



## JUVENILE DIABETES RESEARCH FOUNDATION INTERNATIONAL

5665 Oberlin Dr., #106  
San Diego, CA 92121

(858) 597-0240  
www.jdrfsd.org

United Way/CHAD Campaign Code: 95529  
CFC Code: 86208  
Executive Director: Sean McParland

- Provides support group meetings for parents of children with type 1 diabetes.
- Provides support group meetings for teens and young adults with type 1 diabetes.
- Provides family network activities for families dealing with a type 1 diabetes diagnosis.
- Supports Advocacy and Public Policy activities to address the implications of legislation related to diabetes research and care.
- Funds 25 diabetes research projects in San Diego in an effort to cure type 1 diabetes.



## THE LEUKEMIA & LYMPHOMA SOCIETY

9150 Chesapeake Dr., #100  
San Diego, CA 92123

(858) 277-1800  
www.lls.org

United Way/CHAD Campaign Code: 95530  
CFC Code: 78289  
Executive Director: Jenna Korb

- Patient Education Programs: providing up-to-the-minute information to patients and their caregivers.
- Patient Financial Aid: provides financial assistance to help patients cover some costs associated with transportation, drugs and treatment.
- Family Support Groups: Facilitating communication among patients, family, friends and the medical team.
- Information Resource Center (IRC): provides patients, families and healthcare professionals with the latest information on leukemia, lymphoma and myeloma.
- First Connection: A peer support program for patients and survivors.
- Back to School Program for the Child with Cancer: Assuring a smooth transition from treatment back to school.



## LUPUS FOUNDATION OF SOUTHERN CALIFORNIA

4699 Murphy Canyon Rd.  
San Diego, CA 92123

(858) 278-2788  
www.lupussocal.org

United Way/CHAD Campaign Code: 95533  
CFC Code: 15575  
Executive Director: Hollaine Hopkins

- Support group meetings for lupus patients, their families and friends.
- Referrals, counseling and personal advocacy for people affected by lupus.
- Professional, educational community programs and medical symposiums.
- Quarterly newsletter and a lending library of books on lupus.
- Free literature, video presentations and speakers for health fairs.



## MENTAL HEALTH AMERICA OF SAN DIEGO COUNTY

4069 30th St.  
San Diego, CA 92104

(619) 543-0412  
www.mhasd.org

United Way/CHAD Campaign Code: 95548  
CFC Code: 42032  
Chairman: Dan McAllister

- Information & Referral services on mental illnesses and refer callers to health care professionals and community resources.
- Organize seminars for the patients, caregivers and health care professionals.
- Publish the Self-Help Directory with over 650 support groups throughout the county listed.
- Distribute literature, brochures and videotapes on mental health issues.
- Work to reduce stigma associated with mental illness by supporting public awareness campaigns.
- Conduct community outreach initiatives to link clients with care providers.
- Operate client run vocational/social programs at the MHA Visions Clubhouse.



## MUSCULAR DYSTROPHY ASSOCIATION

9990 Mesa Rim Rd., #100  
San Diego, CA 92121

(858) 492-9792  
www.mda.org

United Way/CHAD Campaign Code: 95536  
CFC Code: 48841  
Executive Director: Angel Chanchea

- Funds Muscle Disease Clinic at Children's Hospital providing diagnostic and follow up care.
- Annual repairs of Durable Medical Equipment.
- Support groups for adults, parents and families.
- Recreational services, including free MDA Camp for children, ages 6-17.
- Free literature, films, Speakers Bureau and quarterly newsletter.
- Funding of research grants.



## NATIONAL MULTIPLE SCLEROSIS SOCIETY, PACIFIC SOUTH COAST CHAPTER

12121 Scripps Summit Dr. #190  
San Diego, CA 92131

(760) 448-8400  
TOLL FREE (800) 344-4867  
www.MSpacific.org

United Way/CHAD Campaign Code: 95549  
CFC Code: 63706  
President: Richard V. Israel

- The Pacific South Coast Chapter provides programs and services for the 45,500 people affected by MS in Orange, San Diego and Imperial counties.
- Emotional Support: self-help groups, counseling, nursing home visitation and information for the newly diagnosed.
- Wellness: clinics, education and exercise such as aqua, yoga and strength training.
- Direct Assistance: equipment loan & provision, financial grants, transportation and educational scholarships.
- Family & Social Support: children's programming, recreation, respite care, caregiver retreats and education for families affected by MS.
- Education: information & referral, professional training, multi-cultural outreach and research updates.



## PARKINSON'S ASSOCIATION OF SAN DIEGO

8555 Aero Dr., #308  
San Diego, CA 92123

(858) 273-6763  
TOLL FREE (877) 737-7576  
www.ParkinsonsAssociation.org

United Way/CHAD Campaign Code: 95512  
CFC Code: 67797  
Executive Director: Ronald C. Hendrix, Ph.D.

- Educationally focused support group network to serve persons affected by Parkinson's: patients and caregivers.
- 6 hrs/week in-home respite for Parkinson's caregivers.
- Works to increase Parkinson's awareness in the community and among health care professionals.
- Treatment and Research education for families and allied health care professionals to help manage and cope.
- Extensive Information & Referral resources, website (www.ParkinsonsAssociation.org) and Parkinson's Post newsletters.
- Financial & Legal Planning workshops to manage long term care for chronic medical conditions.
- Therapeutic Speech and Singing groups for persons affected by Parkinson's and their care givers.
- Supports Parkinson's research in managing care, medications and an eventual cure.



## SAN DIEGO HOSPICE AND THE INSTITUTE FOR PALLIATIVE MEDICINE

4311 Third Ave.  
San Diego, CA 92103

(619) 688-1600  
Toll Free (866) 688-1600  
www.sdospice.org

United Way/CHAD Campaign Code: 95588  
CFC Code: 40347  
Chief Development Officer: Kathleen Pacurar

- Expert pain management and symptom control for seriously ill patients.
- Team approach to caring for patients and family members.
- San Diego Hospice has never turned a patient away because of inability to pay, thanks to community donations that also help to enable the practicing, teaching and research of hospice and palliative medicine.
- Award-winning Children's Program offering expert care and support to children and their families, including a Perinatal Program.
- Internationally recognized Education and Research through The Institute for Palliative Medicine = best care available to patients and families.
- Speakers Bureau available for community presentations.
- Grief and loss counseling and support (individual, family, groups and children's programs, including camp) open to the community.
- Caregiver resources available on our blog "The Caregiver's Corner" at <http://sandiegocaregiversblog.com>.



## SICKLE CELL DISEASE ASSOCIATION OF AMERICA

P.O. Box 2641  
National City, CA 92050

(619) 263-8300  
www.sicklecells.org

United Way/CHAD Campaign Code: 95539  
CFC Code: 19085  
President: Tanya Gentry

- Education and information about the Sickle Cell condition.
- Parent Support Group.
- Summer Camp for children with Sickle Cell Anemia.
- Spirits of Excellence mentoring program for youth ages 13-21.



## STEPPING STONE OF SAN DIEGO, INC.

3767 Central Ave.  
San Diego, CA 92105

(619) 278-0777  
www.steppingstonesd.org

United Way/CHAD Campaign Code: 95582  
CFC Code: 13259  
President/CEO: John de Miranda

- Alcohol/drug counseling, recovery services, support groups, and sober living practices primarily targeting the gay, lesbian and transgender community.
- HIV/AIDS education and support, HIV/AIDS case management, HIV and substance abuse risk reduction, vitamin supplement program.
- Residential/non-residential recovery services includes: workshops, support groups, recreational activities, basic living skills, drug/alcohol education films.
- Prevention program to provide community support and awareness to reduce the number of alcohol/drug related incidents.
- Housing Opportunities for Persons with AIDS (HOPWA) and rental assistance programs.
- Support of Proposition 36.
- Homeless outreach services.
- Self and system advocacy; recovery readiness/harm reduction.

## How to give to Combined Health Agencies

You can support one or more of the agencies listed here by donating through the United Way/CHAD Campaign. Your donation will help provide the funds that enable the agencies to continue and expand valued programs and services.

Individual donors can simply log onto [www.uwsd.org](http://www.uwsd.org) and locate the donor link. Then choose from the list of agencies to support.

Employers are encouraged to run a United Way/CHAD workplace campaign that allows employees to use payroll deductions to support the agency of their choice. To learn more about how you can donate, please contact us.

## Generously Supported By



United Way of San Diego County



(858) 636-4158 FAX (858) 492-2171  
4699 Murphy Canyon Road  
San Diego, CA 92123-5371  
www.combinedhealth.org  
E-mail: [info@combinedhealth.org](mailto:info@combinedhealth.org)



# Directory of Programs and Services

2011-2012

ALL INFORMATION CURRENT AS OF JULY 2011.



● Combined Health Agencies is a federation of 24 chapters of local and national health agencies that serve San Diego County residents.

● Contributions can be designated to Combined Health Agencies and its member agencies through the United Way/CHAD campaign and the Combined Federal Campaign. Agencies are reviewed annually to ensure contributions are well spent.

● Annually, members of Combined Health Agencies touch nearly one million people by offering hundreds of client and community programs and services, and public and professional education programs. In addition, in the last six years, members have invested over \$160 million in local medical and scientific research projects.

● Combined Health Agencies has been the United Way's health partner in the United Way/CHAD Campaign since 1974.



### ALS ASSOCIATION GREATER SAN DIEGO CHAPTER

7920 Silverton Ave., Suite E  
San Diego, CA 92126

(858) 271-5547  
www.alsasd.org

United Way/CHAD Campaign Code: 95072  
CFC Code: 35970  
Executive Director: Thomas Courtney

- Community and networking groups for families and patients suffering from Lou Gehrig's disease, including the UCSD-ALS Clinic.
- Free loan equipment closet.
- Funds Amyotrophic Lateral Sclerosis research through the ALS National program.
- Free van transportation program for ALS patients.
- ALS specific education materials for doctors, patients and others.
- Home visitation program and safety evaluation program.



### ALZHEIMER'S ASSOCIATION SAN DIEGO/IMPERIAL CHAPTER

6632 Convoy Ct.  
San Diego, CA 92111

(858) 492-4400  
www.sanalz.org

United Way/CHAD Campaign Code: 95502  
CFC Code: 19994  
Executive Director: Lisa Bruner

- 24-hour HELPLINE (information and referral service): 1-800-272-3900.
- Assistance for families dealing with Alzheimer's disease, through assessment, personalized care planning and follow-up (Care Consultation program).
- Educational presentations and workshops for family caregivers, health care professionals and community groups.
- Medic Alert® + Safe Return,® a nationwide response network that assists in the event of a missing incident.
- Memories in the Making,™ an art program for persons with Alzheimer's disease.
- Advocacy and Public Policy activities to address the implications of legislation related to Alzheimer's disease research and care.
- Quarterly newsletter, resource library, informational materials and DVDs.



### AMERICAN DIABETES ASSOCIATION

5060 Shoreham Pl., #100  
San Diego, CA 92122

(619) 234-9897  
www.diabetes.org

United Way/CHAD Campaign Code: 95505  
CFC Code: 60045  
Executive Director: Katie Croskrey

- Referrals to resources for people with diabetes.
- Seminars and workshops for people with diabetes and the general public.
- Publications, videos, pamphlets and other educational information on diabetes.
- Summer camp for children with diabetes.
- Family Link connects families of children with diabetes.
- School based diabetes education programs.



### AMERICAN LIVER FOUNDATION PACIFIC COAST DIVISION

2515 Camino del Rio South, #122  
San Diego, CA 92108

(619) 291-5483  
www.liverfoundation.org/sandiego

United Way/CHAD Campaign Code: 95509  
CFC Code: 50076  
Vice President: Michele Calamari

- Clinic, doctor and support groups for liver patients and their loved ones.
- Annual "Liver Wellness" conference for medical professionals, case managers, social workers, patients and their caregivers.
- Free educational Love Your Liver program designed to educate elementary, middle and high school students about liver health, wellness and disease prevention.
- Free educational Fatty Liver Information Program (FLIP) for the general public. Treatment Choice Initiative (TCI) program for individuals who have or are at high risk of hepatitis C infection.
- Speakers Bureau of doctors and healthcare professionals who specialize in liver disease.
- Distribute literature and brochures on the many liver diseases including hepatitis.



### AMERICAN LUNG ASSOCIATION IN CALIFORNIA

2750 Fourth Ave.  
San Diego, CA 92103

(619) 297-3901  
www.californialung.org

United Way/CHAD Campaign Code: 95510  
CFC Code: 88603  
Executive Director: Jan Cortez

- Free Lung Helpline staffed by nurses and therapists at 1-800-LUNG USA.
- Asthma Outreach Program provides SCAMP Camp, home visits for low income families and programs for schools and community members.
- Freedom From Smoking online, clinics and support groups.
- Better Breathers Clubs to support adults with emphysema and chronic bronchitis.
- Advocacy efforts via the Action Network to clean up the air, reduce global warming and help San Diegans breathe smoke-free air where they live, work and play.
- Youth Education Programs include the Kids for Clean Air youth empowerment program.
- National lung health research and the Asthma Clinical Research Center at UCSD.



### AMERICAN MELANOMA FOUNDATION

4150 Regents Park Row, #300  
La Jolla, CA 92037

(858) 882-7712  
www.melanomafoundation.org

United Way/CHAD Campaign Code: 95589  
CFC Code: 37116  
Executive Director: Mona Mofid, M.D., FAAD

- Presents melanoma awareness campaigns at community events and health fairs, including free skin cancer screenings.
- Support and networking groups for melanoma patients and their families.
- Speakers Bureau.
- Information for melanoma patients and their families.
- Public education and advocacy programs to promote sun safety for children as well as adults.
- Funds melanoma research.
- Annual Sun Safety Poster Contest with the San Diego Padres.



### ARTHRITIS FOUNDATION PACIFIC REGION, SAN DIEGO OFFICE

9089 Clairemont Mesa Blvd., #104  
San Diego, CA 92123

(858) 492-1090  
TOLL FREE (800) 422-8885  
www.arthritis.org

United Way/CHAD Campaign Code: 95515  
CFC Code: 50072  
Executive Director: Leigh Innocenti

- Arthritis Clinic Network at no cost to uninsured individuals with arthritis.
- Medical research grants to support efforts to find a cure for arthritis.
- Speakers Bureau, public forums and professional educational forums.
- Self-help courses and ongoing support groups for people with arthritis.
- Arthritis Foundation Exercise Class, Arthritis Foundation Aquatic Program (AFAP) classes and Tai-Chi exercise for people with arthritis.
- Juvenile Arthritis summer camp and programs designed for children with arthritis.
- Literature and lending library.



### AUTISM SOCIETY SAN DIEGO CHAPTER

P.O. Box 420908  
San Diego, CA 92142-0908

(858) 715-0678  
www.sd-autism.org

United Way/CHAD Campaign Code: 95580  
CFC Code: 33465  
President: Shirley Fett

- Provide information, referrals and support to families of individuals with autism; and to teachers, physicians, and other professionals dealing with autism.
- Promote research into the causes and treatment of autism.
- Support the development of appropriate educational, recreational, vocational, medical and residential services for San Diego County's population of individuals with autism.
- Monitor legislation which affects services for, or the rights of, people with developmental disabilities.
- Increase public awareness of autism and related disorders through educational community activities.



### BEING ALIVE SAN DIEGO

4070 Centre St.  
San Diego, CA 92103

(619) 291-1400  
www.BeingAlive.org

United Way/CHAD Campaign Code: 95516  
CFC Code: 15067  
Executive Director: Shannon Wagner

- Client advocacy, peer counseling, social, recreation and drop-in centers for people living with HIV/AIDS.
- Support groups, educational seminars, Speakers Bureau, HIV 101 classes and free community educational forums.
- HIV Consumer Guidebook to services/resources available in San Diego County (Spanish/English).
- "Talk to your Child about HIV" program for parents.
- Moving and food/commodities services for people living with HIV/AIDS.
- Holistic AIDS Therapy Program.
- Information, referrals and newsletters.
- Ani-meals program that provides free pet food for clients' pets.
- Hospital Visitation Team.



### BURN INSTITUTE

8825 Aero Dr., #200  
San Diego, CA 92123

(858) 541-2277  
www.burninstitute.org

United Way/CHAD Campaign Code: 95581  
CFC Code: 50359  
Executive Director: James A. Floros

- Fire and burn prevention education for preschool through 12th grades.
- Burn survivor support programs such as *Camp Beyond the Scars* (for burn injured children, 5-17 years), Retreat for Adult Burn Survivors, School Re-Entry Program, Holiday Party for Burn Survivors, Emergency Needs/ Special Assistance Fund.
- Juvenile Fire Setter Program for children displaying fire setting behavior.
- Senior Fire and Burn Prevention Program.
- Emergency Preparedness in the Workplace Program provides instruction and hands-on fire extinguisher training for employees. Fee-based program.
- Funds burn research and treatment.



### CYSTIC FIBROSIS FOUNDATION

10455 Sorrento Valley Rd., #103  
San Diego, CA 92121

(858) 452-2873 (CURE)  
www.cff.org

United Way/CHAD Campaign Code: 95520  
CFC Code: 15662  
Executive Director: Maria Olson

- Raising money to fund research that will cure cystic fibrosis.
- Supports the Cystic Fibrosis Care Center at UCSD Medical Center.
- Information and referral services to cystic fibrosis families.
- Professional education programs.



### EPILEPSY FOUNDATION OF SAN DIEGO COUNTY

2055 El Cajon Blvd.  
San Diego, CA 92104

(619) 296-0161  
www.epilepsysandiego.org

United Way/CHAD Campaign Code: 95525  
CFC Code: 72262  
Executive Director: Kathy West

- Information and referral, employment consulting and personal advocacy for individuals and families affected by epilepsy.
- Individual/group counseling and support groups.
- Expressive Arts programs for children with epilepsy and their siblings
- School Alert and public/professional education programs.
- Classroom presentations on epilepsy.
- Summer Camp for children and teens with epilepsy.
- Scholarships for young scholars with epilepsy.
- Funding for national epilepsy and seizure research.



### FRESH START SURGICAL GIFTS

2011 Palomar Airport Rd., #206  
Carlsbad, CA 92011

(760) 944-7774  
www.freshstart.org

United Way/CHAD Campaign Code: XFR04  
CFC Code: 19316  
Executive Director: Shari Brasher

- Offers free reconstructive surgery and related medical services to children and young adults with physical deformities caused by birth defects, accidents, abuse or disease.
- Brings patients to San Diego to better manage their care, particularly for children requiring complex and/or multiple procedures, as well as to let medical volunteers work closer to home and family.
- Recruits a community of medical and non-medical volunteers to provide reconstructive surgery, laser and dental treatments, speech therapy and support services.
- Coordinates transportation, food and lodging for the child and parent/guardian when traveling to San Diego for Surgery Weekends.
- Supports medical education and training to surgeons and organizations providing charitable pediatric reconstructive surgery and related healthcare services.



### HEMOPHILIA ASSOCIATION OF SAN DIEGO COUNTY

3570 Camino Del Rio North, #108  
San Diego, CA 92108

(619) 325-3570  
www.hasdc.org

United Way/CHAD Campaign Code: 95543  
CFC Code: 21326  
Chairman: Michael Brown

- Bilingual outreach, information and referral, medical advocacy, emergency financial assistance, food assistance, scholarships, educational workshops for individuals and families affected by bleeding disorders and their related complications, such as HIV, Hepatitis, arthritis and other chronic and disabling conditions..
- Social and recreational events for member individuals and families with bleeding disorders, such as an annual picnic, bowl-a-thon, bicycle challenge and holiday celebration.
- Week long summer camp for youth ages 7-14. Counselor opportunities for youth ages 15 and older. Focus on fun, infusion education and athletics.
- Education and outreach on von Willebrand Disease, the most common bleeding disorder in the world affecting an estimated 1-3% of the population.

