



Gardens are Blooming at The Alexander Properties
A Note From Mitch Leichter, Executive Director/Partner

Welcome to April at The Alexander Properties. The gardens are blooming, and you will notice it right away. They create a special feeling as you walk through our communities. It sets the tone for our daily rhythm and routine that flows through the lives of our residents, families, and staff.



This month, our residents will enjoy a full schedule of life-enriching activities that are both engaging and empowering.



Music, Yoga, [the Santa Barbara Art Museum](#), and our visit from Little Star, a two-foot-tall miniature horse.

The [Little Star Pony Foundation](#) visits Assisted Living communities, works with hospice patients, and children with special needs.

We have some exciting upcoming events in April. **Saturday, April 11, [Villa Alamar and Alexander Gardens](#)** will have a booth at the **[Parkinson's Symposium](#)**. They will have resources, information, and support about memory care and assisted living.

A Free Event Celebrating Health and Happiness!
Wednesday, June 24th, 2026, from 2 to 5 pm



Save the date for our second annual [Community Aging Resource Event \(CARE\)](#) in our front gardens.

The CARE event is designed to promote wellness and provide seniors, caregivers, and families with healthy aging information. Learn more about these resources from local experts in the Santa Barbara community.

What makes The Alexander Properties special? We focus on a sense of community, belonging, and enjoying the daily routine. It's not one big thing, but all the little moments throughout the day.

As everything around us begins to bloom, take a moment to slow down and come for a visit.

Warmly,
Mitch

Happenings in the Communities!

Always Something New



April Calendar



April Calendar

Alexander Gardens Assisted Living

Cycling, Pet Therapy, and Bread Making!



Villa Almar Memory Care
Coffee, Connection, Parties and Pet Therapy





**A Westmont College Volunteer is Following Her Heart!
Her Future in Care and Connection**



We recently sat down with Daylin Santamaria, a Westmont College student who volunteers two days a week at Alexander Gardens. We quickly learned more about her passion and sense of purpose, which have taken shape through her internships.

Fortunately, she's had the opportunity to work with both children and seniors. While she found value in both, something about working with seniors stood out.

"I'm leaning more toward seniors," she explains, hinting at a future where she can offer comfort, care, and companionship to those who need it most.

She has a natural ability to connect with others and a genuine desire to make a difference. Her degree in Kinesiology and Nursing is carving out a path that allows her to make the most impact.

“I enjoy helping people and being there for them during important moments of their lives,” Daylin shares.

Looking ahead, she has her sights set high. In five years, she envisions herself continuing her education and earning a master’s degree, deepening both her knowledge and her ability to serve others.

In the more immediate future, she’s working toward meaningful goals by the end of the year. Steps that will move her closer to the life she’s building. This fall, Daylin is planning to study abroad.

When asked what advice she’d give to others, her answer is refreshingly honest:

“It’s cringey, but follow your heart, because at the end of the day, you have yourself. Don’t do something you don’t enjoy for the rest of your life.”

Grounding her along the way is a deep sense of appreciation, ***“I’m grateful to my parents for their support,”*** she says.

What makes Daylin special?

Her smile and the positive energy you feel when you are around her. It’s that combination of heart, intention, and warmth that will shape her future in nursing. Daylin is preparing for a life centered around care, connection, and impact.

How to Keep Patients Safe and Caregivers Sane

by Luciana Mitzkun

Part two: Preventing Difficult Behaviors



Dementia creates a highly disorienting feeling. Patients often feel confused regarding date, place, time, and what actions others expect of them.

Consequently, they have an elevated risk for anxiety, frustration, and

Studies indicate that as many as 8 in 10 dementia patients do develop behavioral symptoms that interfere with their care and their own safety.

Therefore, all caregivers are advised to adopt preventative strategies

agitation, which are feelings that often manifest in form of difficult behaviors.

We cannot predict which patients will present difficult behaviors and exactly what behaviors will there be.

However, it is safe to assume that without the implementation of supportive strategies every dementia patient is at risk of presenting difficult behaviors.



If you have any questions about memory care, please get in touch with [Luciana Mitzkun, Community Services Director](#) at Villa Alamar. She is a memory care specialist with 30 years of experience assisting families affected by dementia, including Alzheimer's disease.

Call 805-682-9345

Her books on memory care, [*Ahead of Dementia*](#), & [*Ahead of Memory Loss*](#), are popular resources bringing valuable information and strategies to residents and caregivers affected with memory-related conditions. Her work is also available in Spanish, [*Un Paso Adelante de la Demencia*](#), on her [YouTube Channel](#), and on [Substack](#).

The Alexander Estate

An Event Venue



Reserve a space for your next family luncheon or small business workshops, client lunches, and intimate events.

For booking information, contact Diane:
diane@alexandergardensal.com

starting at early stages of neurodegenerative conditions.

There are several supportive strategies that can be utilized to help prevent the development of difficult behaviors.

Which strategies are most effective for a particular patient clearly depends on who the patient is.

[**Read more**](#)

or call (805) 682-9644

The Alexander Estate

Santa Barbara Events!



Santa Barbarans have long been proud of their city's heritage from Spanish founders and from the Spanish, Mexican and North American pioneers who first settled here and built the city.

Santa Barbara Old Spanish Days


In the year 1924, Mayor Charles M. Andera declared fiesta week one of festival and gaiety, during which period, which shall be known as 'Old Spanish Days.

[Learn More](#)

Alexander Gardens
SAVE THE DATE
**COMMUNITY
AGING
RESOURCE
EVENT**
Wednesday
June 24, 2026
2 – 5 pm
At The Alexander Estate
2120 Santa Barbara St.
Santa Barbara

For more information or RSVP email:
MLBrook@AlexanderGardensAL.com

Join us in June at The Alexander Estate for a stimulating gathering celebrating wellness and happiness as we age.



Parkinson Association of Santa Barbara 2026 Symposium

Saturday, Apr 11, 2026 at 9:00 AM to 3:00 PM PDT

Elk's Lodge, 150 North Kellogg Avenue, Goleta, CA, 93111, United States

Plan to attend if you're a caregiver, professional, or community member. **Villa Alamar Memory Care and Alexander Gardens Assisted Living** will be at the Santa Barbara Parkinson Association 2026 Symposium on **April 11, 2026, from 9:00 AM to 3:00 PM.**

Stop by and say hello.
We'll be there with resources, ideas, and support.



Schedule Your Tour

A Bed & Breakfast Lifestyle for Seniors Call Lala for a tour. 805-682-9644	Experience a Higher Standard in Memory Care Call Luciana for a tour. 805-682-9345
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Villa Alamar | 45 East Alamar Ave. | Santa Barbara, CA 93105 US

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