dick’s own, over thirty-five years have been among the recipients of the grace, sensitivity and deeply needed care that OPICA provides…”
MEMBER PROFILE

Marlynn Levin was born on September 6, 1937 in Detroit, MI. As a child most of her summers were spent enjoying herself at camp; when she was finally old enough to become a junior camp counselor, she did. One summer while working hand in hand with some of the counselors she met her future husband, Don Levin. Don and Marlynn were married for 23 years, and developed a lifelong friendship.

As a camp counselor Marlynn found a sense of fulfillment that led her to pursue a career in education. She earned her bachelor’s degree and teaching credential from the University of Michigan. For many years she taught kindergarten at Franklin Elementary School in Detroit. Due to her strong work ethic and excellent reputation Marlynn was asked to become the administrator of Franklin’s preschool program, “I liked that I was able to interact more with the parents because it seemed to have a bigger impact on their children.”

As Marlynn’s children, Neal, Mark, and Amy, were born she continued to run the Franklin’s Preschool Program all through their childhoods as each of them attended school with her. Marlynn decided to continue her own education and went on to earn her Masters in Education from the University of Michigan, which opened her up to many other career opportunities. Marlynn then continued on to becoming a principal of a private bilingual high school, a professor of education at University of Michigan, and a full-time consultant with the Merrill Palmer Institute of Wayne State University where she designed and implemented childcare programs for major companies around the country.

In 2010 she moved from Michigan to California to live with her son Mark, daughter-in-law Jen, grandchildren Franny and Finn as well as her caregiver Mary Graham. Shortly after, she found herself at OPICA, a place that has allowed her to continue to be physically and mentally stimulated. Marlynn enjoys OPICA for many reasons: the sense of community; interaction with our staff; and our varied activities. OPICA allows her to be creative in one of her favorite ways, through her art, which has been featured many times in our annual Art Show at Bergamot Station. Marlynn has lived a life filled with many accomplishments; many of which have enriched other people’s lives with knowledge and growth. Her son Mark tells us, “OPICA really is her second home in Los Angeles.”

MEMBER PROFILE

Tom Sandersier was born August 3, 1923 in New Jersey. It was in Jersey City, NJ where Tom first discovered his love of sports, specifically track and field. Although he was very active in sports and loved to learn, Tom enlisted in the Navy after graduating from Henry Snyder High School, “I felt the Navy was my way of going.”

After serving his full four year term as a boatswain’s mate during WWII Tom decided it was time to go home, but home was no longer New Jersey. “My mother was a traveler,” said Tom. His family had moved from New Jersey to Cleveland, OH. After he settled in Cleveland Tom decided to go to school in California. He was so inspired by the educators he came across while attending Los Angeles City College, that he went on to become an educator himself. After receiving his bachelor’s degree and teaching credential from The Los Angeles State College Tom returned to Cleveland to be with his family.

Tom was introduced to his wife, Josephine Mary, while living in Cleveland. “She was a special something to me… she was a real good friend, besides a wonderful wife.” Shortly after they got married they moved to Culver City, California, “I thought it would be a good place to raise a family,” so there they raised their three children, Jeff, Scott and Cindy. Tom taught Physical Education at Culver City Middle School for 31 years until he retired. “When I was in the Navy I got to know boys really well and that helped me when I started teaching.” He loved teaching and being able to coach what was once his passion, track and field.

Being an educator most of his life Tom finds OPICA very useful for him. OPICA allows him to stay active and interact with others while enjoying the variety of activities OPICA has to offer. “I’ve had a great life; at this current moment I have a daughter that cares for me and grandchildren who love me and I get to come here, I’m happy.”
TRIBUTES AND MEMORIALS

OPICA Tribute Cards honor, commemorate, and recognize life’s most important events with a unique message of care and compassion. We express appreciation to the individuals listed below who contributed to OPICA in the form of a tribute between January and June 30, 2014.

IN APPRECIATION OF
Arnel
by Maria Cortez

Cyrille and John Weingarten
by Rita Loew

Mary Michlovich
by James Varga

The Kaye Family
by Laurence Morris and Emily Carvill

Sidney Moray’s 90th birthday
by Rita Loew

IN HONOR OF
Don Adler and Binnie Blender’s marriage
by Rita Loew

Albert Wolf
by Diane Wolf

Bunni Dybnis
by Aura Kuperberg

Emily Carvill
by Arnold and Gloria Stone

Frances Saito
by Phyllis Siegel

Hal Weinstock and caregivers, Maria and Juliette
by Abner and Roslyn Goldstone

Helen Devor’s 90th birthday
by Rita Loew

Jane and Lewis Morge’s 50th anniversary
by Rita Loew

Jane Gerstein’s 70th birthday
by Andrea Lieberman

Dr. Jose Nessim
by Steven Nessim

Josh Grill
by Marilyn Silverman

Joyce Leanse
by Ernestine Elster

by Nathan and Eleanor Leanse
by Tim Leanse and Sam Rowell
by Jean Leserman

Keith McCoy
by Jean Loew

Maggie Lee Clark
by Charmane Johnson

Maria Cortez
by Faye Scholnick

Marilyn Levin
by Shirley Shapiro

by Alyson Solomon

by Marcia Solomon

by Annette Swezy

Marilyn Levin’s birthday
by Edythe Kenton

by Rita Loew

Mary Baker
by Judi Lippe

Mary and Robert Baker
by Mary Ruth Brown

Mary Lyday and her loving son, Dennis
by Raymond Goldstone

Mary Michlovich
by Ranlyn Tilley Hill

Nancy and Henry Oseran’s 90th birthday
by Marilyn Levin

Richard Giesberg
by Paul Beck

by Ken Chasen

by Laurel Davidson

by Lisa and Stephen Hillman

by Elinor Ratner

by Barak Raviv

by Alan Sieroty

Rita Loew
by Marcia Solomon

Robert Loew
by Jonathan Loew

Shila Hazan
by Salli Harris

Teresa Riddle
by Phyllis Margolis

IN LOVING MEMORY OF
Ann Urfrig
by Gail Holtzman

Aron Goldberg
by Marlene Rotblatt

Arthur Schramm
by Arline Agay

Debbi
by Rita Loew

Dr. Ed Ackell
by Lucille Polachek

Edward Batey
by Licia Paskay

Fritzi and Art Rivin’s son
by Lucille Polachek

Gail Anderman
by Allan Anderman

Jack Elinson
by Estelle Elinson

Jack Kleiger
by Gail Elinson

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by Faye Otoide

by Joyce Itow

by Pauline Itow

by Ann Otoide

by Koichi Otoide

Lee Laine
by Susan Peterson

Patricia Lachman
by Carol Gregory

Peggy and George Polinger
by Harold and Gloria Savinar

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by Robert Basch

Philmore Hillman
by Marilyn Levin

Robert Reisbaum
by Lillian Gestman

by Lennart Johnson

by Jerry and Joan Kranz

by Barbie Moskowitz

by Norton and Linda Townsley

Susan Heller
by Michael and Ellen Krane

Ted Williams
by Ted and Rita Williams Foundation

William “Willie” Polep
by Richard and Sue Polep

William C. Bryant
by Charlotte Jepson

Wilma Stern
by Betty Buxbaum
THANK YOU FOR BEING OUR PARTNER

OPICA gratefully acknowledges the essential support of individual donors and foundations whose generosity enables OPICA to provide programs and services to help our members live at home as long as they choose to do so. The preceding list of donors includes donations received during OPICA’s previous fiscal year, starting July 1, 2013 and ending June 30, 2014.

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Kathryn Wheeler
Andrew Willard and Cynthia Joyce
Richard Wolf
George and Diane Wolfberg
Gerd Wolman
Judy Wunsch
Jean McNeil Wyner

Molly Zachariash
Ruth Ziegler
Marcelo Ziperovich
Jay and Rachelle Zukerman

OPICA has made every effort to be certain that the preceding list is complete and accurate. This list is published with the intention of thanking our generous donors. Please accept our apologies if there are any error or omissions. We welcome your phone call if there are corrections to be made. If you have identified an error on this list, please contact Stacey Barrett at (310) 478-0226 so we can make the correction before future publications. Thank you.

ALZHEIMER’S IMPACTS THE ENTIRE FAMILY

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integral to the services that OPICA provides. Family Services Coordinator, Sara Kaye helps families find the good in the “new normal,” how to manage multiple needs related to caring for a dependent older adult by providing integrated case management services. “My door is always open,” Sara is proud to say, “I want to keep the family caregiver apprised of their loved one’s successes and challenges in the program.” And if and when adult day care is no longer appropriate to his/her needs; Sara helps the family caregiver ensure that their loved one experiences a smooth transition out of the program.

According the Alzheimer’s Association, in 2014, 58,000 Californians over age 65 are living with Alzheimer’s disease; this number is expected to increase 45% to 840,000 by 2025. Concurrent with this sharp increase of individuals living with Alzheimer’s is the unavoidable increase in the thousands of people responsible for their wellbeing.

Despite growing community need, City of Los Angeles budget cuts during 2011/2012 forced nine of the 12 City contracted adult day care centers to close, leaving OPICA as the only social model adult day care in the City of Los Angeles within a 12-mile radius. With fewer City contracted adult day care services available, the specialized expertise that OPICA provides is in especially high demand. Thanks to the generosity of individual donors and foundations, family caregivers receive the support they so desperately need at OPICA.

If you know someone who has a loved one living with Alzheimer’s and needs support, they can contact Sara Kaye at sara@opica.org or (310) 478-0226.

“Caring for a family member with dementia is an intense 24/7 endeavor that is psychologically and emotionally stressful.”
OPICA

ADULT DAY PROGRAM
AND COUNSELING CENTER

11759 Missouri Avenue
Los Angeles, CA 90025
310-478-0226
www.opica.org

Adult Day Program Hours:
9:00 a.m. – 4:00 p.m.
Monday – Friday

Counseling Center Hours:
8:30 a.m. – 7:00 p.m.
Monday – Friday

IT’S A GREAT WAY TO SPEND THE DAY

OPICA’s Adult Day Program can be a very good choice if you, as a caregiver, find yourself stressed over the responsibility of caring for your family member while trying to manage everything else in life. Think about these questions:

• Do you need help with caring for a loved one?
• Are you worried about his or her safety when you can’t be around?
• Are you leaving your loved one alone too often when you need to work or run errands?
• Are you taking frequent time off from work to care for your loved one?
• Has your relationship with your loved one become strained as care requirements have increased?
• Is your loved one feeling isolated by not having the company of other people?

• Would you feel better if you knew your loved one could enjoy social company, participate in programs specifically designed to engage and get some exercise during the day?

If you can answer “yes” to even one, you should visit us at OPICA. It is normal to feel badly or to feel you may be shirking responsibility by asking for help. It’s also normal for a family member to be resistant to the idea at first. If you make the decision to consider OPICA’s Adult Day Program, be prepared for an adjustment period. And remember that as a caregiver, it’s just as important to care for yourself; you’ll provide better care and support when you do.

They gave us life, love and friendship.
Give them the best.