



Honoring Yesterday. Protecting Tomorrow.

News & Updates

Aging & Independence Services Intergenerational Games

Come join the fun at the **Intergenerational (IG) Games!**

During the IG Games, active adults (usually age 50+) are teamed up with youth (usually elementary school-age students) for a half-day of educational and physical activities. The activities are typically non-

competitive and not rigorous. The mission of the Games is to increase mutual understanding and respect between generations and to promote healthy, active, life-long behaviors. Active adults serve as role models for youth and help to dispel stereotypes about the abilities of older adults.



Several IG Games events are coming up throughout the county (Si necesita más información en Español, póngase en contacto con Jessica Bayon en jessica.bayon@sdcounty.ca.gov):

- **The First-Ever Foster Youth IG Games on Saturday, March 11th at Point Loma Nazarene University** (these Games will pair active adults ages 18+ with youth ages 11 to 18); contact Selina Brollini at selina.brollini@sdcounty.ca.gov or 858-616-5832 to register.

- **The 15th Annual South County IG Games on Tuesday, April 4th at the Chula Vista Training Center** (formerly the Olympic Training Center) in Chula Vista (these Games will pair active older adults age 50+ with third-graders); register by going to: www.SouthCountyIGGames2017.eventbrite.com
- **The San Marcos IG Games on Wednesday, April 5th at Walnut Grove Park** (these Games will pair active older adults age 50+ with elementary school-age children); contact the San Marcos Senior Activity Center at 760-744-5535 to register.



Join the IG Games to have fun, get some exercise, and make a difference in a young person's life!

Aging & Independence Services Age and Dementia Friendly Community Survey

Aging and Independence Services (AIS) is in the initial stages of their Age and Dementia Friendly planning efforts. They want to ensure San Diego County is a great place for individuals to thrive as they age. As part of this effort, they have contracted with Harder+Company Community Research, who is helping gather feedback from the community to make sure AIS knows what the biggest needs are and where the opportunities exist to strengthen the age and dementia-friendliness of the County.



The survey is intended for anyone who is ages 50+, and/or works on behalf or in an area that impacts older adults in the County. To participate, click the following link by March 31st:

<http://www.surveygizmo.com/s3/3183879/AIS-San-Diego-Age-Friendly-Community-Survey>



Alzheimer's San Diego holds free quarterly Caregiver Conferences to give San Diegans an opportunity to learn more about Alzheimer's disease and dementia-related topics and ask questions of local experts.

Dementia Basics:

What to expect and how to handle a dementia diagnosis

Alzheimer's San Diego in partnership with Scripps Health

When: Saturday, March 18, 2017

Check-in: 8:30am & Presentations: 9:00am-12:00pm

Where: Scripps Memorial Hospital, La Jolla

The Schaetzel Center

9888 Genesee Avenue, La Jolla, CA 92037

Program: Join experts from Alzheimer's San Diego and Dr. Michael Lobatz from Scripps Health for an in-depth look at dementia, how to get a diagnosis, what to expect as the disease progresses and tips and techniques to help you navigate life with dementia. Welcoming remarks by newly elected San Diego County Supervisor Kristin Gaspar.

For more information and to register,

visit <http://www.alzsd.org/events/caregiver-conferences/> or call 858-492-4400.

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