

July 26, 2019

To Whom It May Concern,

Alzheimer's San Diego is entering in partnership with Live Well San Diego to promote and support a Healthy, Safe and Thriving community. Alzheimer's San Diego will support these goals through our services offered to the community and the support provided to our employees.

For the community, Alzheimer's San Diego will continue to:

- Promote a brain healthy lifestyle through our education classes and social activities. In these classes, we emphasize that heart health is brain health and encourage a heart healthy diet, physical activity, moderation of alcohol use, and avoidance of tobacco use.
- Promote safety and injury prevention through our education classes focusing on safety at home, driving, wandering, gun safety, managing challenging behaviors, and communication. This includes serving approximately 25,000 families each year, and offering compassionate support from a team of dementia experts in-person, online, and over the phone.
- Promote wellness, emotional support, information, resources and assistance to help ease the challenges of coping with a new diagnosis or the stress of caring for someone with dementia. This includes personalized one-on-one guidance, support groups, and self-care programs including ALZ Companions respite, which provides much-needed relief for family caregivers.
- Provide education, information and resources on safety preparedness, including the special challenges that can impact persons with dementia.

For the employees of Alzheimer's San Diego to continue to:

- Promote physical activity with access to onsite exercise facilities
- Provide a smoke free workplace
- Have zero tolerance for drug and alcohol use during work hours
- Provide benefits that include access to mental health services
- Be prepared for emergencies through our comprehensive disaster plan

With a budding elderly population on the rise, the need for dementia and Alzheimer's disease education and care support is more important than ever. San Diego County is no exception for this need. Our commitment to the community we serve supports the goals of Live Well San Diego. In this partnership we continue to strive to impact the well-being of all the people we serve.

With thanks,



Eugenia Welch, President/CEO  
Alzheimer's San Diego