1. Welcome/Introductions

2. Additional Items To Be Discussed

3. The Alzheimer’s Project
   TIME CERTAIN – 12:30 P.M.
   Dianne Jacob, Supervisor
   District 2 Supervisor
   San Diego County Board
   Of Supervisors
   Amber Tarrac – Policy Advisor

   a. About 2 years ago attended workshop at Skyline church. Realized this is more of an epidemic of great proportion. Public awareness.
   b. Statistic 1 out of 9 Americans 65 and older has Alzheimer’s. That statistic is anticipated to grow. 60,000 diagnosed expected to double because of aging population. 2/3 of those are women. 150,000 caretakers in San Diego are women. Women have twice as much chance to have Alzheimer’s over 60.
   c. 3rd leading cause of death behind heart disease and cancer. Higher rates in San Diego than the nation.
   d. Most expensive disease in America today. No cure yet. People with early diagnosis can live average 8-15 years and hits the family hard for costs of care. Good facilities are available but are expensive and most want to age in place at home so caretaking falls mostly on the women in the home.
   e. Government put 6 billion into cancer research, which is great but not even $1 bill into Alzheimer’s this year. Good and wonderful for what has been spent but not enough for the growing need. Not all with heart disease and cancer die due to great research but all with Alzheimer’s is eventually fatal, no cure yet.
   f. A plan of teamwork. As the County is largest public health agency, the thought was how can we partner in San Diego. Visits have be done
UCSD, Salk, Sanford Burnham and Scripps Research. Positive response from all entities.

g. 4 points – of the “Alzheimer’s project”
   i. Cure - roundtable team of many people.
   ii. Care – care group, owners managers of facilities, respite care wondering, support, and education. There is also support for those care givers.
   iii. Public education – more awareness. Need discuss in the community. So families know they are not alone. County won recent awards for efforts in this area of focus.
   iv. Standards of diagnose & standards of care - for this disease. Early diagnosis can be treated even though not curable. Team of doctors are working on that and need more money and time.

h. Project had a deadline of Dec 2nd of 2014. Hope was to have solid plan for group. Reports are available. Link this report where available online

   Report link is

i. So many ideas but we have not been able to get the ideas into drug discovery where the research dollars are located. Established collaboration for cure “C43”. $7 million 5 year plan. This has begun. Applications are in with ideas for next step.

j. Fundraiser dinner was successful. Great evening. All competing organizations working on a singular cause.

k. All people in region are needed to help in a variety of ways. 1 in 6 with Alzheimer’s wonder off. GPS bracelets are common but not fail proof. Support services are improving.

l. 50% or doctors from survey were not aware of all the support services available.

m. Diane Jacob is willing to come in to the La Mesa churches to spread the word, do workshops. We are working on it and there is support.

n. Communities needs to rally to help this cause.

o. Art Madrid comment – La Mesa is city with highest percentage of 60 and over so potential for a big impact from Alzheimer’s.

p. Art Madrid – there may be a “personality” in La Mesa that may be able to raise awareness.

q. Movie Still Alice raised the awareness of the disease. Only caveat is that they were wealthy and that is rarely the case.

r. Suellen Treadwell comment - Library could be a gathering place for a support group. Suggestions to invite those that have been through this experience to make aware for others and give support. Diane to speak with County resource for this recommendation.
s. Another workshop at Skyline church coming in July 18th at 9am. Current and update information. Very good workshop.

t. There are tips to prevent Alzheimer’s for brain health. Keep active and in good health, exercise, movement, eating right, computer games to keep mind. Crossword puzzles and other activities that keep mind active. One recommendation was “don’t retire” unless you repurpose your life and remain active in other ways.

u. There are pay services such as Lumosity.com a software full of games, shows strengths and weakness at $4-$5 a month.

v. Youngest person diagnosed so far was 37 years old.

w. It can affect all of us and is sure to impact us or someone we know dramatically.

4. Housing For Homeless Students - Update/Status
   a. Bank account almost complete. This will be a separate account through Cross Point church. With signature authorization from others on the sub-committee.
   b. Overview is the providing of deposits for transitional families to get into stable housing situation.
   c. Still looking for some more volunteers to be screeners and advisors for financial tools for struggling families.

5. Summer Lunch Program – Update/Status
   a. Currently in first week of lunch program. Anyone under 18 years of age. Please notify congregations to let them know that food is available at Vista La Mesa Church every weekday.
   b. Encourage to visit sign-up genius. Late July and first week of August.
   c. Sign-up go to [http://www.interfaithlamesa.org/schools/](http://www.interfaithlamesa.org/schools/)
   d. If not able to sign up just go to visit and see the greatest work being done in the La Mesa.

   a. Sunday September 20th 3:30-5:00pm. Aztec Park.
   b. Update, see flyer, many exciting additions to last year’s successful event.
   c. Asking for art, poetry or other displays for peace theme.
   d. More young adults being invited to participate this year.
   e. Theme “Partnerships for Peace - Dignity for All”

7. Old Business
   a. Pro-mentors transition from prison Ministry. Scheduled training on July 25th at Cross Pointe for those who would to join.

8. New Business
a. Interfaith Dialogue and Dessert – this month at:
   i. Church of Jesus Christ of Latter Day Saints in Allied Gardens –
   ii. 6767 51st Street, San Diego, CA
   iii. 1:30-3:30pm
   iv. Between Zion Ave and Allied Gardens Park
   v. Lane Smith presenting
b. Diversity conversation for next month’s agenda – IN the wak of so
   many events across the nation, the difficult conversation of racism
   needs to be had and is on the agenda for next month.
c. Low income housing outreach - is there something more that can be
   done to make housing affordable? Labeled inclusionary housing.
   Developers set aside typically 10% of development. There is
   development near the Old La Mesa Bowl on Parkway drive. Fairfield
   units. Put this on next month’s agenda.

9. Items to be discussed at July meeting


11. Adjourn

1 The Alzheimer’s Project – A Call To Arms