



DATE: August 30, 2023

FROM: Barb Leetch, Region VIII Alzheimer’s Coordinator

TO: Region VIII VP, Federation Presidents and Alzheimer’s Coordinators

SUBJ: NARFE Region VIII Alzheimer’s Association Report for July 2023

As of the end of July, the NARFE fundraising total was \$15,869,922. This amount includes the Longest Day totals and the Walk to End Alzheimer’s for 2022. The total amount includes the money raised (\$78,610) from the NARFE teams participating in the 2022 Walk to End Alzheimer’s and the donations received (\$2,625) from the Longest Day in 2022. Also, planned gifts received in FY 2023 in the amount of \$859,137 were posted. The planned gifts amount will be updated monthly as more gifts are received throughout the year. During the month of July, our members raised a total of \$12,696, **down** \$5,316 from donations received in July 2022. The amount raised by Region VIII in FY 2024 is \$0 which is **down** \$794 from the same reporting period in FY 2023.

Below is the breakout by Federation for both reporting periods:

	FY 2024	FY 2023	Difference
California	\$ 0	\$ 615	-\$ 615
Hawaii	\$ 0	\$ 179	-\$ 179
Nevada	\$ 0	\$	\$
Total	\$ 0	\$ 794	-\$ 794

The new fundraising goal is \$16 million by December 31, 2025.

Fiscal Year 2024 covers the period July 1, 2023, through July 30, 2024.

The Longest Day was on July 21, 2023, and fundraising for this event is now closed. Thank you to everyone who donated to this fundraising event.

Walk to End Alzheimer’s. The NARFE Goal for the 2023 Walks is \$100,000. To date, \$37,114 has been raised. Teams can now register for the walk this year at [alz.org/narfewalks](http://alz.org/narfewalks). The Walk is the largest fundraiser for Alzheimer’s care, support, and research. The name “NARFE” should be included in the team’s name. You do not need to walk in-order-to start or join a team. You will be making a difference! The place and date for the 2023 Walks in Region VIII are shown below.

<b>Walk Location</b>	<b>2023 Walk Date</b>
Aptos, CA	9/23/2023
Bakersfield, CA	10/21/2023
Chico, CA	10/14/2023
Escondido, CA	9/23/2023
Eureka, CA	10/14/2023
Fresno, CA	10/21/2023
Hermosa Beach, CA	10/7/2023
Huntington Beach, CA	11/4/2023
Imperial County, CA	11/19/2023
Irvine, CA	10/21/2023
Long Beach, CA	10/28/2023
Los Angeles, CA	10/28/2023
Merced, CA	10/7/2023
Modesto, CA	9/9/2023
Monterey, CA	10/7/2023
Orcutt, CA	9/30/2023
Oxnard, CA	9/23/2023
Palm Desert, CA	11/4/2023
Rancho Cucamonga, CA	10/14/2023
Rancho Mission Viejo	9/30/2023
Redding, CA	9/23/2023
Ridgecrest, CA	10/28/2023
Rohnert Park, CA	10/7/2023
Sacramento, CA	9/30/2023
San Diego, CA	10/7/2023
San Fernando Valley, CA	10/22/2023
San Francisco, CA	11/4/2023
San Jose, CA	10/14/2023
San Luis Obispo, CA	11/4/2023
San Ramon, CA (East Bay Area)	10/28/2023
Santa Barbara, CA	10/14/2023
Santa Monica, CA	10/22/2023
Stockton, CA	10/14/2023
Suisun City, CA	10/21/2023
Temecula Valley, CA	10/7/2023
Valencia, CA	10/7/2023
Visalia, CA	8/20/2023
West Lake Village, CA	10/21/2023
Yountville, CA (Napa)	9/9/2023
Yuba City, CA	9/9/2023
Kahului, HI	10/21/2023

Kapa'a, HI	8/26/2023
Hilo, HI	9/23/2023
Honolulu, HI	11/4/2023
Las Vegas, NV	10/28/2023
Sparks, NV	10/14/2023

In the Alzheimer's and dementia e-news from the Alzheimer's Association on August 30, 2023, there were five different care options stated. (In-home, Adult Day Center, Long-Term, Respite and Hospice) An article on Long-Term Care and Hospice Care will be included in Region VIII's August and September monthly reports.

## In-home Care

In-home care includes a wide range of services provided in the home, rather than in a hospital or care community. It can allow a person with Alzheimer's or other dementia to stay in his or her own home. It also can be of great assistance to caregivers.

### Types of in-home services



Not all in-home services are the same. Some in-home services provide non-medical help, such as assistance with daily living. Other in-home services involve medical care given by a licensed health professional, such as a nurse or physical therapist.

#### Common types of in-home services:

- **Companion services:** Help with supervision, recreational activities or visiting.
- **Personal care services:** Help with bathing, dressing, toileting, eating, exercising or other personal care.
- **Homemaker services:** Help with housekeeping, shopping, or meal preparation.
- **Skilled care:** Help with wound care, injections, physical therapy, and other medical needs by a licensed health professional. Often times, a home health care agency coordinates these types of skilled care services once they have been ordered by a physician.

## Finding in-home services

To find the right in-home care services, start with these resources:

- **Talk to the doctor.** The primary physician providing care for the person with Alzheimer's is a great place to start. Ask for recommendations of home health providers that have experience caring for people with dementia.
- **Use Medicare's online tool.** You can find and compare Medicare-certified Home Health agencies in your area through Medicare's online tool [Home Health Compare](#).
- **Use our Community Resource Finder.** Search for home care services near you by using online [Community Resource Finder](#).
- **Call your local Alzheimer's Association® chapter.** The Alzheimer's Association chapter in your area can provide referrals. Find your [local Alzheimer's Association chapter](#).
- **Use The Eldercare Locator.** Call 800.677.1116 or use the [Eldercare Locator Online Tool](#), where you can search for services by zip code, city or state.
- **Ask friends, family, and neighbors about their experiences.** Getting a first-hand opinion from someone who has used in-home care services can be especially helpful.

## Choosing providers

### Home Safety Checklist

Keep the below checklist handy to prevent dangerous situations and help maximize the person living with dementia's independence for as long as possible.

The following steps can be helpful when trying to find the right care:

- **Create a list of care needs.** Before contacting prospective providers, create a list of care needs, as well as your expectations on how these needs will be met.
- **Call first.** When you call to screen home care providers, find out what kind of help they offer and if it meets your specific needs.
- **Interview at home.** Meet with a prospective home care agency or provider in your home. Prepare [questions](#) beforehand. It's a good idea to have a third person present so that afterwards you can discuss your impressions.
- **Check references.** Some agencies will conduct criminal background checks. Ask if these have been conducted. It is also a good idea to talk to others who have worked with the provider.
- **Share information.** The more care providers know about the person they are caring for, the better care they can give. Even with memory loss, persons with dementia maintain

strong memories from periods of their past. Familiarize the care provider with past accomplishments, fond memories and other guideposts that are relevant to where the person with dementia's current memory is strong. It will allow for a much greater bond to form between them. Our [Personal Facts and Insights](#) (PDF) form can help you organize and share information about the person's personal preferences and background.

### **Questions to ask potential in-home providers**

- Are you trained in first aid and CPR?
- Do you have experience working with someone with dementia?
- Are you trained in dementia care?
- Are you with an agency? (If important to you)
- Are you bonded (protects clients from potential losses caused by the employee)?
- Are you able to provide references?
- Are you available at the times needed?
- Are you able to provide back-up, if sick?
- Are you able to manage our specific health and behavioral care needs?

## **Costs**

Costs for home care services vary depending on many factors, including what services are being provided, where you live, and whether the expenses qualify for Medicare or private insurance coverage.

Medicare covers certain in-home health care services when the person needing care meets eligibility criteria (which includes being homebound and requiring the services of a skilled professional), and if the services are considered reasonable and necessary for treatment. For details about eligibility, download the Centers for Medicare and Medicaid Services booklet [Medicare and Home Health Care](#) (PDF).

**Learn more:** To find and compare Medicare-certified home health agencies in your area, use Medicare's online tool [Home Health Compare](#).

### **Cash Assistance Programs**

Some states have programs for seniors with limited resources and assets, which — rather than going through a home health care agency — allow seniors (or their representatives) to pay a person of their choosing, including family members, for in-home services. Such programs are often called "participant-directed services" or "cash and counseling," although similar services go by different names depending on location.

To learn if a cash assistance program for home-health services exists in your state, contact your

local Area Agency on Aging through their [website](#) or The Eldercare Locator (800.677.1116 | [www.eldercare.gov](http://www.eldercare.gov)).

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Please remember that Chapter dues CAN NOT be used for donations to the Alzheimer's Association. Even if the Chapter is closing, they cannot donate the funds to NARFE-Alzheimer's Research.

Donations collected from NARFE members should be sent to the Federation Alzheimer's Coordinator for submission to the Alzheimer's Association and not be held for another month.

Thank you so much for all your support to make it possible to improve the lives of so many others!

Regards,  
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