

a newsletter of **OPICA**

OPICA Extends its Services in the Community

For Bea V., all it took was one fall in her Westchester home. Fortunately Bea incurred no significant injuries but she lost confidence in herself to get around without help. And Bea is not alone. One out of three older adults falls each year. And many who fall, even if they are not injured, develop a fear of falling. A fear that may cause them to limit their activities, which leads to reduced mobility and loss of physical fitness, and in turn increases their actual risk of falling.

OPICA is committed to providing educational programs and resources to benefit the older adult community. Thanks to funding from the Max Factor Family Foundation and Kaiser Permanente West Los Angeles, OPICA offers two classes to encourage physical activity and overall health: A Matter of Balance and Walk with Ease.



Walk with Ease participates stretching at the Westfield Mall in Culver City.

A Matter of Balance, initially developed with funding from the national Institute on Aging is now replicated throughout the country. An evidence-based health program for older adults, it uses cognitive-behavior techniques designed to reduce the fear of falling, stop the fear of falling cycle, and improve the activity level for older adults. Through lecture, discussion and exercise, participants are encouraged to identify and become more aware of their fears.

“I look forward to the weekly class, you exercise without feeling like you’re exercising. Activities I can do sitting or standing”

– Linda F., *Culver City Resident*

Walk with Ease is a multi-component program that includes walking, health education, stretching and strengthening exercises, and motivational strategies. Initially designed for

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OPICA
CELEBRATING
OVER 35 YEARS
OF SERVICE

If you’re struggling to care for a loved one with Alzheimer’s or other challenges with dementia, OPICA can help.

OPICA
Adult Day Program
and Counseling
Center

COMING SOON:
10th Annual Forget-Me-Not Luncheon – June 4, 2015

A MESSAGE FROM THE BOARD PRESIDENT

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*Deceased



Dear Friends of OPICA,

We begin the New Year with confidence knowing we have met the fiscal challenge that we faced two years ago when OPICA and other senior care agencies lost funding from the City of Los Angeles. Thanks to your rallying of support OPICA has rebounded and we look to the future with

optimism, eager to take OPICA to the next level.



Inspired by our vision to generate the next evolution of understanding, care, and engagement for those facing cognitive impairment; firm in our belief that our members with fading memories can continue to find meaning in their lives and discover new avenues to explore, we are excited to embark on our journey to meet the ambitious goals of our newly approved 3-year strategic plan.

By achieving our goals, OPICA will:

- Be the hub of a nationally recognized community of care to improve the lives of persons facing cognitive impairment. OPICA will actively pursue and develop collaborative relationships with community organizations and service providers for the purpose of education and training, sharing of best practices, program development, research, advocacy, information gathering, and resource referral.
- Strengthen our ability to meet the individual needs of each family and our ability to provide a comforting, safe environment for our members by optimizing our current space and increasing our current high ratio of program staff to members.
- Advance the standards of a Best Place to Work, encourage and provide professional development opportunities and improve compensation for our skilled and dedicated staff.

We appreciate your support and value your partnership, essential if we are to achieve these overarching goals. We look forward to sharing progress, successes and challenges along the way on this important journey.

Sincerely,

Mary Baker

Mary Michlovich

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 enable adults facing memory disorders to continue to live at home by:

- Provide compassionate and stimulating day programs;
- Support family caregivers through counseling and respite;
- Increasing community understanding of memory disorders through education, resource referral, and professional training.





Marilyn Levin
Founders' Award

SAVE THE DATE – OPICA’s 10TH ANNUAL FORGET-ME-NOT LUNCHEON

OPICA is extremely proud and excited to honor two very special people who have made significant contributions to improve the lives of individuals and their families coping with memory loss at OPICA’s 10th Annual Forget-Me-Not Luncheon to be held on Thursday, June 4, 2015 at the Four Seasons Hotel.

For more information and/or sponsorship opportunities, contact Stacey Barrett at (310) 478-0226 or stacey@opica.org.



Britta Schramm
Community Spirit Award

MEMBER PROFILE

Ken Rosenfeld was born on April 3, 1940 in Los Angeles. Ken knew from an early age what his career path would be and his father was his biggest motivator. After graduating Fairfax High School he attended the pre-pharmaceutical program at UCLA where his love for his trumpet and music led him to play in UCLA’s marching band.

On completing the program Ken hung his Bruins cap up and put on a Trojan one. He completed USC’s pharmacy



program in 1964. In 1973 he and a partner opened Santa Monica Medical Plaza Pharmacy where they were in business for the next 11 years. Ken continued to work as a pharmacist for retail pharmacies like Thrifty and Sav-On until he retired in 2006. Over the years he has enjoyed hobbies such as coin and stamp collecting as well as playing poker. As of 2012 Ken has made OPICA part of his life. Some of his favorite activities include “Friendship Group” and “Art with Abby”. He shares that, “It’s an enjoyable place to be.”

A SPECIAL 100TH BIRTHDAY CELEBRATION



From left to right, Connie and Les Martinson and their daughter and son-in-law, Julianna and Douglas Gardner.

On January 16th the OPICA family was proud to celebrate member Les Martinson’s 100th birthday.

Before he was a member of OPICA, Les was a longtime member of the Television Academy. A famed television and movie director, Les is most famous for directing Batman (1966), The Bionic Woman (1976) and P.T. 109 (1963).

“I love that he has his friends at OPICA in his life,” expresses his wife, Connie, who attends an OPICA support group.

DID YOU KNOW...

The number of Americans with Alzheimer's disease and other dementias will escalate rapidly in coming years as the baby boom generation ages. By 2050, the number of people age 65 and older with Alzheimer's disease may nearly triple, from 5 million to as many as 16 million, barring the development of medical breakthroughs to prevent, slow or stop the disease.

NEW WAYS YOU CAN SUPPORT OPICA

Add a leaf to OPICAS's Tree



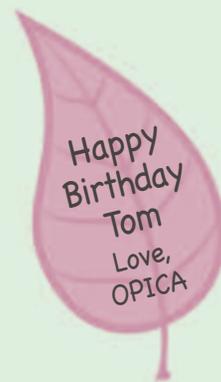
OPICA's logo, our iconic tree, was created to symbolize the shelter we provide to individuals and families coping with dementia. For over 35 years, OPICA's sheltering tree offers connection, respite, guidance, and support for those making this difficult journey.

We invite you to make a gift by sending a tribute today to ensure the OPICA tree continues to grow, expanding its reach to provide shelter to the growing number of people who seek our help.

Send a tribute to someone in their honor, or in memory of someone they loved and lost. Acknowledge a

special occasion such as an anniversary or birthday.

With your tribute gift, a leaf with your personal message will be added to OPICA's tree on the north wall of the main room, visible to everyone as they enter the room. A special tribute card will be sent to the person you honored in acknowledgment of your gift..



Please see the enclosed envelope to order your leaf today or contact Yesenia Gonzalez at (310)478-0226 or yesenia@opica.org.



Notecards featuring original artwork by OPICA Members

We are proud to introduce our newly designed note cards featuring original artwork created by OPICA Members. With a minimum donation of \$25, you can order a set of four beautiful cards and each one includes a photograph and brief biography of the artist on the back. These attractive cards can be sent as a thank you notes, or in place of a traditional greeting card. Every time you send a card, you help bring awareness to the individuals coping with cognitive impairment.

For more information, please contact Yesenia Gonzalez at (310)478-0226 or yesenia@opica.org.

Support OPICA Today and Into the Future

There are many different ways to support OPICA, but a legacy gift will allow future generations of seniors to receive the same exceptional care provided to our members today. When you designate OPICA as a beneficiary of your estate, your enduring legacy honors yourself and your family. Your single action has the power to change lives.

For more information about Planned Giving, contact Stacey Barrett (310) 478-0226 or Stacey@opica.org.



OPICA PARTNERS WITH UCLA

Alzheimer's is an incurable, progressive neurologic illness. A person with dementia may experience delusions, hallucinations, and impulsivity. Recognizing that Alzheimer's disease can be challenging for the family caregivers helping their love one cope with the disease, OPICA was proud to host UCLA's Boot Camp for Caregivers on Saturday, January 24, 2015.

The well attended Boot Camp comprised a daylong program with workshops covering topics including home safety, eating problems, recreation activities for the memory-impaired, coping with caregiver stress, and burnout. OPICA staff Emily Carvill, Director of the Adult Day Program and Associate Director of the Counseling Center, Sara Kaye, Family Services Director and Carol Hahn, RN presented workshops on coping with caregiver stress and burnout and shared adult care options. OPICA also provided a full day of activities for caregivers' loved ones, providing them much needed respite so they could participate and enjoy the day.

OPICA is proud to be a partner with UCLA's division of Geriatrics in a variety of programs including Time Out, and Alzheimer's and Dementia Care (ADC) voucher system.



In Appreciation to Foundations for their Support

With great appreciation, we thank the following Foundations for their recognition of and support for the valuable work that OPICA does, awarding the following grants*:

The Archstone Foundation	\$100,000
<i>(over two years)</i>	
John Gogian Family Foundation	\$15,000
Max Factor Family Foundation	\$20,000
May and Stanley Smith Charitable Trust	\$50,000

*Between July 1 – December 31, 2014

OPICA IS A PROUD RECIPIENT OF TAPROOT'S SEPTEMBER 2014 SERVICE GRANT.

With offices in Chicago, Los Angeles, New York City, San Francisco, and Washington, D.C., the Taproot Foundation drives social change by leading, mobilizing, and engaging professionals in pro bono service, utilizing their tools and services to strengthen nonprofits.

Selected from a competitive pool of high potential nonprofits, OPICA was awarded a Service Grant for Key Messaging and Branding Strategy. In addition to basic and regional criteria, grants are awarded to organizations with healthy finances, a strong mission and program, stable staff and proven results.

The grant will be delivered pro bono by a team of five business professionals who will volunteer their time and expertise to help OPICA advance its mission. Additional organizations receiving a 2014 Service Grant include Big Brothers Big Sisters of Greater Los Angeles and Habitat for Humanity for Greater Los Angeles.

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 July and December 31, 2014.

IN HONOR OF

Mary Bomba and her Mother
Kathe Bonann Marshall

**Tom and Joan Dunsmuir's
50th Anniversary**

Tom and Joan Dunsmuir
Roger Katz and Royce Younger

Bill Davidson
Irene Weinrot

Elliot Elgart
Susan Wolff

Dick Giesberg's Birthday
Sue Pomerantz

Gail Holtzman
Cathie-Ann Lippman

Claire Kaplan
Marilyn Garber

Harvey Krasner's 90th Birthday
Rita Loew

Paul Krentzman
Phyllis Cole

Sara Kaye
Ann Hammond
Jerry and Patty Kaye
Marilyn Silverman

Barbara and Alan's 51 years
Alan and Barbara Levy

Rita Loew's Birthday
Jennifer Loew and Andy Davis

Joyce Leanse
Stanley and Jacquelyn Gottlieb

Alvin and Gloria Lanfeld
Ernestine Elster

Jean Leserman
Robert and Joyce Wolf

Georgi Marshall
Elliot and Charlene Elgart

Mary Michlovich
OPICA Board of Directors

OPICA Artists
Ann Hammond

OPICA's Board of Directors & Staff
Larry & Mary Michlovich

Paul Raine
Elliot and Charlene Elgart

Teresa Riddle
Michael and Michelle Bennett

Frances Saito and Tom's Marriage
Teresa Riddle

Rita and Ted Williams
Ruth Snyder

Rita Williams
Michael and Michelle O'Brien

IN LOVING MEMORY OF

Carl Cossu
Pam Graham

Charles (Chuck) DeLancey
Ken Korman and Susan
Schneiderman

Rose DeLeima
Shirley Kleiman

Jack Elinson
Estelle Elinson

Judie Furst
Lou and Joanie Reisman

Aron Goldberg
Marlene Rotblatt

Bob Gregg
Mark Bloom
Gibson International
Steven and Andrea Gardner
Anne Leeds

Jack Goldfarb
Susan Bursk
Doris Gilbert
Susan Hart
JoAnna Jarvis
Connie Martinson
Judith Somers
Judith Ubick
Barbara Weinstock

Michael Garris
Joanne Garris
Shirley Matilla

Eunice Hersh
Estelle Elinson

Eddie Kosmal
Shirley Kleiman

Nila Renee Kirk
Mr. and Mrs. Price
Teresa Riddle

Donna Lam's mother
Shirley Kleiman

Doris Levy
Michael and Ellen Krane

Mary Lyday
Raymond Goldstone

Leah Milken
Shirley Kleiman

Leroy Miller
Howard Jaskol & Judith Nesburn

Ruth Messer
Jennifer Loew
and Andy Davis

James Otoide
Shirley Kleiman
Maria Marsella
Ron and Pat Masuda

Peggy and George Polinger
Steve Katz

William "Willie" Polep
Charles Polep

Don Rosman
Shirley Kleiman

Mathew Rodman's mother
Lou and Joanie Reisman

Robert Reisbaum
Cecile Benson

Connie Singer
Gail Holtzman

David Siegal
Shirley Kleiman

Forrest Stichman
Joann Stichman

March Schwartz
Connie Martinson

Mila Trinkfass
Ann Hammond

Hal Weinstock
Evelyn Brent
Joan Borienstein
Laurie Butler

Linda Camros
Rhea Coskey
Nancy Freedman
Marilyn Garber
Abner and Roslyn Goldstine

Anne Goldfarb
Bella Goldstine
Donna Garber
Irwin and Carolyn Harris
Ruth Herman
Jean Katz
Selma Kamon
Deborah Lans
Janet Levinson
Jean Leserman
Jill Levenfeld
Richard and Ila Lauter
Boris and Annette Marks

Connie Martinson
Diane Miller
Richard Munitz
Gerald Picus
Lucille Polachek
Vicki and Murray Pepper
Dr. and Mrs. Arthur Rivin
Lennie and Sid Rose
Arnie and Fran Stengel
Charles and Louise Silverberg
Jan Shulman
Martin and Barbara Schechter
Morey and Lois Sein

Natalie Spector
Sally Shafton
Sussan Shore
Marjorie Taylor
Judith Weinstein
Leonard and June Weinberg
Roslyn Wythe
Sarelyn and Robert Wager
Weinstock Manion ALC
**Hal Weinstock and caregivers,
Maria and Juliette**
Renee Cronenwalt

OPICA SERVICES

Learn why more families trust OPICA. With compassion and loving care, OPICA staff is dedicated to improve quality of life for family caregivers and individuals coping with disorders along the entire continuum of neuro-cognitive impairment.

ADULT DAY PROGRAM

- Current events discussions
- Reminiscence groups to stimulate memories and improve cognitive skills
- Daily walks in the adjacent park
- Tai Chi and Yoga for the Brain™
- Music, dancing, magic and more
- Art therapy for self-expression
- Low impact aerobics, chair exercises
- Continental breakfast, nutritious hot lunch & afternoon snack daily

OPICA'S COUNSELING CENTER OFFERS

- Support groups for family caregivers, both spouses and adult children
- Individual, couples and family counseling
- Trainee/intern programs to support future health care professionals and Marriage and Family Therapists

EARLY MEMORY LOSS

- OPICA Brain Train, a four-hour weekly program
- Open Art Studio

EDUCATIONAL PROGRAMS INCLUDE

- Chapters in Caregiving, informative monthly seminars free to the public
- Four and six week programs to prepare you to be a more informed family caregiver
- Exercise classes to increase balance and raise awareness of risk for falls.

**For more information regarding OPICA programs,
call (310) 478-0226**

Extended Services

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people with arthritis, Walk with Ease is beneficial for anyone who would like to begin a regular walking program.

Carol Hahn, RN and certified instructor for both classes, motivates participants to maintain routine exercise in a fun and accepting environment. In addition to the social support from the group that breaks the downward spiral of fear, the cohesiveness of the group leads to sharing ideas, creating new friendships, and inspiring each other to succeed. Carol reports that 80 to 90% of participants live alone and have expressed feeling valued and they appreciate the opportunity to learn from one another.

For older adults living alone, simply moving from the couch to a table can be challenging. After taking the class, Bea is happy to report that she doesn't worry as much. "I'm aware of my surroundings and I feel very confident."





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Los Angeles, CA 90025

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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

OPTIMISTIC PEOPLE IN A CARING ATMOSPHERE

UPCOMING EDUCATION PROGRAMS

CHAPTERS IN CAREGIVING

Presentations followed by Q & A with experts on issues related to dementia and aging

**Second Monday of the month, 6:00-7:30pm
(free of charge to the community)**

To RSVP contact Yesenia Gonzalez at
(310) 478-0226

UCLA MEMORY TRAINING PROGRAM

This four week workshop is designed for people with mild memory concerns. You will learn practical techniques for enhancing memory preference.

For more information, contact Carol Hahn, MSN, RN at (310) 612-9064

POWERFUL TOOLS FOR CAREGIVERS

Free 6-week educational series designed to help family caregivers take care of themselves while caring for a relative or friend.

Six Mondays, February 23 - March 31, 3:30-5:30pm

For more information, contact Carol Hahn, MSN, RN at (310) 612-9064

SAVVY CAREGIVER

Free 6-Week course for people taking care of a family member with Alzheimer's disease.

For more information, contact Carol Hahn, MSN, RN at (310) 612-9064

For more information about future Education Programs, visit our website at www.opica.org