

# Forgotten

## MEMORIES



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 USC GOOD NEIGHBORS  
CAMPAIGN  
A Tradition of Giving!



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!



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!

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

Memo finally arrives...



Lola, Junior gave me the wrong directions!



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



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

No we haven't. When?



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



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.



I took one already. Where is my money!



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



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

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.

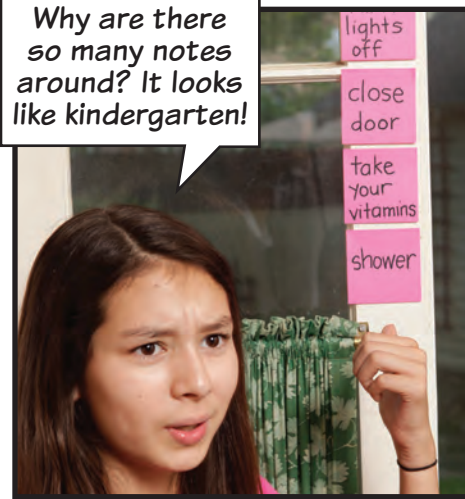


Come in everybody!  
I made some  
breakfast...

Hi Grandpa!

Hi Grandma,  
we're here!

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

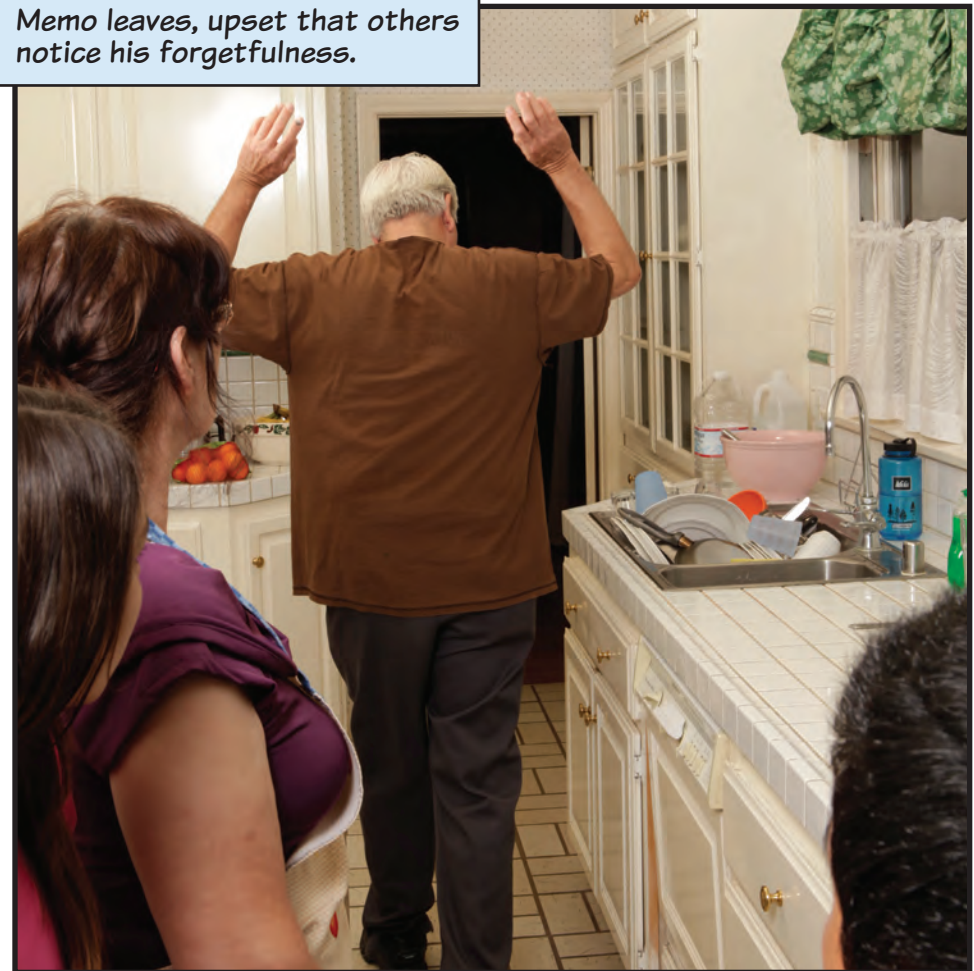


lights  
off  
close  
door  
take  
your  
vitamins  
shower



Mija, they help  
your grandfather  
remember  
what to do.

Memo leaves, upset that others  
notice his forgetfulness.



Memo takes a walk. He is angry and frustrated.



There is nothing wrong with me!



What do they know?



I'm not a child!

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



Meanwhile... Mindy and Lola discuss Memo.



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?



What about his music?  
Does he still enjoy playing?

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?



My husband has been very forgetful lately. Do you have anything that might help his memory?



What seems to be the problem?

For the past several months, he's been forgetful. He repeats the same story over and over. He obsesses about money and thinks I take it. Not to mention his short temper... he gets angry at the littlest things.



You've got quite a lot going on here. It sounds like it is more than just being forgetful. Memo would benefit from seeing his regular doctor for a complete checkup, and a neurologist for a memory evaluation.



I think I know what this might be...

How am I going to get that man to a clinic? He hates going...

Junior is attempting to teach Martin and Gaby a solo.



Let's pick it up from the second chord.

Ugh... Can't I go play video games?



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



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



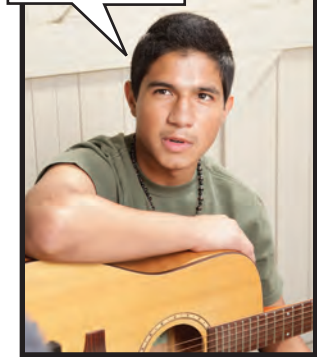
You will not disrespect me, Junior! I thought you should know that your father has been wandering around the neighborhood for hours!



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



It's because he's old, right?



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



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



What's wrong with this family?



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



Is anyone home?

Yes, Doña Maria! I'm coming.



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?

Maria, don't  
exaggerate!

Is this  
normal?

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

The next week at the neighborhood clinic...

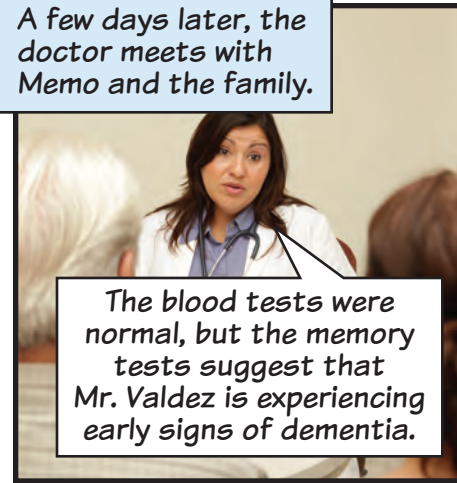


I can't believe I agreed to come here! Nothing is wrong with me!

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

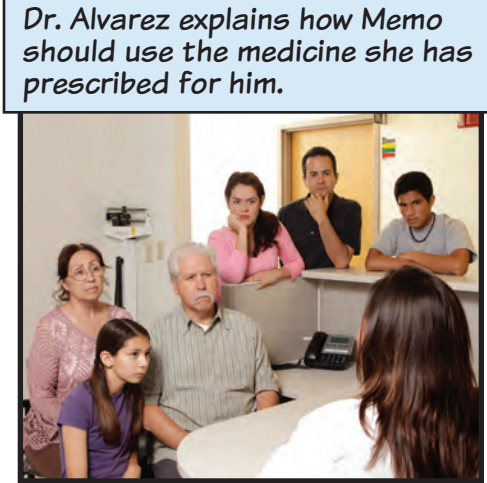


A few days later, the doctor meets with Memo and the family.



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

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



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



What can we do to help?

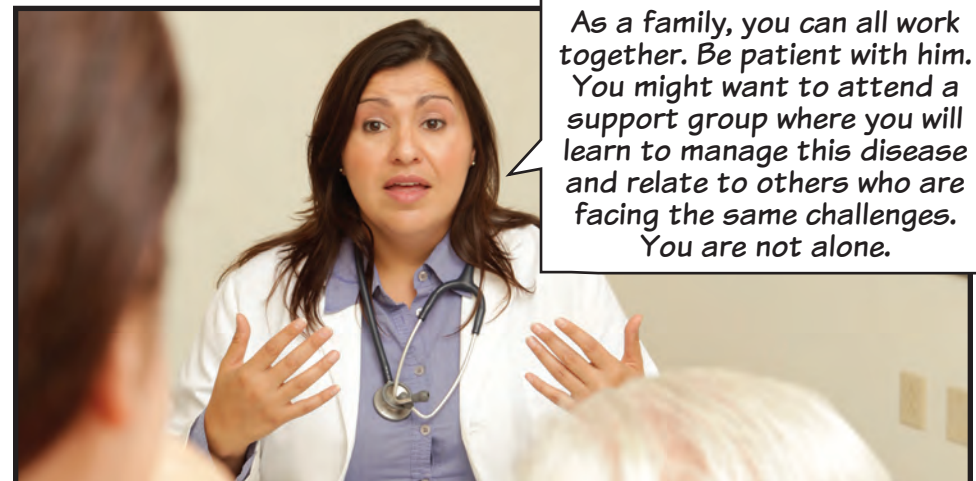


After Memo's physical exam...



I ordered some blood tests and a memory evaluation.

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.



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.



What can I do to help, Mami?



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



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!



Abuelito!

Dad, you're here!

Abuela!



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

You should have a little faith in me, son.



It's showtime!



What a nice turn out!



How are things going for you and Memo?



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!



A few minutes later...

Mija, let's play them our song!



THE END

## QUESTIONS & ANSWERS ABOUT DEMENTIA:



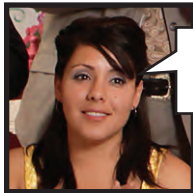
What is dementia?

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.

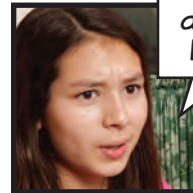
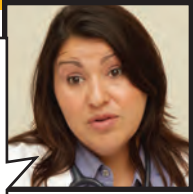


## QUESTIONS & ANSWERS ABOUT DEMENTIA:



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



# QUESTIONS & ANSWERS 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.



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## 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