



FISCAL YEAR 2019 IMPACT REPORT

JULY 1, 2018 - JUNE 30, 2019





A MESSAGE FROM THE
PRESIDENT & CEO,

HEATHER
COOPER
ORTNER

The 2018-2019 fiscal year was a year of both stability and visioning. Those two concepts don't always go together, but for us they created balance. In the previous fiscal year, we took time to evaluate our priorities and focus on efficiencies, and we launched a strategic planning process. The first part of the fiscal year saw a refining of our priorities through the completion, approval, and first steps of implementation on our new plan. The process was rigorous and data-driven and led to a strategic vision that will guide us for the next several years.

The planning process reaffirmed our commitment to our mission. It also strengthened our dedication to educating, supporting, and empowering the nearly 240,000 people in Los Angeles and the Inland Empire who are living with Alzheimer's or another dementia, their families and caregivers, and the professionals who serve them.

This report is a snapshot in time and shows some of our highlights from the year in addition to our financial status at the close of the fiscal year. We are so proud of our accomplishments and thank you for your support. There is always so much happening at Alzheimer's Los Angeles, and I invite you to come by for a visit.

Thank you for your partnership this past year. We look forward to continuing our work together in the future.

With gratitude,

A handwritten signature in black ink that reads "Heather Cooper Ortner". The signature is written in a cursive, flowing style.

Heather Cooper Ortner | President & CEO

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 Alzheimer's Los Angeles fundraising stays local, focusing on care, support, advocacy, and research across Los Angeles and the Inland Empire.

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A LOOK BACK 2018

AUGUST

- Public Policy staff lead efforts that save state mental health funding for services that benefit people with dementia



SEPTEMBER

- SCAN Foundation Innovation in Health Care Award presented to Alzheimer's Los Angeles, recognizing our efforts to bring a high-quality health care system to life



OCTOBER

- 26th annual walk4ALZ® held in Century City
- Our programs and efforts receive visibility in several national publications esteemed within the world of aging, including *Generations* & national webinars

NOVEMBER

- 3rd annual Visionary Women's Awards Luncheon raises \$176,000

2019

MARCH

- Alzheimer's Los Angeles leads a coalition of aging organizations to oppose legislation that would add barriers to the provision of mental health services to older adults

MAY

- 7th annual An Unforgettable Evening® with Leslie Odom Jr. raises more than \$720,000

JUNE

- 6th Annual Memories in the Making Art Exhibit held at Bergamot Station with 40 pieces of art exhibited, an LA Opera performance, & over 130 guests
- 13th annual East Los Angeles Caregiver Wellness Day held at the Alhambra Campus of the Keck School of Medicine
- Caregiver Wellness Day held in the San Fernando Valley at the Zev Yaroslavsky Family Support Center in Van Nuys
- Alzheimer's Los Angeles launches a "train the trainer" program for Health Talent 2, an agency that employs more than 1,500 people who are primarily low-income family caregivers



PROGRAMS & SERVICES



Helpline (844.435.7259)

available for information, emotional support, resources, and referrals



Care Counseling

guidance, support, and dementia expertise in person or by phone



Support Groups

safe places for caregivers and/or those living with a dementia to gather and share information



Community & Caregiver Education

courses for caregivers and presentations in various languages



Early Stage Programs

education and support for those with memory concerns and their care partners



arts4ALZ & Memory Mornings

activities that focus on art, music, cognitive stimulation, and socialization

How we served Los Angeles in 2019...



122

Support groups



12,890

Education & training participants



1,758

Care counseling sessions



329

Early stage sessions



2,617

Helpline calls



26,644

Community outreach participants



379

Activity program participants



545

Dementia friends



147

Respite or assistance

YOUR DOLLARS IN ACTION

ALZ DIRECT CONNECT, CARE COUNSELING, EDUCATION, & RESPITE



Sonya was born in Los Angeles and has fond memories of her dad's love of painting, art, trivia, and music. She went to UCLA and graduated with a bachelor's degree in physiology, went on to get her pharmacy technician license, and began working at local CVS and Walgreen's pharmacies.

Sonya believes her dad began showing the first signs of memory loss when she was in her late teens, but was not officially diagnosed until a few years later. At that time, both parents received life-changing news. Her father was officially diagnosed with Alzheimer's and moved in with Sonya, and her mother was diagnosed with lung cancer. Sonya stepped back from her career to care for her father and to simultaneously care for her mother who lived about ten minutes away.

HOW WE HELPED

Following her father's Alzheimer's diagnosis and many changes in behavior, Sonya was referred to Alzheimer's Los Angeles by her social worker through our Alz Direct Connect Referral Program. She was connected to a care counselor and immediately started receiving emotional support, disease education, and resources to help her navigate her new journey. We created a care plan with the goal of preventing caregiver burnout by providing regular support, respite, and connection to a support group. We helped improve Sonya's knowledge of the disease and how to manage challenging behaviors. Her father was extremely resistant and refused to bathe, so we provided education, problem solving, and coaching to help her better manage his care needs. We also provided support when her father was hospitalized and gift cards to purchase crucial products.

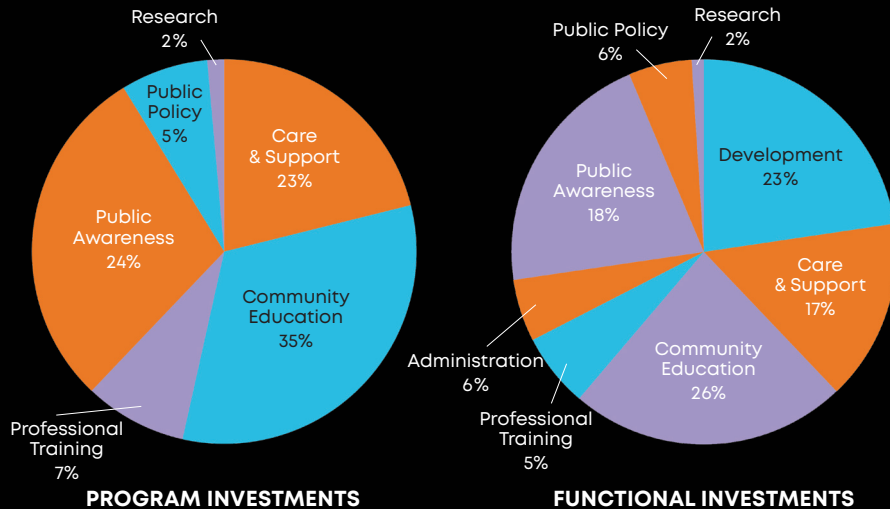
SONYA'S TENACITY

While juggling to care for both parents, Sonya went back to school at the age of 27 to continue her education towards a new career in nursing. She earned an associate degree from her local community college and then went on to graduate in May 2017 from Cal State LA with a bachelor's in nursing. While Sonya was finishing her degree, her beloved mother passed away.

She since has begun working as an RN in a local medical-surgical unit while caring full-time for her father. Sonya has been helping increase awareness about the rise in millennial caregivers in the LA area. She was interviewed by Maria Shriver and selected to participate in a Today Show special about millennial caregivers but, at the last moment, was unable to participate because her father was hospitalized. He has since recovered. Despite this, Sonya is very proud to be chosen as a voice for young caregivers and she continues to utilize her skills in medicines and nursing to provide daily care for her father. She hopes to one day pursue her master's degree in nursing and continue to provide care for those in need.

FINANCIAL SUMMARY

FISCAL YEAR 2019 (JULY 1, 2018 – JUNE 30, 2019)



HOW YOUR DONATION WORKS FOR OUR MISSION:

100% RAISED STAYS LOCAL

Our complete audited financial statements are available at AlzheimersLA.org or may be requested by calling **844.HELP.ALZ**

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.



JOIN THE CAUSE

- Donate
- Educate others
- Advocate
- walk4ALZ®
- Volunteer
- Host an event

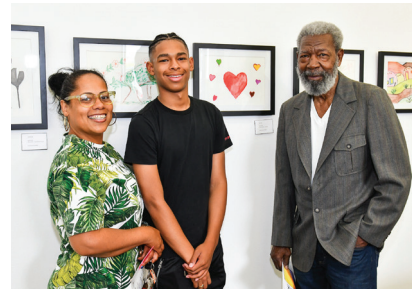
WAYS TO GET INVOLVED

VOICE YOUR COMMITMENT

- Join our advocacy network
- Enroll in our Speaker's Bureau

OPEN YOUR HEART & WALLET

- Donate online: AlzheimersLA.org/donate
- Remember us in your will or trust
- Donate your used vehicle
- Plan a workplace giving event



CONNECT WITH US



@AlzheimersLA

Los Angeles Headquarters

4221 Wilshire Blvd, Ste 400
Los Angeles, CA 90010
323.938.3379

East Los Angeles Service Center

133 North Sunol Dr, Ste 237
Los Angeles, CA 90063
323.881.0574

San Fernando Valley Service Center

21515 Vanowen St, Ste 120
Canoga Park, CA 91303
818.830.8590

Inland Empire Service Center

2002 Iowa Ave, Ste 107
Riverside, CA 92507
951.241.7878



844.HELP.ALZ (844.435.7259) | AlzheimersLA.org

Thank you to our donors and the generous foundations and sponsors that help us provide vital support and services to individuals and caregivers, education for both the public and healthcare professionals, advocacy for improved public policy and legislation, and local research funding.

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Weingart Foundation
SCAN Health Plan
Arthur N. Rupe Foundation
Vernon Community Fund
Allergan Foundation
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