February Luncheon

February 11, 2017

11:00 a.m-2 p.m. Cafe Mozart

Our Memory: What's Normal & What's Not with Dr. Jane Mahakian

Dr. Jane is a gerontologist who has worked and advocated for 30 years in the “realm of forgetfulness.” She specializes in helping adults (and their families) deal with cognitive impairment, caused primarily by Alzheimer’s disease and other dementias.

Prior to founding Aging Matters in 1998, Dr. Jane directed the UC San Francisco Elder Care Referral Program for more than ten years. She developed the innovative program as a way to provide elder care resources for UCSF faculty, staff and students. Dr. Jane also served as a visiting research associate with the San Francisco Institute on Aging.

Since founding Aging Matters, Dr. Jane has worked with more than 500 individuals with memory loss, and with their families and/or other people who care for them. Based on her initial assessment, she develops a care plan to enhance the day-to-day life of the client with dementia. Aging Matters also provides ongoing monitoring, counseling, and advocacy. Dr. Jane has visited dozens of care communities in Northern and Southern California.

Dr. Jane conducts free support groups for family members of people with dementias, in a collaborative and solution-oriented format. She shares practical knowledge, provides encouragement, and renews confidence. Dr. Jane conducts a separate support group for family members of people with early onset dementia (which seems to be increasingly common). The challenges confronting these families are dauntingly different from those confronting families of older people with dementia.

Dr. Jane is a certified member of the Aging Life Care Association. She is founder of the Cognitive Impairment Resource Council of Orange County. Dr. Jane also co-founded the Alzheimer’s Association of Armenia and serves as their US representative. One of her passions is to help orphaned young women in Armenia. She is President of Mer Doon (mer-doon.com), a US-based nonprofit that funds the work of Mer Doon in Armenia..

Jane, one of our chapter members, will be talking to our group about what is normal and what is not in memory loss, blending in some stories and humor. It should be a very informative and entertaining presentation.

Due: February 3, 2017 Cut off and mail check to Cathy Mock, 1646 Via Tulipan, San Clemente, CA 92673, (949)690-6197, ckmock@cox.net

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cost: $25.00 Make check payable to AAUW-SCCB

Check luncheon choice:\_\_\_\_\_\_\_Caesar salad with grilled chicken breast

\_\_\_\_cheese ravioli with homemade pasta sauce \_\_\_\_ homemade quiche with mixed green salad \_\_\_\_\_ pacific red snapper with tomatoes, basil, and capers with rice and vegetables