Forgotten Memories
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Elena has planned a surprise birthday party for her husband, but something has gone wrong...

Where are the mariachis?

Señora Elena, I'm very sorry. We must be having technical difficulties.

But my guests are waiting!

I understand your frustration, Señora Elena. I'll go speak with the mariachi group right away.

I should have hired the other band...
Guillermo “Junior” Valdez is nervous that his father, the lead singer, is going to miss the performance.

Where is he? He's late! I'll call him... AGAIN!

Where is he? He's late! I'll call him... AGAIN!

Junior, what's going on? It's getting ugly out there.

I know, I know! My dad has never been late.

You have five minutes, Junior!

I know, I know! My dad has never been late.

Don't worry... he's probably stuck in traffic.

Junior, your mother and I have been driving around in circles!

But we've played in this venue thousands of...

Guys, you can argue about this later! We have a show to put on!

Lola, Junior gave me the wrong directions!

No we haven't. When?

It's showtime?

Why is Dad acting so strange?
Lola, Memo's wife, is making breakfast for the family.

I don't know what's going on with Memo... He hasn't been himself lately... and last night, what a mess!

Memo, you need to take a shower! The kids will be here soon.

Lola, I can't find my money! Have you been taking my money?

Of course not! I don't go into your wallet.

I took one already. Where is my money!

Ay Memo! No one touches your things. You know that.
Junior and his family are on their way to visit Memo and Lola.

Junior, I’ve been worried about your father...

He blamed me for giving him the wrong directions!

Maybe your dad should see a doctor.

Why would he need a doctor? He’s just getting old.

I don’t think that’s it, Junior. I really think he might have a serious medical condition. I’m just saying, it would be good if he got checked out.

Oh, Mindy. You nurses are always treating the rest of us like patients.

What’s going on with Grandpa? Is he okay?

Well, we’re trying to figure out why he’s been so forgetful.

Yeah, he calls me “Junior” all the time.

It’s just part of growing old, kids.

Will he still help me with my music?

Of course, Mija. Your abuelo loves you very much.
Junior and his family arrive at Lola and Memo’s home.

Come in everybody! I made some breakfast...

Why are there so many notes around? It looks like kindergarten!

Memo leaves, upset that others notice his forgetfulness.

Hi Grandpa!

Hi Grandma, we’re here!

Mija, they help your grandfather remember what to do.
Memo takes a walk. He is angry and frustrated.

There is nothing wrong with me!

Meanwhile... Mindy and Lola discuss Memo.

What do they know?

I'm not a child!

Memo sits down to play his guitar, but he can't concentrate.

Lola, what happened last night?

Ay, Mija! Well, we got lost.

But they've performed there so many times!

He can't remember anything! Locations, practice, even bathing! That reminds me, I have to go buy Memo a new razor. He keeps misplacing everything!

Why don't I drive you to the pharmacy?

Gracias, Mija!
At the neighborhood pharmacy...

Mindy! Lola! How nice to see you!

Hi, Dr. Nelson.

May I ask you a question, Dr. Nelson?

Mindy! Lola! How nice to see you!

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At the neighborhood pharmacy...

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Mindy! Lola! How nice to see you!

Hi, Dr. Nelson.

May I ask you a question, Dr. Nelson?

He's fine with the old songs, but not the new ones... and he's gotten lost driving a couple of times to the place where they play every month! Can you give me something to improve his memory and to help him relax?

What about his music? Does he still enjoy playing?

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Junior is attempting to teach Martin and Gaby a solo.

Let’s pick it up from the second chord.

Is Grandpa all right? He was so mad. He scared me.

Doña Maria, the nosy neighbor, has news for Junior.

Yes, Doña Maria! I’m coming.

Is anyone home?

Ugh... Can’t I go play video games?

Not now, Martin. Let’s get this down so we can impress your abuelo.

Guys, let’s concentrate. Let’s practice!

What! Where is he? I’ll be right back, kids.

What’s wrong with this family?

Hola, Doña Maria! Who’s bothering you NOW?

You will not disrespect me, Junior! I thought you should know that your father has been wandering around the neighborhood for hours!

So tell me, kids... why has your abuelo been acting so strange?

Dad!
Later that day...

Abuelito? Are you asleep?

No, Mija. Come in.

Abuelito, do you want to hear the song I've been practicing? You used to play it for me.

That would be wonderful.

That song brings back a lot of memories.

That was beautiful. Thank you, Mija! Thank you!

Talking all at once, the family argues about Memo's situation.

We need to work together as a family. Don Memo needs us.

...Memo was acting crazy! Wandering around the neighborhood...

Who invited Doña Maria anyway?

Is this normal?

Maria, don't exaggerate!

It doesn't seem normal. I think he needs to see a doctor...

That would be wonderful.

Mija, that song brings back a lot of memories.

That was beautiful. Thank you, Mija! Thank you!
The next week at the neighborhood clinic...

Hello, Mr. and Mrs. Valdez. I'm Dr. Alvarez.

I can't believe I agreed to come here! Nothing is wrong with me!

A few days later, the doctor meets with Memo and the family.

Dr. Alvarez explains how Memo should use the medicine she has prescribed for him.

The blood tests were normal, but the memory tests suggest that Mr. Valdez is experiencing early signs of dementia.

After Memo's physical exam...

I ordered some blood tests and a memory evaluation.

Will my husband be okay? Is there anything I can do?

As a family, you can all work together. Be patient with him. You might want to attend a support group where you will learn to manage this disease and relate to others who are facing the same challenges. You are not alone.
The next day...

Gaby, where are you?

Mija, I want to talk to you.

Don't worry, Dad! I know Abuelito will be here soon!

I didn't do it, Mom!

Don't worry. You're not in trouble. Actually, I want to talk to you about your abuelo.

Is he going to be okay?

Well, now that we know your grandpa has dementia, we need to be more understanding.

We need to be patient with Abuelito and show him our love and support.

What can I do to help, Mami?

A few weeks later, the Valdez family returns to the restaurant for another performance...

He'd better not be late this time, Junior!

Don't worry, Dad! I know Abuelito will be here soon!

You thought I was going to be late, didn't you?

You should have a little faith in me, son.

Abuela!

Abuelito!

Abuela!

Dad, you're here!

It's showtime!
What a nice turn out!

Better. Going to the doctor and learning what was going on was a tremendous relief. The medicine and support group have helped, too. But it's still not easy.

I'm just happy Memo has his music!

Mija, let's play them our song!

THE END
QUESTIONS & ANSWERS ABOUT DEMENTIA:

What is dementia?
Dementia is a brain disease where there is a change in memory and in other abilities. Affected individuals may forget names of things, get lost, make poor decisions, become irritable, or not be able to do things they used to do well.

How is dementia different from Alzheimer’s disease?
Alzheimer’s disease is one of the many causes of dementia. About 60% of persons with dementia have Alzheimer’s disease.

Is there a cure?
Not at this moment. People with dementia gradually get worse. There are medications for dementia that can slow memory loss, but research studies right now are looking for new and better medications and treatments.

Can you avoid getting dementia?
There are no sure ways to prevent dementia, but good brain health can make it less likely. Doctors recommend regular physical exercise, eating healthy, and being actively engaged in life.

Do all persons get dementia when they get old?
No. However, dementia becomes more frequent when people grow older. Doctors believe that 40% of 85-year-olds have some form of dementia.

If people in my family had dementia, will I get it too?
Not necessarily, but your risk is a little higher. The risk is greatest if someone in your family got dementia at an early age (before age 50).

What will I notice first if someone has early dementia?
These are ten warning signs:
- Memory loss that disrupts daily life
- Difficulty getting organized
- Difficulty doing familiar tasks
- Forgetting to show up for an appointment
- Not judging objects or distance correctly
- Trouble holding a conversation
- Frequently losing things
- Making poor decisions
- Withdrawal from usual activities
- Becoming easily upset

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ABOUT DEMENTIA:

Don't we all tend to forget things sometimes?

Yes, we all forget things. Just because you forget something does not mean that you have dementia.

Is dementia reversible?

Dementia is not reversible. However, some conditions that look like dementia can be reversible, like depression, thyroid problems, low vitamin B-12 levels, and low-grade infections.

HOW TO GET AN EVALUATION FOR DEMENTIA AND MEMORY LOSS:
Ask your physician, or call one of the numbers below.
If you live in the Los Angeles area, University of Southern California has two clinic locations: Keck School of Medicine of USC, (323) 442-7600, and Geriatric Neurobehavior and Alzheimer’s Center at Rancho Los Amigos, (562) 401-8130. Call for an appointment or referral.

RESOURCES FOR REFERRALS AND FAMILY SUPPORT:
Alzheimer’s Greater Los Angeles (844) HELP-ALZ
Nationally, Alzheimer’s Association 24/7 Helpline (800) 272-3900

National Institutes of Health Alzheimer’s Disease Education and Referral Center (800) 438-4380