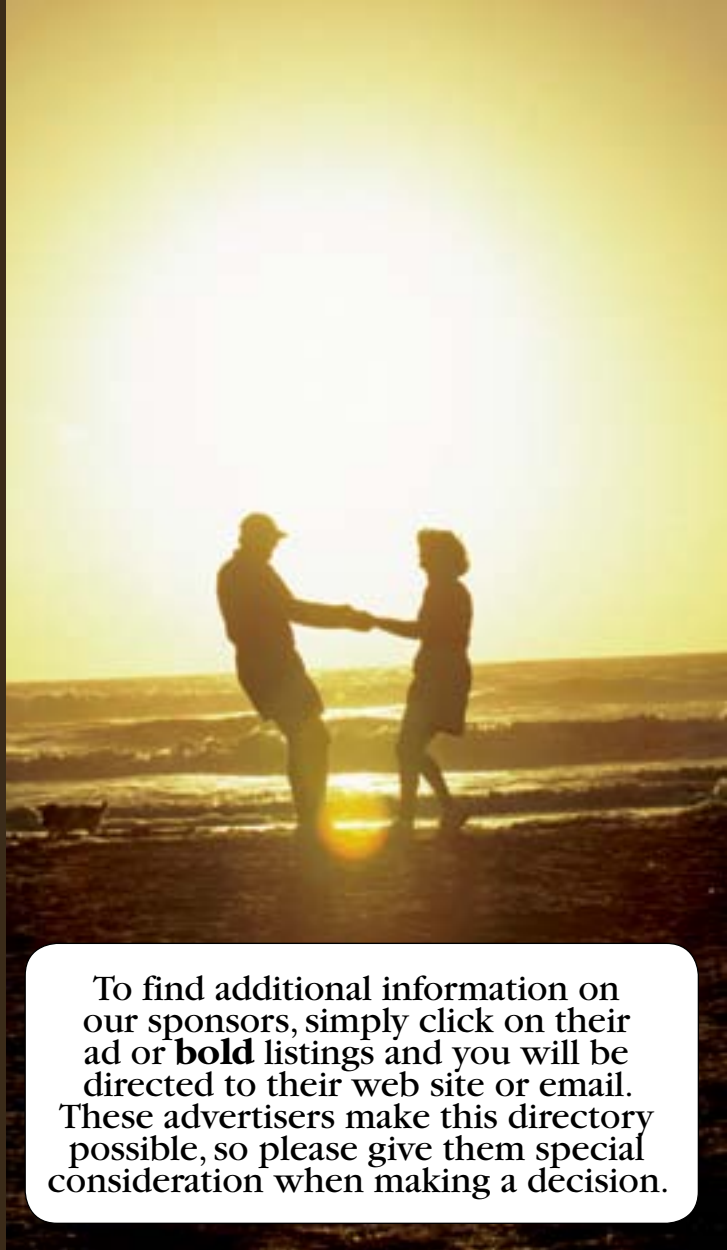


Alzheimer's Resource Directory

a guide for family members, caregivers and health care professionals



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San Diego County
Spring/Summer 2012



Colleen Van Horn
RN, BSN, PHN, CCM C.E.O.



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Check out our website at www.lohargardens.com

If you’re looking for a home-style setting for your loved one, Lo-Har Gardens is the place. Please feel free to stop by anytime for a tour.

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Dear Friends,

It is estimated that there are as many as 5.4 million Americans currently living with Alzheimer's and that number is expected to grow to as many as 16 million by 2050. These are startling statistics and the time is now to change the course of this terrible disease. I am proud to lead the Alzheimer's Association in San Diego and continue the important work we do in San Diego County.

Between today and 2025, San Diego will see more than 40,000 additional people develop Alzheimer's on top of the almost 60,000 who currently have the disease. By 2025, approximately 180,000 wives and daughters, husbands and sons, neighbors and relatives will struggle to keep their jobs and pay their bills as they dedicate their days and nights to caring for their loved one. We hope a cure is coming soon, but in the meantime, support for those impacted by the disease will continue to be critical.

For 31 years, the Alzheimer's Association San Diego/Imperial Chapter has offered free programs and services to anyone in the community. We want to continue offering these services for free for another 31 years. Support for families, raising awareness with legislators, seeking donations, and funding research remain the cornerstones of our Chapter. Research dollars continue to be fundamental to our cause, encouraging scientific study through our Young Scholars Awards, clinical trials, major research grants and educational conferences and workshops.

We invite you to find out more about what we do on www.alz.org/sandiego. None of our progress is possible without you partnering with us as a volunteer, starting a Walk team, chairing an event, supporting our Memories in the Making Art Auction, or joining us as an advocate. Thank you so much for your ongoing support.

Together, the end of Alzheimer's is within our reach.

Sincerely,

Mary Ball
President & CEO
Alzheimer's Association San Diego/Imperial Chapter

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Selected Definitions

Assisted Living - State licensed communities either totally dedicated to Alzheimer's/dementia (AAS) residents, report a designated/secure unit within their facility (ADU,ASU) or accept early stages only (AES).

Skilled Nursing Facility - State licensed facilities who report that they accept Alzheimer's/dementia patients (usually later stages in Alzheimer's designated units).

Referral Services - Organizations that specialize in finding appropriate communities for individuals with Alzheimer's or other dementias.

Adult Day Care - Licensed adult day care offers supervised activities, socialization and nutrition to those who do not need health assistance. Nurse is not required to be on site.

Adult Day Health Care- Licensed adult day care for those requiring health assistance. Must have a nurse on site.

Assessment/Diagnostic Services - Multi-Disciplinary organizations that have training, equipment and experience to assess individuals and diagnose Alzheimer's or other dementia. Usually affiliated with a hospital, medical facility or university.

Home Health Care - State licensed agencies providing various home care services often including skilled medical nursing services..

Home Care - Provide non-medical, in-home care services such as cooking, shopping, cleaning, companionship, or help with personal hygiene (state licensing not required).

Legal - Attorneys or associations familiar with legal matters affecting Alzheimer's/dementia patients and their families.

Support Groups - Groups started specifically for families and caregivers of Alzheimer's patients.

Abreviation Definitions

AASAccepts All Stages of Alzheimer's
AESAccepts Early Stage Alzheimer's Only
ADUHave Designated Alzheimer's Unit
ASUHave Secure Alzheimer's Unit
RCRespite Care
ADCAdult Day Care
ADHCAdult Day Health Care
MAccepts Medicare
MCAccepts MediCal
ELElder Law
EPEstate Planning
MIWorks With MediCal Issues

Please Note

Contents of this directory are intended for community resource information only. Neither the Alzheimer's Association, or Retirement Publishing recommends or endorses the listed facilities, organizations, professionals and companies, or their services.

Adult Day Care

Cbula Vista

George G. Glenner Alzheimer's
Family Center
280 Saylor
619-420-1703

Encinitas

Glenner Family Center at Silverado
335 Saxony Rd.
760-635-1895

Escondido

Redwood Elderlink
1151 S. Redwood St.
760-480-1030
AAS, ADC, MC

Fallbrook

Fallbrook Adult Day Care
320 W.Alvarado St.
760-723-0890
AAS, ASU,

Lemon Grove

Sungarden Terrace Adult Day Retreat
2045 Skyline Dr.
619-462-5831
ADC,AAS,ASU

San Diego

George G. Glenner Alzheimer's
Family Center
3686 Fourth Ave.
800-736-6674
AAS,ASU, RC
Live Well San Diego
4425 Bannock Ave.
858-483-5100

St. Paul's Community Care Center
328 Maple St.
619-239-6900

Santee

Santee Elderly Daycare Center
8618 DunWoodie Rd.
619-258-8092
ADC, RC

Adult Day Health Care

El Cajon

Western Adult Day Healthcare
Center
240 S. Magnolia Ave
619-631-7222

Imperial Beach

Elm Adult Day Health Care
1220 Elm Ave.
619-827-0573

La Mesa

Golden Life Adult Day Care
7373 University Ave., Ste 101
619-433-3398

National City

Highlander Adult Day Healthcare
Center
2525 Highland Ave.
619-474-0015
Horizons Adult Day Health Care
1415 E. 8th St. Ste. 5
619-474-1822

(continued on next page)

Adult Day Health Care (cont.)**Poway**

Poway Adult Day Health Care Cntr.
12250 Crosthwaite Circle
858-748-5044

Ramona

Ramona Adult Day Health Care
2138-A San Vincente Rd.
760-789-1553

San Diego

Casa Pacifica Adult Day Health Care
1424-C 30th St.
619-424-8181

Hope Adult Day Health Care Center
11239-A Camino Ruiz
858-653-5916

Loving Care Adult Day Health Center
2565 Camino del Rio S.
619-718-9777

Neighborhood House Adult Day
Health Care
851 S. 35th St.
619-233-6691

Clairemont Villa Adult Day Health
Center
5150 Murphy Canyon Rd.,
858-576-8575

San Marcos

Americare Adult Day Health Care
340 Rancheros Dr., Ste. 196
760-682-2424
AAS, RC, ADC, MC

Spring Valley

Casa de Oro Adult Day Health Care
9805 Campo Rd., Ste. 130
619-462-0881
AAS, RC, MC

Vista

North County Adult Day Healthcare
1221 W. Vista Way
760-758-2210

Assessment Services

UCSD Seniors Only Care Clinic
200 W. Arbor
619-294-3777

Assisted Living**Alpine**

Alpine View Lodge
973 Arnold Way
619-445-5291

AAS, ASU, RC

Carlsbad

ActivCare at Bressi Ranch
6255 Nygaard St.
760-603-9999
ADU, AAS, ASU, RC, ADC

Emeritus at Carlsbad
3140 El Camino Real
760-720-9898

ADU, ASU, RC

Serenity Harbor 1 & 2
3108 Azahar St.
888-980-2247

AAS, ADC

Sunrise Assisted Living at La Costa
7020 Manzanita St.
760-930-0060

ADU, ASU, RC

Harding Guest Home
3574 Harding St.
760-729-5417

AES, RC

Glen View Assisted Living at La Costa
Glen
1950 Calle Barcelona
760-704-6800

AAS, ADU, ASU

Cbula Vista

Sunrise of Bonita
3302 Bonita Rd.
619-470-2220

Villa Bonita Senior Living
3434 Bonita Rd.
619-476-9444
AAS, ASU, RC

Coronado

Coronado Retirement Village
299 Prospect Place
619-437-1777
AAS, ASU, ADU, RC

Del Mar

Attitudes Senior Care Facility
1040 Solana Dr.
858-755-7454

El Cajon

Aerie Meadows Care Home
5610 Dehesa Rd.
619-659-1577
AAS

Good Samaritan Retirement Home
1515 Jamacha Way
619-590-1515
AES

Lo-Har Gardens

768 Dorothy St.
619-444-8270
AAS, ASU, RC
(see our ad on page 3)

Rose's Greenfield Manor
2083 Greenfield Dr.
619-444-5731
AES, RC

Encinitas

Encinitas Assisted Living
417 Sandalwood Court
760-805-4015
AAS, ADU, RC

Olivenhain Guest Home
350 Cole Ranch Rd
760-753-5082
ASU, AAS, RC

Silverado Senior Living
335 Saxony Road
760-753-1245
AAS, ASU, ADU, RC

Somerford Place
1350 S. El Camino Real
760-479-1818
AAS, ASU, RC

Escondido

Canyon Terrace
2644 Canyon Rd.
760-739-0311
AAS, ASU, RC

Garden Park Villas at Escondido
1342 N. Escondido Blvd.
760-480-8155
AAS, ADU, ASU, RC

Hilltop Country Estate
28661 Meadow Glen Way West
858-837-0213
AAS, RC

Las Villas Del Norte
1325 Las Villas Way
760-741-1047
ADU, ASU, RC

Fallbrook

Country Care Gardens
1504 Hillcrest Lane
760-728-5656
ADU, ASU, AAS, RC
Regency at Fallbrook
609 E. Elder St.
760-728-8504
ADU, ASU, AAS, RC, ADC

Imperial Beach

Sun and Sea Manor
740 Seventh St.
619-429-0633
AAS, ASU, RC

La Jolla

Ocean View Homes I & II
6342 El Camino Del Teatro
858-459-9260
AAS, ASU, RC
Sunrise of La Jolla
810 Turquoise St.
858-488-4300

(continued on next page)

Assisted Living (cont)

La Jolla (cont.)

White Sands of La Jolla
7450 Olivetas Ave.
858-454-4201
ASU

La Mesa

Elmcroft of La Mesa
4960 Mills St.
619-644-1100
ADU,ASU, RC
Oakdale Heights of La Mesa
5740 Lake Murry Blvd
619-464-6801
AAS,ADU,ASU

Lakeside

Lakeside Manor
9308 Emerald Grove
619-561-8626
AAS,AES,ASU, RC

Lemon Grove

Sungarden Terrace
2045 Skyline Dr.
619-464-2273
AAS,ASU, RC,ADC

National City

Plaza Village Senior Living
950 L Ave.
619-474-4844
AAS, ASU,ADU, RC

Oceanside

Aegis at Shadowridge
1440 S. Melrose Dr.
760-806-3600
ADU,ASU, RC
Emeritus at Oceanside
3524 Lake Boulevard
760-712-6422
AAS,ADU,ASU, RC
Garden House Alzheimer's Care
3500 Lake Blvd.
760-414-9880
ADU,ASU, RC

Pacific Place Retirement Comm.
3500 Lake Blvd.
760-414-9411

Poway

Solaris at Poway
14548 Garden Rd.
858-663-9200
AAS

Sunshine Care

12695 Monte Vista Rd.
858-674-1255 Ext. 202
800-811-9595
AAS ADU,ASU, RC
(See our ad below)

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Rancho San Diego

La Vida Real

11588 Via Rancho San Diego
619-660-5778
AAS, ADU,ASU
(see our ad on page 2)

San Diego

Ann's Premier Care - Brookside Inn
2921 Murat St
619-580-5918
ASU, RC
Baron's Residential Care
5289 Lodi St.
858-272-2120
ASU, RC
Bay View Senior Accommodations
3219 Canon Street
619-225-5616
AAS, RC,ADC

Assisted Living (cont)

Belmont Village Sabre Springs
13075 S. Evening Creek Dr. South
858-486-5020
Classic Residence by Hyatt Care
Center
8515 Costs Verde Blvd.
858-646-3400
AES
Cloisters of the Valley, LLC
4171 Camino Del Rio South
619-283-2226
AES, RC
Collwood Terrace
4518 54th St.
619-287-2920
Elmcroft of Point Loma
3423 Channel Way
619-224-7300
ADU,ASU,
Emeritus of Carmel Valley
13101 Hartfield Ave.
858-259-2222
AAS,ADU,ASU, RC
Harborview Chateau, Inc.
2360 Albatross St.
619-233-8382
AAS,ASU, RC
Jacob Health Care Center, LLC
4075 54th Street
619-582-5168
AES, RC, M, MC
Mount Soledad Care Facility
2189 Crown Hill Rd.
858-755-3577
ASU
The Arbors
12979 Rancho Penasquitos Blvd
858-538-0802
AAS,ADU,ASU, RC
The San Carlos Chateau
6915 Glenflora Ave.
619-463-5757
ASU, RC

San Marcos

Brookdale Place of San Marcos
1590 West San Marcos Blvd.
760-471-9904
AES
Nightingale Assisted Living
1255 Adventure Ln.
760-739-0311
AAS, ASU, RC
Silvergate Retirement Residence
1550 Security Place
760-744-4484
AAS,ADU,ASU, RC

Santee

Julie's Elderly Care
9041 Iverness Rd.
619-449-5600
AES, RC

Solana Beach

Attitudes Senior Care Facility
740 Santa Paula
858-755-3577
ASU

Spring Valley

California Homes for Seniors, Inc.
8419 Avenida Angulia
619-962-7966
Lic. 374-600-687
ASU, RC

Vista

Evergreen Chalet
1178 Evergreen lane
760-630-8122
AAS, RC
Rancho Vista - Heartland Village
760 E. Bobier Drive
760-941-1480
ADU,ASU, RC
Restful Homes
1266 Pleiades Dr.
760-310-0220
AAS,ASU, RC

(continued on next page)

Assisted Living (cont)

Vista (cont.)

The Manse
2354 Watson Way
760-727-1221
AAS, ASU, RC
Vista Village Senior Living
2041 W.Vista Way
760-941-3233
AAS,ADU,ASU, RC

Care Management & Consulting

A Servant's Heart Senior Care
800-777-4750
RC
AgeWell Care Management
619-981-4648
ASSIST Senior Care Management
619-469-5098
Innovative Healthcare Consultants
877-731-1442
(see our ad on page 2)
Jewish Family Service
858-637-3040
LivHOME
800-731-1622

Fiduciaries

Liberty Fiduciary Services
7825 Fay Ave., Ste. 100
858-505-9156

Home Care

Carlsbad

Always There Home Care
800 Grand Ave., Ste A2
760-967-9066
RC

BrightStar Care of Carlsbad,
Oceanside
760-494-1124
AAS, RC

Heritage Senior Care

2885 Hope Ave.
800-562-2734
AAS, RC
(see our ad below)

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and care management services
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858-259-9228
(See our ad below)

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and live-in personalized home care ser-
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tient care for both long-term and short-
term. Our mission is compassionate
patient advocacy. Please call today for
additional information or assessment.
858-259-9228

El Cajon

Age Advantage Home Care
1810 Gillespie Way, Ste. 207
619-660-8881
Home of Guiding Hands
1825 Gellespie Way, Ste. 200
619-938-2856
RC

Home Care (cont.)

Encinitas

At Home Care Solutions

4401 Manchester Ave., Ste 207
760 634-8000
(see our ad on page 4)
Home Care Assistance
162 Rancho Santa Fe Rd.
877-2544860
AAS, RC

Escondido

BrightStar Care
637 N. Escondido Blvd.
760-738-1926
AAS, RC
Nightingale Health Services
2644 Canyon Rd
760-739-0311
AAS, RC

Palomar Pomerado Home Health

975 S.Andreasen Dr.
760-796-6800
RC, M, MC

Fallbrook

Innovative Healthcare

Consultants

557 E.Alvarado St.
760-731-1334
AAS
(see our ad on page 2)

La Jolla

La Jolla Nurses Homecare
2223 Avenida de la Playa, Ste. 103
858-454-9339
AAS, RC
Noble Home Health Care
7514 Girard Ave., Ste 1511
888-259-5962
AAS, RC

La Mesa

Home Instead Senior Care
5360 Jackson Dr.
619-460-6222

Lemon Grove

Assertive Home Care Services
3774 - L1 Grove St.
619-466-6890
AAS, RC

Lenora's Care Services
619-461-3946
RC

Murrieta

Home Instead Senior Care
25136 Hancock Ave., Ste A
951-676-2100

RC

Oceanside

Home Helpers
4055 D Oceanside Blvd.
760-726-1900

Reliant Senior Care
4566 Blackwell Rd
760-579-0850

AES, RC

San Diego

AccentCare
7851 Mission Center Ct., Ste. 200
800-250-2233
RC

Addus Health Care
8787 Complex, Ste. 130
888-497-2990

All Valley Home Care
8855 Balboa Ave. Ste. G/H
619-276-8001

AAS, RC

Aspire
12520 High Bluff Dr. Ste. 160
866-634-7774
RC

At Your Home Familycare
6540 Lusk Blvd., Ste C266
888-326-2273

AES, RC

(continued on next page)

Home Care (cont)

San Diego (cont.)

Attentive Home Care

2333 1st Ave., Ste. 205
619-287-1300

Comfort Keepers

4420 Ranier Ave., Ste. 202
619-795-6036
AAS, RC

1st Choice Home Care

4443 30th St. Ste. 200
619-624-2040
AAS, RC

Firstat Nursing Services

411 Camino Del Rio S., Ste. 100
619-220-7600 or 858-456-7600

(see our ad on page 15)

Home Care Live-in

2003 Bayview Heights Dr. #12
619-266-8300
AAS

Home Instead Senior Care

4909 Murphy Canyon Rd. Ste. 500
858-277-3722
RC

Innovative Healthcare

Consultants

877-731-1442

(see our ad on page 2)

Right at Home

8369 Vickers St., Ste. 203
858-277-5900
AES, RC

Senior Helpers of San Diego

928 Ft. Stockton Dr., Ste 205
619-450-4686
AAS, RC, ADC

Southwest Health Care Services

16959 Bernardo Ctr Dr, Ste. 204
858-451-9551

Visiting Angels Home Care

1850 - 5th Ave.

619-540-7699

800-811-9595

ASS, RC

(see our ad below)



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619-540-7699

San Marcos

A Servant's Heart Senior Care

1165 Linda Vista Dr., Ste 110
800-777-4750
RC

Comfort Keepers

215 S. Pacific St., Ste 109
760-598-3400

Innovative Healthcare

Consultants

877-731-1442

(see our ad on page 2)

Senior Options Today!

1145 E. Barham Dr., Ste. 193
760-522-6478

(see our ad on page 17)

Visiting Angels of North County

760-736-9934
AAS, RC

Santee

Always Best Care

278 Town Center Pkwy Ste. 201
619-757-1114

Home Care (cont.)

Vista

Home Instead Senior Care

901 Hacienda Dr., Ste. B
760-639-6472
AAS, RC

Home Health

Chula Vista

Western Health Home Care

690 Otay Lakes Rd., Ste. 120
619-397-7800
AAS, M, MC

Escondido

Interim Healthcare

425 W. 5th Ave., Ste. 101
760-432-9811
RC

Palomar Ponerado Home Health

975 S. Andreasen Dr.
760-796-6800
RC, M, MC

Fallbrook

Fallbrook Hospital Dist. Home

Health
624 E. Elder St.
760-728-1191
M, MC

San Diego

American Health Services of San

Diego
2535 Camino Del Rio S., Ste 112
619-220-6980
M, MC

Firstat Nursing Services

411 Camino Del Rio S., Ste. 100
619-220-7600 or
858-456-7600

(see our ad in next column)



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www.Firstatofsandiego.com

Gentiva Health Services

2525 Camino Del Rio S. Ste. 220
619-299-9900
M, MC

Renaissance Home Health

3160 Camino Del Rio S., Ste 312
619-285-1505
M, MC

Vista

North County Home Care

973 Vale Terrace, Ste. 205
760-643-0506
AAS, RC

Hospice Agencies

Carlsbad

Hospice of the North Coast

2525 Popico Dr. #301
760-431-4100
MC, M

Fallbrook

Fallbrook Hospital Dist. Hospice

624 E. Elder St.
760-728-1435

La Mesa

Sharp Hospicecare

8881 Fletcher Parkway, Ste. 336
619-667-1900

Poway

Horizon Hospice

13053 Poway Rd., Ste A
858-748-3030
MC, M

(continued on next page)

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or view/download from our Web site www.retirementpublishing.com

Hospice Agencies (cont.)

San Diego

Avalon Hospice and Palliative Care
3914 Murphy Canyon Rd., A226
858-751-0315

LightBridge Hospice

6155 Cornerstone Ct. East, 220
858-458-2992
MC, M
(see our ad below)



Odyssey Healthcare, Inc.
9449 Balboa Ave., Ste 290
858-565-2499
MC, M

San Diego Hospice
4311 Third Ave.
619-688-1600
MC, M

Solana Beach

Hospice by the Sea
312 S. Cedros St., Ste. 205
858-794-0195

Legal

Public Conservator's Office
619-692-5664
LPS Conservator

Bonita

San Diego Elder Law Center
4364 Bonita Rd. Ste. 461
619-235-4357
EL, EP, MI

Carlsbad

Arthur Brown, Attorney
5721 Palmer Way, Ste. B
760-438-5599
EL, EP, MI
Clarence Schlehuber Attorney at Law
2720 Jefferson St.
760-729-2327
EP, MI

Chula Vista

Daniel M. Little Attorney at Law
900 Lane Ave., Ste. 118
619-656-8848
EP, EL, MI

Escondido

Law offices of Karen Black
144 E. Washington Blvd.
760-745-2900
EL, EP, MI

La Jolla

Keeley C. Luhnow, Albence &
Assoc., APC
7777 Fay Ave. Ste 205
858-454-0024
EL, EP, MI

La Mesa

Hubka & Hubka Law Office
8262 University Ave.
619-460-3001
EL, EP, MI

Sallie Manley, Attorney
8033 La Mesa Blvd., Ste. A
619-463-5101
EL, EP, MI

Oceanside

Christine G. Mohar, Attorney
5464 Champlain St.
760-630-0200
EL, EP, MI

Marilyn Shea, Attorney
2103 El Camino Real, Ste. 103A
760-721-0600
EL, EP, MI

Legal (cont.)

San Diego

Beberman, Stoffel & Beberman
7676 Hazard Center Dr., Ste. 850
619-297-4800
EL, EP, MI
Copeland & Tierman
1230 Columbia, Ste. 680
619-231-0456
EL, EP, MI
Denise L. Polito, Attorney
11440 W. Bernardo Ct., Ste 259
858-673-8840
EP
Elaine M. Balok, Attorney
2560 First Ave. Ste. 201
619-232-7082
EP
Elder Law & Advocacy
5151 Murphy Canyon Rd, Ste. 100
858-565-1392
EL, EP, MI, HiCAP, Free legal referrals
HiCAP
5151 Murphy Canyon Rd., Ste 100
800-434-0222
No Charge - Medicare & insurance
benefits counseling and advocacy.
Jack E. Stephens, Attorney
12526 High Bluff Dr., Ste. 200
858-792-0909
EL, EP, MI
Law Offices of Boyd & Brimmer
3530 Camino del Rio N., Ste. 107
619-563-2001
EP
Law Offices of Heidi Klippel
3655 Nobel Dr., Ste. 345
800-609-4183
EP, EL, MI
San Marcos
Dennis Kelly, Attorney
1132 San Marino Dr., Ste 201
760-471-5244
EP, MI

Gary M. Koston, Attorney
250 Pacific St., Ste. 101
760-744-8420
EP, MI

Referral Agencies

El Cajon

Platinum Eldercare
1872 Joe Crosson Dr. Ste. 104
800-411-2240
AES, ADC

San Diego

CA ElderCare Placement
866-461-6555
Keepsake Choices
6780 Miramar Rd., Ste. 201
800-505-1730

San Marcos

TheraSearch Senior Housing
Placement
1681 Palomar Dr.
760-294-4550

Starfish Resources

1145 E. Barham Dr., Ste. 193
760-522-6478
(see our ad below)

a division of Starfish Resources, llc
Your Resource for Options in Senior Care
Placement Assistance
or Staying Safe in your home
760.522.6478

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of this directory just call:
800-584-9916

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www.retirementpublishing.com

Related Programs & Services

The Adaptive Clothing Store
619-461-4005

Adult Protective Services
619-283-5731
Short-term case management,
outreach to at-risk elderly.

Aging and Independence Services
800-510-2020
24 hour elder abuse hotline and
senior crisis team.

Memories at the Museum
858-622-5800

Nursing Home Ombudsman
858-560-2507
Advocacy for residents of long-
term care facilities

Out & About for Alzheimer's
858-622-5800

Parkinson Disease Information &
Referral
858-273-6763

The Well Spouse Association
800-838-0879
A national organization giving
support to families of the
chronically ill.

UCSD Quality of Life Programs
858-622-5800

UCSD Shiley-Marcos Alzheimer's
Resource Center
8950 Villa La Jolla Dr. Ste. C129
858-622-5800

Southern Caregiver Resource
3675 Ruffin Rd., Ste 230
858-268-4432
RC
provide consultation on
caregiving and long-term care
issues

Research

UCSD Shiley-Marcos Alzheimer's
Resource Center
8950 Villa La Jolla Dr. Ste. C129
858-622-5800

Pacific Research Network
3003 4th Ave.
619-294-4302

Skilled Nursing Communities

Chula Vista

Fredericka Manor Care Center
111 Third Ave.
619-427-2777
AAS,ADU,ASU,MC, M

Coronado

Villa Coronado Skilled Nursing
Facility
233 Prospect Place
619-435-6251
AES, RC, MC, M

El Cajon

Chase Care Center
1201 S. Orange Ave
619-441-1988
ADU,ASU, RC, M, MC

Eldorado Care Center
510 E. Washington Ave.
619-440-1211
ADU,ASU, RC, M, MC

Granite Hills Convalescent Hospital
1340 E. Madison Ave.
619-447-1020
AAS,ASU, RC, M, MC

Parkside Special Care Center
444 W. Lexington
619-442-7744
AES,ASU, RC, MC, M

Royal Home, The
12436 Royal Road
619-443-3886
ASU, MC

Skilled Nursing Communities (cont)

Villa Las Palmas Healthcare Center
622 S.Anza St.
619-442-0544
AES, RC, M, MC

Somerset Special Care Center
151 Claydelle St.
619-442-0245
AES

Encinitas

Aviara Health Care Center
944 Regal Rd.
760-944-0331
ADU,ASU, RC, M, MC

Escondido

Escondido Care Center
421 E. Mission Ave.
760-747-0430
RC, MC, M

Redwood Terrace Health Center
710 W. 13th Ave.
760-747-4306
AES

Valle Vista Convalescent Hospital
1025 W. Second St.
760-745-1842
AES, RC, MC, M

La Jolla

Seasons at La Jolla
6211 La Jolla Hermosa
858-456-8619
AAS,ASU,ADU, RC

White Sands of La Jolla
7450 Olivetas Ave.
858-454-4201
AAS, RC

La Mesa

Community Convalescent Hospital
8665 La Mesa Blvd.
619-465-0702
AAS, MC, M

National City

Castle Manor Convalescent Center
541 "V" Ave.
619-791-7900
AAS, RC, M, MC

Poway

Poway Health Care Center
15632 Pomerado Rd.
858-485-5153
ADU,ASU, RC, M, MC

San Diego

Carmel Mountain Rehab &
Healthcare Center
11895 Avenue of Industry
858-673-0101
ADU,ASU, M, MC

Jacob Health Care Center, LLC
4075 54th Street
619-582-5168
RC, M, MC

San Diego Healthcare Center
2828 Meadowlark Dr.
858-277-6460
ASU, MC, M

St. Paul's Health Care Center
235 Nutmeg St
619-239-2097
AAS,ASU, M, MC

Villa Rancho Bernardo Care Center
15720 Bernardo Center Dr.
858-672-3900
ADU,ASU, RC, M, MC

Spring Valley

Mount Miguel Covenant Village
Health Facility
325 Kempton St.
619-479-4790
AES,ADU, RC, M, MC

Vista

Vista Healthcare Center
247 E. Bobier Dr.
760-945-3033
ADU,ASU, RC, M, MC

Support Groups

“The Group is a place to meet once a month with other people going through the same things you are in dealing with loved ones with Alzheimer’s or a related dementia. It’s a safe place to share your story, learn coping techniques, laugh and sometimes cry, and leave feeling refreshed and rejuvenated.”

- *Alyse Ford, facilitator for the La Mesa support group*

IMPORTANT!!

Time and locations for support groups often change. Be sure to call the Alzheimer’s Association at 858-492-4400 or 800-272-3900 to confirm date, time and location before attending.

Alpine

Alpine Community Center
1830 Alpine Blvd.
Meets the 1st Wednesday of each month, 2:00 pm

Cardiff by the Sea

Belmont Village
3535 Manchester Ave.
Meets the 3rd Thursday of each month, 1:30 pm.

Carlsbad

Glen Brook at La Costa Glen
1950 Calle Batcelona
Meets the 2nd Thursday of each month, 3:00 pm
Sunrise at La Costa
7020 Manzanitas St.
Meets the 3rd Thursday of each month, 5:30 pm

Carmel Valley

Emeritus at Carmel Valley
13101 Hartfield Rd.
Meets the 1st Tuesday of each month, 6:00 pm

Clairemont/La Jolla

Clairemont Lutheran Church
4271 Clairemont Mesa Blvd.
Meets 1st Thursday of each month, 1:00 pm

Coronado

Coronado Public Library -
Conference Room
640 Orange Ave.
Meets the 1st. and 3rd Wednesday of each month, 7:00 pm.

El Cajon

Lo-Har Gardens
794 Dorothy St.
Meets the 2nd Wednesday of each month, 6:00 pm.

Encanto

Bay View Baptist Church
6134 Benson Ave. B3
CHRISTIAN - Meets the 4th Friday of each month, 6:00 pm.

Support Groups (cont)

Encinitas

George G. Glenner Alzheimer’s
Family Center
335 Saxony Rd.
Meets every Wednesday, 10:00 am
Sommerford Place
1350 S. El Camino Real
Meets the 3rd Thursday of each month, 10:00 am
Silverado Senior Living
335 Saxony Rd
Both **caregiver** and **early stage** groups meet at same time every Wednesday of each month, 10:00 am

Escondido

Joslyn Senior Center
728 N. Broadway
Dorothy E. Boeger Bldg. - Meets the 3rd Wednesday of each month, 1:30 pm
Las Villas del Norte
1325 Las Villas Way
Meets the 4th Thursday of each month., 3:00 pm
Redwood Elderlink
1151 S. Redwood
Meets the 1st and 3rd Thursday of each month, 10:00 am

Imperial Beach

Sun & Sea Manor
740 Seventh St.
Meets every 2nd Tuesday of each month, 10:00 am

La Jolla

UCSD Shiley-Marcos Alzheimer’s
Disease Research Center
8950 Villa La Jolla Dr. Ste. C-129
Meets the 2nd Wednesday of each month 2:00 pm

Sunrise La Jolla
810 Turquoise St.
Meets the 3rd Wednesday of each month 1:30 pm
White Sands of LaJolla
7450 Olivetas Ave
Meets the 2nd Monday of each month 2:00 pm

La Mesa

ActiveCare La Mesa
4960 Mills St
Meets the 2nd Saturday of each Month, 10:00 am

National City

Paradise Village
2700 E. 4th Street
Meets the 1st Thursday of each month, 2:00 pm

Oceanside

Aegis at Shadowridge
1440 S. Melrose Dr.
Meets the 1st Wednesday of each month, 10:00 am
Oceanside Senior Center
3200 Senior Center Dr.
Meets the 2nd Wednesday of each month, 1:00 pm
Pacific Place
3500 Lake Blvd.
Meets the 4th Tuesday of each month, 10:00 am
Emeritus at Oceanside
3524 Lake Blvd.
Meets the 3rd Thursday of each month, 5:00 pm

Point Loma

Point Loma ActivCare
3423 Channel Way
Meets the 2nd Saturday of each month, 10:00 am.

(continued on next page)

Support Groups (cont)

IMPORTANT!!

Time and locations for support groups often change. Be sure to call the Alzheimer's Association at 858-492-4400 or 800-272-3900 to confirm date, time and location before attending.

Poway

Belmont Village - Sabre Springs
13075 Evening Creek Dr. South
Meets the 3rd Wednesday of each month, 6:30 pm

Sunshine Care
12725 Monte Vista Rd.
Meets the 2nd Tuesday of each month, 10:30 am

Ramona

Ramona Senior Center
434 Aqua Lane
Meets the 3rd Wednesday of each month, 10:00 am

San Carlos

San Carlos Methodist Church
6554 Cowles Mtn. Blvd.
Meets the 1st & 3rd Tuesday of each month, 10:00 am

San Marcos

Silvergate San Marcos
1550 Security Place
Meets the 2nd Tuesday of each month, 6:30 pm

Vista

Vista Village
2041 West Vista Way
Meets every Thursday, 1:30 pm

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Younger Onset Individuals & Families

(Pre-registration required)
Call Jean Alton 858-492-4400 Ext 137
Meets the 1st & 3rd Monday of each month, 6:00 pm

Early Stage Memory Loss

(Pre-registration required)
La Jolla
UCSD Shiley-Marcos Alzheimer's Disease Research Center
Meets every Wednesday, 10:30 am
Call 858-622-5800

San Diego

Elder Care Guides
Meets Every Wednesday, 10:00 am.
Call Jean Alton 858-492- 4400 Ext. 137

Early Stage Caregivers

Call Jean Alton 858-492-4400 Ext 137.
Meets 2nd and 4th Wednesday of each month, 10:00 am

Spanish Speaking

San Marcos

Americare Adult Day Healthcare
340 Rancheros Dr., Ste 196
Meets the 4th Wednesday of each month, 6:00 pm

San Ysidro

Casa Familiar Recreation Center
212 E. Park Ave..
Meets every Tuesday 10:00 am

Adult Children Caregivers

San Marcos

San Marcos Senior Center
111 Richmar Ave.
Meets every Tuesday 10:00 am

Younger Caregivers

(60 years or younger)

Hillcrest

Meets 2nd Wednesday of each month, 6:30 pm
Call Frances Martinez-Goodrich
858-622-5800

National City

Bilingual (English/Spanish)
Meets the 4th Tuesday of each month, 5:00 pm
Call Frances Martinez-Goodrich
858-622-5800

Lewy Body and Frontotemporal Dementia Caregiver Group

La Jolla

UCSD Shiley-Marcos Alzheimer's Disease Research Center
Call Lisa Snyder, LCSW
858-622-5800

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we're here for you

The Alzheimer's Association San Diego/Imperial Chapter is the compassionate center of information, education, resources and support for all those in our community affected by Alzheimer's disease and other dementia. We provide a variety of free services including a 24/7 Helpline, Care Consultation, support groups, educational seminars, a resource library and the Memories in the Making® art program.

**call our 24/7 helpline at:
800.272.3900**

**or visit us online at:
alz.org/sandiego**



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