

# Forgotten

## MEMORIES



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*A Tradition of Giving!*


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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!

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.



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.



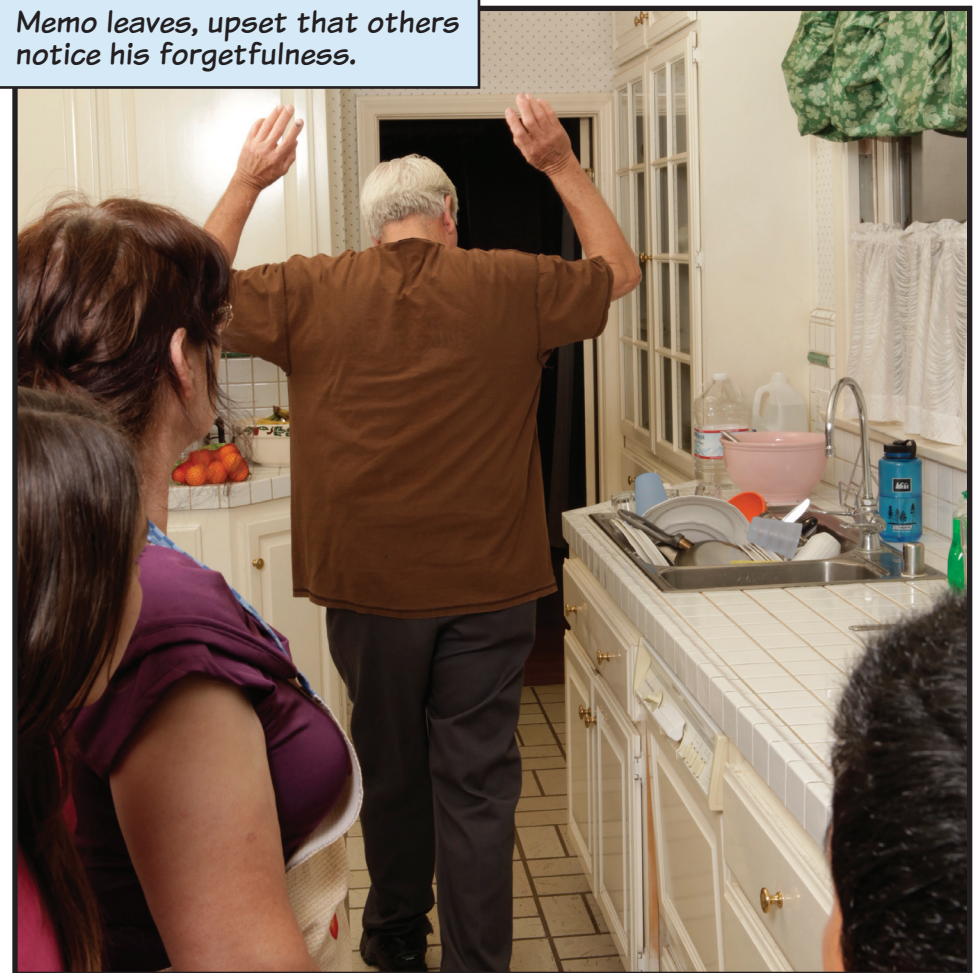
Why are there so many notes around? It looks like kindergarten!



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!

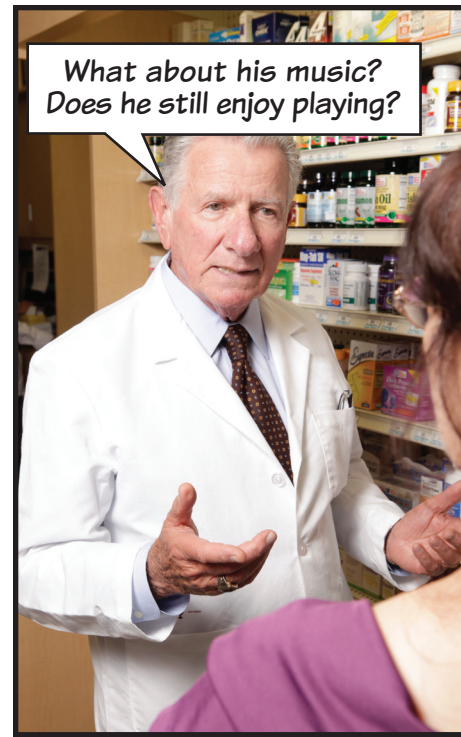
Why don't I drive you to the pharmacy?



Gracias, Mija!



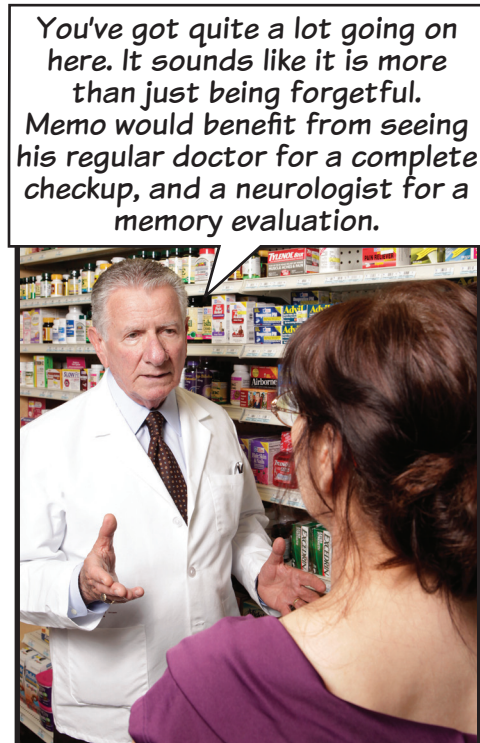
At the neighborhood pharmacy...



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?



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.





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?



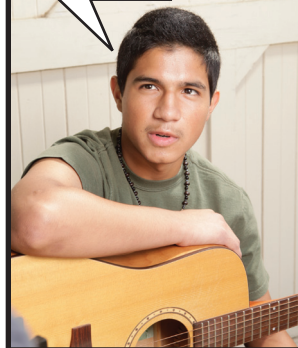
You will not disrespect me, Junior! I thought you should know that your father has been wandering around the neighborhood for hours!



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?



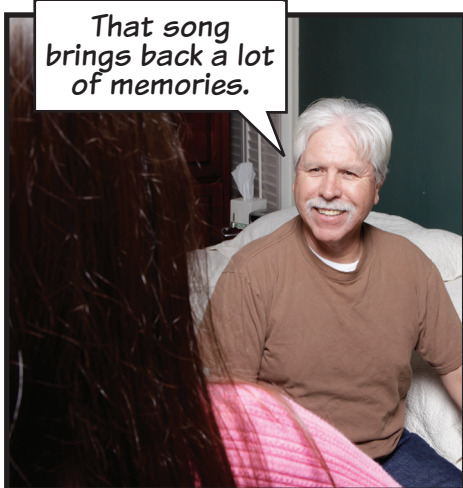
No, Mija.  
Come in.



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...

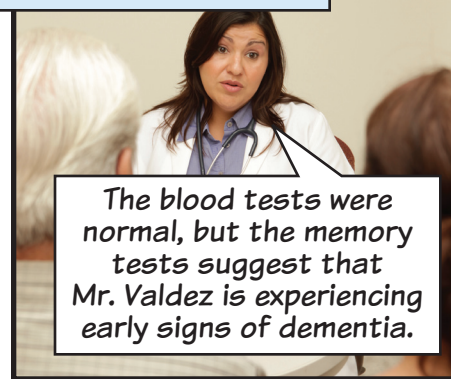


I can't believe I agreed to come here! Nothing is wrong with me!

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



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

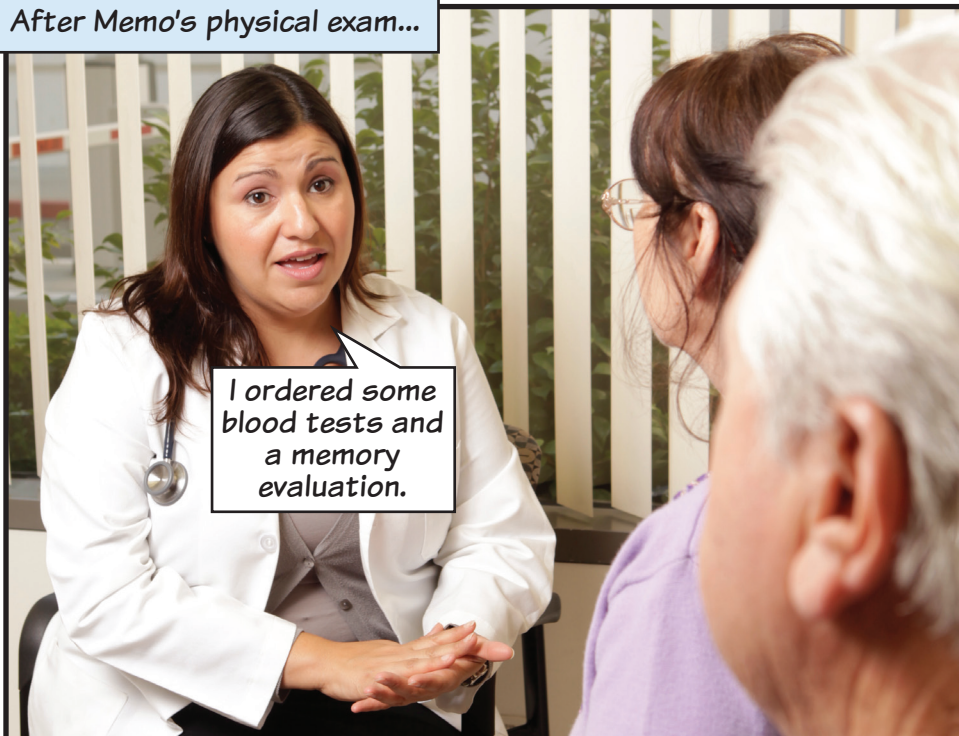


The blood tests were normal, but the memory tests suggest that Mr. Valdez is experiencing early signs of dementia.

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



After Memo's physical exam...



I ordered some blood tests and a memory evaluation.

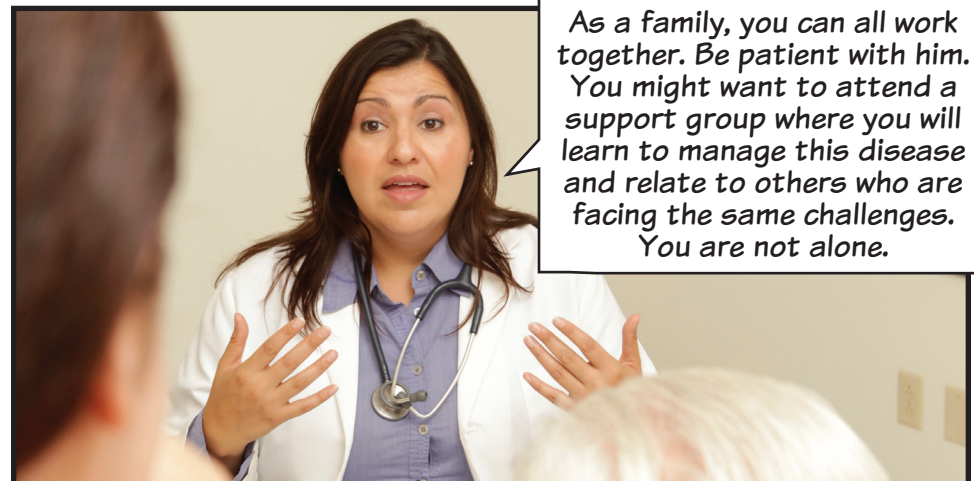
Will my husband be okay? Is there anything I can do?



What can we do to help?



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.











A few minutes later...





## 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.

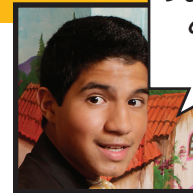


Can you avoid getting dementia?

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.

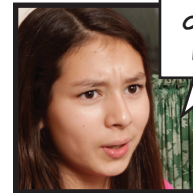
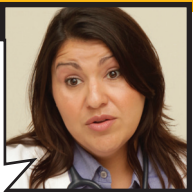


## QUESTIONS & ANSWERS ABOUT DEMENTIA:



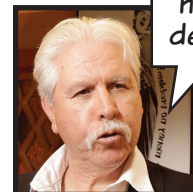
Do all persons get dementia when they get old?

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?

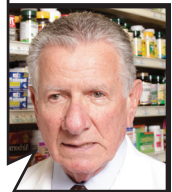
Not necessarily, but your risk is a little higher. The risk is greatest if someone in your family got dementia at an early age (before age 50).



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