

Alz Advocate

alzheimer's association®

new mexico

Summer 2013

THE END OF ALZHEIMER'S STARTS WITH ME

alzheimer's association®

800.272.3900 | alz.org



Jack Fussell, 62 continues on his his cross-country journey for Alzheimer's. See **page 12** for more details.

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www.alz.org/newmexico

For a complete list of Statewide Support Groups, please contact our office at 505.266.4473 or view our website at www.alz.org/newmexico

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Our Mission

TO ELIMINATE ALZHEIMER'S DISEASE THROUGH THE ADVANCEMENT OF RESEARCH; TO PROVIDE AND ENHANCE CARE AND SUPPORT FOR ALL AFFECTED; AND TO REDUCE THE RISK OF DEMENTIA THROUGH THE PROMOTION OF BRAIN HEALTH.

Our Vision

A WORLD WITHOUT ALZHEIMER'S DISEASE.



Carol Schaffer

With this perpetual crisis, caregiver stress can be crushing. More than 60 percent rate their stress from caregiving as high or very high, and one-third report symptoms of depression.

What's next?

It's an important question for families with Alzheimer's. Too often our Alzheimer's caregivers find themselves ricocheting from one crisis to another, reacting to the latest change in their loved one's behavior or ability. They're running late for a doctor's appointment, and Dad won't get in the car. They're exhausted at day's end, and Mom won't go to bed.

With this perpetual crisis, caregiver stress can be crushing. More than 60 percent rate their stress from caregiving as high or very high, and one-third report symptoms of depression.

The antidote to this is planning, strategy, and anticipation. It is undoubtedly easier said than done, but the Alzheimer's Association's free Savvy Caregiver training, offered throughout New Mexico, provides tremendous tools for staying ahead of the disease. This seven-week, evidence based class teaches caregivers to consider in advance, "What's next?" With practice, they become more adept at realistically predicting how their loved one will perform in different situations. They are then able to plan accordingly, and try different strategies until finding one that works for them.

Stress tends to make all of us shortsighted, as we scramble to deal with immediate problems. Taking time to consider future steps typically secures better outcomes, both for our loved ones with dementia, and for the entire family.

The more daunting the task, the easier it can be to lose sight of next

steps. Almost all Alzheimer's families face difficult decisions regarding driving. Even when it is obvious Dad is not entirely safe behind the wheel, halting his driving can be heartbreaking for both parent and child. Convincing him to voluntarily hand over the keys may be impossible, particularly as dementia strips away judgment and reason. Even if a tough conversation helped our loved one to understand that driving has become dangerous, with the loss of short term memory characteristic of Alzheimer's disease, it is unlikely this impression would remain.

Families address this dilemma with a number of creative solutions. Removing starters, alternators and spark plugs, "losing" car keys and entire vehicles, and having family doctors or geriatricians complete medical advisory forms that indicate the patient is no longer capable of driving, are all strategies families have found effective. Reports of concern regarding someone's fitness to drive can also be made to the state Motor Vehicle Division by calling 1-888-683-4636. Pointing to a higher medical or bureaucratic authority can sometimes redirect a loved one's anger away from family caregivers.

Families are often so consumed with deciding how to stop dad's dangerous driving that they often fail to consider what's next. Loss of the car can be so devastating because it represents a loss of freedom. ☹



Agnes Vallejos

There's a saying about working for years to achieve instant success.

The Alzheimer's Association, New Mexico Chapter has received a couple of flattering recognitions in recent months. On April 1, Governor Susana Martinez visited the Association Albuquerque office in person for the first time to sign the state's new Silver Alert Law, following a legislative session in which the Association spent long hours at the Roundhouse making certain our lawmakers understood the importance of this safety protocol. (See below). Later in the month, word

came that the Association was among the finalists for Albuquerque Business First's Non-Profit of the Year Award.

Everyone likes it when their work is praised, and these recognitions make the people who work here feel good. The labor which created this "instant success" has been underway for a long, long time.

I recently attended a luncheon reception for Barbara Michels. The longest-tenured volunteer at the Association, Barb came to the newly-formed organization in the mid-1980s. She now serves on the Association's board, and runs two support groups for Alzheimer's caregivers. Members of the support group had arranged this meal in gratitude for the positive influence Barb has brought to their lives. Catered by the Chopping Block, a gourmet food truck run by the son-in-law of one of the support group members, this fete was kept as a surprise for Barb until she walked through the door.

While each told a story about what Barb had done for them, the 30 people gathered there found it difficult to find just the right words to measure the depth of their admiration for such a tireless advocate and friend.

Having cared for both her mother and father with Alzheimer's, and guided legions of families through

that journey over the past three decades, Barb knows intimately what caregivers think and feel. She provides a combination of hard-earned empathy and practical education that, without exaggeration, improves the lives of any caregiver who spends time with her.

During the early days of the Association, Barb was among the volunteers who held volunteer board meetings around someone's kitchen table. After devoting a quarter of a life to caring for her parents, she has donated another 20,000 hours helping other people caring for their loved ones with Alzheimer's. Explaining volunteerism, which has spanned from the Reagan to the Obama administration, Barb says, "I didn't want anyone to go through this alone."

New Mexicans don't have to, thanks largely to Barb and to our many other volunteers. While directly touching the lives of hundreds through her support groups, Barb ground away for years to ensure people across our state had somewhere to turn. Her kitchen-table persistence helped push the Association from Albuquerque into Las Cruces, Santa Fe, Roswell and Farmington, with caregiver training in 14 New Mexico towns and more than 50 support groups, reaching thousands each year. 



From left to right, Myles Copeland, Communications and Advocacy Director, Agnes Vallejos, Executive Director, Governor Susana Martinez, Gino Rinaldi, Secretary of the Aging and Long-Term Services Department, Paul Pacheco, New Mexico House of Representatives and Gordon Eden, Secretary of New Mexico Department of Public Safety.

said Michels, when asked about the day's significance. "People with Alzheimer's wander, and this is a great tool and safety net for families on this journey. Having a governor who recognizes the need for these types of safety nets is wonderful."

The new law, which takes effect in July, creates an Amber Alert-type protection, allowing the Department of Public Safety to quickly activate media and law enforcement in the recovery of wandering seniors with Alzheimer's, other degenerative brain diseases, or brain injuries.

"A statewide Silver Alert program will protect seniors who might not be able to protect themselves," said Martinez. "New Mexico seniors suffering from Alzheimer's and dementia, and their families, deserve to know that law enforcement will be on the lookout should they go missing. As New Mexico's population of seniors suffering from Alzheimer's and other degenerative brain diseases continues to rise, this program is more important now than ever."

Prior to signing the bill, Martinez


was presented with the Chapter's Advocate of the Year Award.

"Governor Martinez has taken tremendous steps to support caregivers, and really elevated Alzheimer's awareness in our state," said Agnes Vallejos, Executive Director of the Alzheimer's Association, New Mexico Chapter. "Her willingness to talk about her family's struggles with the disease in a very public way has made other families realize that they are not alone and made it okay for them to access support. Championing this Silver Alert legislation is another indication of her commitment to help New Mexico's 105,000 family caregivers through this difficult journey."

In a 10-minute address during Alzheimer's Day at the Legislature on Feb. 19, Martinez shared her story with the media and gathered crowd, including several families facing Alzheimer's disease.

"Anyone who cares for someone suffering from Alzheimer's knows the stress that comes with the development of this disease." Martinez continues,

"Sometimes a loved may remember you, and sometimes it may seem as if you are a complete stranger. I know this stress first hand, as my father suffered from Alzheimer's disease. It was very hard on my family, but in some ways we were blessed because, while my father forgot my brother and me, my father always remembered my sister Lettie. One day towards the end, close to my father's dying, he turned to my brother, who he always thought was his longtime caretaker and he looked him in the eye and he said, 'please always take care of my son,' not knowing that that was who he was talking to. But he never forgot my sister Lettie, and many of you know that my sister is developmentally disabled. I think, in this way, that God was looking out for her. And I am thankful that we were able to care for him, as best we could, at home before he passed just a few days ago. And so I understand what so many of you are going through. New Mexico is an extended family, and when one of us suffers, we all suffer, but then we all come together as well"

Martinez went on to praise the Chapter's efforts on behalf of New Mexico families, and highlighted the work being done by the state Alzheimer's Task Force. Convened by the New Mexico Aging and Long-Term Services Department, the Task Force has drawn together 23 different public and private organizations and stakeholder groups, including caregivers and people in the early stages of Alzheimer's, to create a statewide strategy for public awareness, research, caregiver supports, healthcare systems and care quality. The recommendations will be delivered to the governor's office and state legislature by November 1. 

Silver Alert program signed in to law

There were television cameras, reporters, photographers, a security detail and a roomful of excited advocates.

Governor Susana Martinez's visit to the Alzheimer's Association's Albuquerque office on April 1 for the ceremonial signing of New Mexico's statewide Silver Alert law was accompanied by mild, star-struck hubbub.

A standard bearer for the Alzheimer's Association, New Mexico

Chapter since the 1980s, longtime volunteer Barb Michels, who served as caregiver to both her parents and as a past president of the Chapter, remained focused on the true significance of the visit.

"Silver Alert is another meaningful tool for caregivers to have, and something to make them feel safer,"

Dear Chris,

My mother has been my father's caregiver for six years. He was diagnosed with dementia almost eight years ago, but was pretty independent for the first couple of years. She has done a wonderful job providing for his care in their home, but our family is concerned that this is taking its toll on her health, and she acknowledges that this is a worry of hers as well. My mom has always insisted that she was not going to put my dad into "one of those homes", but I think she might be more open to exploring the idea of placing him now. How do you know when it's time for someone to move? How do you choose the right place when it is time? We just don't know where to start.

Signed,
Lost

Dear Lost,

This is one of those questions that seem to have as many answers as there are people asking it. In order for people to find the right answer for their family, caregivers need to be informed about the realities of the progression of dementia and knowledgeable about the out-of-home care options that are available in their communities. Most families want to keep their loved ones at home for as long as possible, which is totally understandable. When they consider an out of home placement they are instantly consumed with guilt and begin second guessing themselves and their abilities. They may have concerns about what other family members will think of the decision or worry that others will judge them harshly. This caregiver guilt is normal, but often misplaced. Another reason that caregivers might resist an assisted living or nursing home placement is fear. We've all seen the stories about "one of those homes" as your mother might say. The reality is there are some places that will not provide the quality of care you would want for your dad. But there are also many facilities that provide

an exceptional level of care in a loving and nurturing environment. Sadly, these excellent places don't make the 6:00 o'clock news, so we rarely hear about them, but they are out there. In fact, the April 16, 2013 New York Times reported that there are more than 733,000 people in American assisted living facilities. It's pretty unlikely that this many people would choose to stay or remain placed in conditions that were undesirable.

Before a family makes any decisions about where long term care will occur, they have to know that dementia is a progressive illness; it doesn't get better. As time goes on, the person with dementia will require closer supervision and a more intensive level of care, ultimately resulting in total dependence on others for all daily care needs. Some caregivers have the financial and/or familial resources to meet this challenge in the home and choose that option. However, many families simply aren't equipped for this level of care. This is not an indictment on their abilities or level of commitment, nor is it a statement of judgment. Few families have

someone that shows up at 11:00 pm to stay awake all night and keep watch. Few families have an extra person that visits weekly and engages a loved one in meaningful activities. Most families don't have someone whose only job is grocery shopping, meal preparation and clean up. Assisted living homes and skilled nursing homes can provide these services and many more. It is unrealistic to expect the typical family to provide this level of care. Especially when you consider that statistically, the majority of caregiving families have only one caregiver! Faced with a situation like this, no caregiver has any reason to feel guilty about exploring out of home care options.

So we've established that it is appropriate to consider out of home placement in many situations, but the question remains: if I chose to move my loved one, when is the right time? While there are no absolutes, the following questions may help determine when it is best to go ahead with a move:

- Is your loved one becoming unsafe in their current living environment?

Chris's Corner



- Is their physical and/or emotional health at risk? Is yours?
- Have their care needs exceeded your physical capabilities?
- Have you become stressed, irritable and impatient to the point it negatively affects the quality of care you're providing?
- Are you neglecting your work responsibilities, family or yourself?
- Would the structure and opportunities for social interaction available at a facility benefit your loved one?

If the answers to these questions lead a family to choose an out of home option, they'll probably have two choices: skilled nursing homes or assisted living. Assisted living is usually available in either a residential home environment or a larger, facility-type environment. The cost for long-term care varies greatly between facilities, but the national average for basic services in an assisted living facility is \$41,724 per year and \$78,110 for a nursing home stay, according to a 2011 report by the MetLife Mature Market Institute. These costs are often paid out-of-pocket by families, although some long-term care policies, veterans' benefits and Medicaid may cover skilled nursing. Always check your policy to find out what is covered and what is not. You may have to meet certain requirements before receiving benefits, so you want to be aware of those as well. Medicare does not cover the cost of long-term care in a facility. It only covers short-term skilled care after a three-day hospital stay. This is a 100 day lifetime benefit. If you have questions about these resources, the Alzheimer's Association can help connect caregivers with the appropriate agency, such as the Aging and Disability Resource Center for Medicaid eligibility, or a Veteran's Service Officer for Aid and Attendance Pension eligibility.

We can discuss some general things to look for in a facility, but the only way to really know if it's a good fit is to see it first hand, so plan on visiting a few. Try to visit the facility at different times of day, including meal times. Ask to speak with direct care staff as well as families and residents. Ask to see the latest state survey or inspection report and Special Care Unit Disclosure form. Facilities are required to provide both. Ask about room availability and cost, specifically, if the quoted rate is an inclusive one. Sometimes there are hidden costs such as incontinence products and medication management, and you want to avoid expensive surprises down the road.

Of course, in your case, you want a very clear idea of the facility's dementia care capabilities.

Ask to see their memory care unit, and ask how the staff addresses issues and behaviors that are specific to your dad. How do they avoid wandering incidents? How do they address aggressive behavior? Be honest and up front about your father's behaviors. This is the best way to insure that his needs are appropriately met, and a good facility will be honest about their ability to provide the level of care needed.

Some other things that you want to be aware of:

- Are you greeted warmly by the staff?
- Do the residents appear happy and comfortable?
- Do the residents seem to be an appropriate social and cognitive fit for your dad?
- Does the staff seem to communicate appropriately with the residents? (*Getting to eye level, respectful, avoiding baby talk etc.*)
- Is the direct care staff friendly to you?
- Does the facility welcome visits any time?
- Is the residence clean and odor free?
- Are the living areas well designed and easy for residents to navigate?
- Are the outdoor areas safe and secured to allow residents opportunities to exercise without wandering off?
- What are the specifics of any contracts you are being asked to sign? Can they be terminated and, if so, when? What are the refund policies?
- What is the clinical team comprised of (i.e. Medical Director, social workers, nurses etc.) and how often do they meet? What is the protocol to ensure your participation in treatment planning/changes when appropriate? *New Mexico State regulations require facilities to include you in this process.*
- What is the ratio of staff to clients? *The ratios required by regulations are different during waking hours and sleeping hours, so ask about both.*
- Is there evidence of regular opportunities for socialization, such as a posted activities schedule? How does staff encourage participation in these activities?
- Are opportunities available for activities off site and how does the staff keep residents safe during these outings?
- What does the common dining area look like? May residents eat in their rooms when they choose to? Are there set meal times only, or will they accommodate different schedules for individuals?
- Are the rooms private or shared? Is the size of the units adequate?

- Will the facility accommodate your loved one's changing needs and decline over time (i.e. allowing hospice care in the facility etc.)? This is known as "aging in place".

The above are simply meant to be general guidelines for gathering information and developing an impression of the facility. Many things are subjective, so of course, the right place is the one that's right for your loved one and you. There are other tools you can use to help you in your decision making process. Consider visiting our website at www.alz.org and exploring our "Caregiver Center". There you will find many tips and checklists that can assist you in this journey. The Assisted Living Federation of America (ALFA) offers information about these facilities and a provider directory to identify facilities in a particular area. Spotlight Senior Services is a resource guide that lists a variety of facilities throughout the state of New Mexico. Hard copies of their booklet are available at the Alzheimer's Association, but you can also view the information at www.spotlightseniorservicesnm.com. Many municipalities often have local resource guides as well. You can contact your local Area Agency on Aging to see what's available. For example, the Albuquerque Department of Senior Affairs has a publication listing services and resources available to residents of Bernalillo County. These are available through the Department of Senior Affairs and The Alzheimer's Association. The staff at the Alzheimer's Association cannot make a specific facility referral, but we can help you narrow your search based on specific criteria you might have (such as location) and we have brochures and information from many of the facilities in New Mexico. We also have other materials specifically designed to help people facing this decision. Attending a support group is a good way to meet people who have taken this journey before you. These caregivers have often navigated this process successfully and can be a wealth of information. A list of our statewide support groups is available through our office or on our website. These groups are also a great venue to talk about the feelings you may have about having to make such an important decision.

Hopefully, these suggestions and information give you some reassurance and confidence that whatever you decide, it will be the best choice for your dad and your family. ☺

Helpline Q & A information contributed by Chris McCaffrey, Greater Albuquerque Regional Manager

Dancing Stars raise over \$100,000 in the fight against Alzheimer's

"We liked the fireman," said Buffie Saavedra.

The comment certainly captures a zeitgeist about firefighters in general, but Saavedra was talking about one first responder in particular.



Mario Montoya represented Albuquerque Fire Department at the April 14 Alzheimer's Association, New Mexico Chapter's Dancing Stars Gala. He shed his fire coat and helmet while moving to Ricky Martin, and drew the kind of raucous response characteristic of an event which has quickly become one of Albuquerque's most fun-loving black tie affairs.

Some patrons were more specific in their appreciation.

"We nicknamed him, 'The Butt,'" Gala patron Terry Carney said, summarizing Montoya's popularity at her table for fellow revelers during an audience comment intermission.

There was a lot to like about the affair in its third year, as Gala dancers, guests and sponsors generated \$109,000 in support of the Alzheimer's Association.

Pairing local notables with professionals from Chip Hindi's Enchantment Dancing for a judge-scored dance competition, the event pushed high-performers from diverse fields into unfamiliar territory, to the delight of a loudly supportive audience.

"I have zero ballroom experience," admitted KOAT-TV Chief Meteorologist Joe Diaz, who performed a foxtrot with Enchantment pro Kiersten Taylor.

Loral Butler, a senior wealth advisor and market manager for New Mexico Bank and Trust who kept up



with the fast-paced rhythm of Neon Tree's "Everybody Talks" during her routine with Enchantment's Jonathan Nieser, annihilated previous dancer fundraising records in claiming the "You're Our Star Fundraiser Award."

The People's Choice award went to Beverly Montoya of Hospice de La Luz, who received a \$2,000 donation from one benefactor during the Gala's final vote.

Top judges' score for the evening went to Joyce Baca, the owner of Route



66 Pin-Ups, a retro-style clothing store in Downtown Albuquerque. Partnered with Hindi, she used mid-century flair to wow a judge panel that included Albuquerque Mayor Richard J. Berry.

Baca gave credit to Hindi for her win, and said "It was an amazing event and I'm so glad I was able to help such a great organization while having a great time. I hope my grandmas are proud of me." ♪

Thank you sponsors!



Alzheimer's Association New Mexico Upcoming Events

Walk to End Alzheimer's

See back cover for Dates and Locations

unFOREgettable Golf Classic

Monday, October 7th, 2013
Tanoan Country Club-Albuquerque



Family Caregiver Conference

November 2nd, 2013
Sandia Resort & Casino-Albuquerque



4th Annual Dancing Stars Gala

Saturday, April 6th, 2014
Embassy Suites Albuquerque

For information on participating in any (or all!) of these activities, please call us at 505-266-4473

Bridge Club Raises Over \$6000 on The Longest Day

The Longest Day is an annual event that lets people do what they love from sunup to sundown as a way to raise money and awareness for Alzheimer's disease. The Duke City Bridge Club came together on June 21st this year to play bridge and made a huge difference in the fight against the disease. Jan Long, club member, has been playing bridge for 10 years and was a caregiver to her parents. She says "I got to the club around 4:45am to set up for the first game at 5:30, and our last game was over around 9:30." Felix Moore, director of the club says "over the day, we had 140-150 people playing bridge. A few of them raised quite a lot and were very good fundraisers."



Judy Tripp, longtime bridge player and Alzheimer's Association, New Mexico Chapter volunteer since 2001, said, "I was happy to play in memory of my Mother, Daphne Tripp, who lost her battle with Alzheimer's in 2002." By the end of the day, they estimate they had raised over \$6000. Many thanks to these indefatigable bridge players for their help in the fight against Alzheimer's. ♪

Education Calendar

ALZHEIMER'S ASSOCIATION, NEW MEXICO CHAPTER

July - December 2013

Calendar Key:

Savvy Caregiver

Seven-week course which helps caregivers develop practical skill in caring for their loved one and themselves.

Cuidando Con Respeto

Two-day linguistic and cultural translation of Savvy Caregiver.

Basics of Alzheimer's Disease

Pathology, warnings signs, risk factors and scope of the disease.

Know the 10 Warning Signs

Warning signs and prevention of Alzheimer's.

Living with Alzheimer's

Describes different stages of Alzheimer's, and assists in preparedness.

NORTHEAST REGION

Regional Manager-Annabelle Montoya
811 St. Michael's Dr., Suite 106
Santa Fe, NM 87505
(505) 473-1297
amontoya@alz.org

July 9, 10am and 11:30am

Basics of Alzheimer's Disease

Mosquero Senior Center
24 Main Street
Mosquero, NM 87733

July 16-Aug. 27, 10am-12pm (Tuesdays)

Savvy Caregiver

International Bank
200 S. 2nd Street
Raton, NM 87740

March 12, 10am-12pm

Know the 10 Warning Signs

Abedon Lopez Community Senior Program
145 Santa Cruz Site
Santa Cruz, NM 87567

August 15, 10am-12pm

Living with Alzheimer's:

For Caregivers — Late Stage

811 St. Michael's Drive
Santa Fe, NM 87505

August 21, 10am-12pm

Living with Alzheimer's:

For Caregivers — Middle Stage

Eldorado Senior Center
1 Hacienda Loop
Santa Fe, NM 87508

August 30, 3-5pm

Awareness & Education

Fiesta Float Committee Special Meeting
Sierra Vista
602 Rodeo Road
Santa Fe, NM 87505

September 3-October 15, 2-4pm (Tuesdays)

Savvy Caregiver

First Presbyterian Church
1100 N. Paseo de Oñate
Española, NM 87232

October 10, 12-2pm

Communications and Behaviors

Clinica de la Gente
Hwy 84 County Rd. 34 #14
Tierra Amarilla, NM 87575

October 23-December 4, 10am-12pm (Wednesdays)

Savvy Caregiver

Brookdale Ponce de Leon Community
640 Alta Vista
Santa Fe, NM 87505

November 7-December 19, 1-3pm (Thursdays)

Savvy Caregiver

Los Amigos Senior Center
1148 Blue Hole Road
Santa Rosa, NM 88435

November 20, 10am-12pm

The Basics of Alzheimer's disease

Mary Esther Gonzales Senior Center
1121 Alto Street
Santa Fe, NM 87501

November 21, 10am-12pm

Legal and Financial Issues

Holy Family Episcopal Church
10 A Bisbee Court
Santa Fe NM 87508

December 13 & 14, Fri. 1-5pm & Sat. 9am-2pm

Cuidando con Respeto

San Isidro Catholic Church
3552 Agua Fria Street
Santa Fe, NM 87504

December 16, 1-3pm

Elder Care & Home Safety

Kit Carson Electric Cooperative
118 Cruz Alta Road
Taos, NM 87571

NORTHWEST REGION

3300 N. Butler, Suite 221
Farmington, NM 87401
(505) 326-3680

July 17-August 7, 9am-12pm (Wednesdays)

Savvy Caregiver

New Mexico Cancer Center
2240 College Dr.
Gallup, NM 87301

July 17, 12-2pm

Basics of Alzheimer's disease

Sycamore Community Center
1051 Sycamore St.
Farmington, NM 87401

August 21, 12-2pm

Living with Alzheimer's:

For Caregivers — Early Stage

Sycamore Community Center
1051 Sycamore St.
Farmington, NM 87401

Sept. 4, 12-2pm

Basics of Alzheimer's disease

Northside Senior Center
607 North Fourth St.
Gallup, NM 87301

Sept. 18, 12-2pm

Living with Alzheimer's:

For Caregivers — Middle Stage

Sycamore Community Center
1051 Sycamore St.
Farmington, NM 87401

Oct. 2, 12-2pm

Living with Alzheimer's:

For Caregivers — Early Stage

Northside Senior Center
607 North Fourth St.
Gallup, NM 87301

Oct. 16, 12-2pm

Living with Alzheimer's:

For Caregivers — Late Stage

Sycamore Community Center
1051 Sycamore St.
Farmington, NM 87401

Nov. 6, 12-2pm

Living with Alzheimer's:

For Caregivers — Middle Stage

Northside Senior Center
607 North Fourth St.
Gallup, NM 87301

Nov. 20, 12-2pm

Basics of Alzheimer's disease

Sycamore Community Center
1051 Sycamore St.
Farmington, NM 87401

Dec. 4, 12-2pm

Living with Alzheimer's:

For Caregivers — Late Stage

Northside Senior Center
607 North Fourth St.
Gallup, NM 87301

Dec. 18, 12-2pm

Living with Alzheimer's:

For Caregivers — Early Stage

Sycamore Community Center
1051 Sycamore St.
Farmington, NM 87401

GREATER ALBUQUERQUE REGION

Regional Manager-Chris McCaffrey
9500 Montgomery Blvd. NE, Suite 121
Albuquerque, NM 87111
(505) 266-4473
cmccaffrey@alz.org

July 9-Aug. 20, 5:30-7:30pm (Tuesdays)

Savvy Caregiver

Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

July 11- Aug. 22, 10am-12pm (Thursdays)

Savvy Caregiver

Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

July 17, 12-1pm

The Responsibilities of Guardians & Rights of Disabled Persons

Presented by Bernadine Chavez & Tom Day, Disability Rights New Mexico
Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

August 28, 12-1pm

Personal Safety in Public, on the Road & at Home

Presented by Steve Sink, Senior Crime Prevention Manager
Albuquerque Police Department
Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

September 3-October 15, 5:30-7:30pm (Tuesdays)

Savvy Caregiver

Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

September 5-October 17, 10am-12pm (Thursdays)

Savvy Caregiver

Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

September 18, 12-1pm

Activities You Can Do at Home

Presented by Kim O'Roark, Recreation Through the Ages
Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

October 2, 12-1pm

An Update on Alzheimer's Research

Presented by Jeremiah Kelly MD
Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

October 29-December 10, 5:30-7:30pm (Tuesdays)

Savvy Caregiver

Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

October 31-December 12, 10am-12pm (Thursdays)

Savvy Caregiver

Alzheimer's Association Office
9500 Montgomery Blvd. Suite 121
Albuquerque, NM 87111

November 5-November 26, 12-1:30pm (Tuesdays)

HBO's "The Alzheimer's Project"

Movie Screening & Discussion
Facilitated by Alzheimer's Association staff
Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

December 4, 12-1pm

Living with Alzheimer's:

For Caregivers — Middle Stage

Presented by Chris McCaffrey, Alzheimer's Association
Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

SOUTHEAST REGION

Regional Manager-Priscilla Lujan
404 ½ N. Kentucky
Roswell, NM 88201
(575) 624-1552
plujan@alz.org

July 10-August 21, 10am-12pm (Wednesdays)

Savvy Caregiver

Artesia Senior Center
202 W Chisum St.
Artesia, NM 88210

July 11, 9-10am

Know the 10 Warning Signs

Roswell Adult and Senior Center
807 N Missouri
Roswell, NM 88201

August 1, 1-3pm

Living with Alzheimer's:

For Caregivers — Early Stage

Ruidoso Senior Center
501 Sudderth Dr.
Ruidoso, NM 88345

August 8, 9-11am

Basics of Alzheimer's disease

Roswell Adult and Senior Center
807 N Missouri
Roswell, NM 88201

August 8, 1-3pm

Living with Alzheimer's:

For Caregivers — Middle Stage

Ruidoso Senior Center
501 Sudderth Dr.
Ruidoso, NM 88345

August 15, 1-3pm

Living with Alzheimer's:

For Caregivers — Late Stage

Ruidoso Senior Center
501 Sudderth Dr.
Ruidoso, NM 88345

September 11th, 1-3pm

Know the 10 Warning Signs

Lovington Senior Center
18 West Ave. F
Lovington NM 88260,

September 12, 9-10am

Safety in the Home

Roswell Adult and Senior Center
807 N Missouri
Roswell, NM 88201

September 18-October 30, 10am-12pm (Thursdays)

Savvy Caregiver

La Casa Senior Center
1120 Cameo St.
Clovis, NM 88101

October 4, 10-11am

Living with Alzheimer's:

For Caregivers — Early Stage

Roswell Adult and Senior Center
807 N Missouri
Roswell, NM 88201

October 11, 10-11am

Living with Alzheimer's:

For Caregivers — Middle Stage

Roswell Adult and Senior Center
807 N Missouri
Roswell, NM 88201

October 18, 10-11am

Living with Alzheimer's:

For Caregivers — Late Stage

Roswell Adult and Senior Center
807 N Missouri
Roswell, NM 88201

November 1, 10-11am

Living with Alzheimer's:

For Caregivers — Early Stage

Carlsbad Senior Center
5814 San Jose Blvd.
Carlsbad, NM 88220

November 7, 10-11am

Tips for the Caregiver for the Holidays

Roswell Adult and Senior Center
807 N Missouri
Roswell, NM 88201

November 8, 10-11am

Living with Alzheimer's:

For Caregivers — Middle Stage

Carlsbad Senior Center
5814 San Jose Blvd.
Carlsbad, NM 88220

November 15, 10-11am

Living with Alzheimer's:

For Caregivers — Late Stage

Carlsbad Senior Center
5814 San Jose Blvd.
Carlsbad, NM 88220

December 4, 10-11am

Living with Alzheimer's:

For Caregivers — Early Stage

Hobbs Senior Center
200 E Park
Hobbs, NM 88240

December 11, 10-11am

Living with Alzheimer's:

For Caregivers — Middle Stage

Hobbs Senior Center
200 E Park
Hobbs, NM 88240

December 12, 10-11am

Legal and Financial Planning

Roswell Adult and Senior Center
807 N Missouri
Roswell, NM 88201

December 18, 10-11am

Living with Alzheimer's:

For Caregivers — Late Stage

Hobbs Senior Center
200 E Park
Hobbs, NM 88240

SOUTHWEST REGION

Regional Manager-
Maia Sideris-Dorame
1121 Mall Drive, Suite C
Las Cruces, NM 88011
(575) 647-3868
msiderisdorame@alz.org

July 10, 2-3pm

Basics of Alzheimer's disease

Silver City Care Center
3514 N Fowler Ave
Silver City, NM 88061

July 8-August 19, 1-3pm (Mondays)

Savvy Caregiver

SoAHEC at NMSU
4003 Geothermal Drive
Las Cruces, NM 88011

July 17-August 28, 1

Jack Fussell, One-Man Crusade



Jack Fussell with the Alzheimer's Association New Mexico Chapter Staff

Lots of people have jogging strollers, but not many use them to carry gear on a trip across the United States, or give them a name.

Jack Fussell is not your ordinary 62-year-old man. Jack lost his father to Alzheimer's in 2000 and shortly after, was told that unless he got healthy, he too, only had a year to live. With such a large wake-up call, Jack got serious, started exercising and eating right, lost 100 pounds, and turned his life around. He spent the next 10 years training for his trek across America. In January, he left Georgia with his trusty stroller, Wilson, and began a quest to run across the country to raise money and awareness for Alzheimer's disease.

In early July, Jack and Wilson ran into to Albuquerque, passing his 2000-mile mark, and spent some time at the Alzheimer's Association offices, where he charmed everyone he met. He took

a day off from running to relax and do some press. Jack was interviewed on BIG 98.5, a local radio station, and attended a press conference where he met Governor Susana Martinez, Albuquerque Mayor Richard Berry, Albuquerque Police Chief Ray Schultz, and New Mexico State Police Chief Robert Shilling, among others.

Early in the morning on July 2, Jack arrived at St. Pius X High School where he did a live interview with KRQE-TV. After the reading of a proclamation by Mayor Berry declaring it "Jack Fussell Alzheimer's Awareness Day" in Albuquerque, Jack set off on the next leg of his journey accompanied by the St. Pius X Cross Country team and several fellow runners from the community. Jack's attitude is best summed up by this quote, taken from his blog at www.acrossthehland2013.com:

I rest every night with no pressure. I can quit at anytime and take this self imposed task off of me. Caregivers do not have that choice. They do not get proper rest. They do not get to meet athletes, mayors and governors. They do not get clapped for,



Jack with Governor Susana Martinez



Jack and Albuquerque Mayor Richard Berry

thumbs ups, high fives. Some do it 7 days a week, 24 hours a day, for years. I sure do hope what I am doing helps! If it does, it is worth everything!

Jack's passion for the cause is undoubtedly strong, but the one thing that has shown through more than anything else is his ability to bring light and inspiration into the lives of every person he meets. Jack shared a short story of a man he met while traveling through Albuquerque:

When I jogged through the heart of Albuquerque today a man caught my eye. He looked quiet and sad. I walked over near him, locked Wilson's brake and asked him how he was doing. He said "right now I am struggling" I told him that I felt like I had always struggled. I think struggling means you're not quitting; you're still trying to make sense of things. Sometimes I do not know what to do, but I keep on doing something. If it ends up being the wrong thing, I change and try something else. I keep going. I wished him well, told him I would see him up there, and pointed up. He said he would be there. We shook on it. ♡



Why We Walk...



Judy Tipton and Bonnie Zeiler

From The Village at Northrise in Las Cruces talk about why they and their co-workers walk.

The Village at Northrise is a multi-cultural campus, and serves residents in all stages of Alzheimer's disease and dementia within each of our living communities. Every year, the staff participates in the Walk to End Alzheimer's to help increase awareness of the disease, to raise money for research, and to support the community as a whole. It's important to us for each person to know that we are committed to their aging in place.

Someone who has Alzheimer's disease or dementia has a home for life on our campus. It is an important focus for us to ensure each living community on our campus is served by specialized staff, which is why we also have 3 Certified Dementia Practitioners at The Village. Watching a family member experience the loss of their loved one over time is difficult, but by being a voice for them and their loved one we hope to provide comfort as they experience the long journey. We can't take it away, we can't fix it, but we can do something to say that it matters; that they matter, and that their loved one matters. Raising money and participating in the walk is what we can do. It is our small contribution to the larger goal of curing Alzheimer's and dementia. We are honored to be a part of a Walk to End Alzheimer's.

Top Statewide and Company Fundraising Team-Shattering Alzheimer's Fundraising Records

The "Striders at Northrise" from Las Cruces work all year for what Bonnie Zeiler, Team Captain calls, "fun"draising for Walk to End Alzheimer's. In 2011, the Striders at Northrise earned bragging rights and a beautiful trophy that they proudly display at their facility as the top Company-wide fundraising team for Sun Healthcare, now Genesis Healthcare.



In 2012, this Las Cruces team was in the top spot as our state's top fundraising team. The Alzheimer's Association, New Mexico Chapter bestows the honor of choosing the color of next year's Lizzie the Lizard, our Chapter mascot, to the top fundraising team. The Striders at Northrise chose lavender with silver shoes and glasses for the 2013 Lizzie.

We've shared a few pictures from their team fundraising efforts, one in particular which includes their Executive Director, Donald Wilson in a dress for a fashion show that



raised over \$ 3,500. Donald was instrumental in bringing the first walk to the City of Las Cruces in 1999. We are so grateful to have such dedicated teams and walkers for our largest National fundraiser and could not continue to offer the invaluable services without the support and dedication of teams like the Striders! ♡

[DECEMBER 2, 2012 - JUNE 1, 2013]

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General Donations

Alzheimer's training on the Navajo Nation



Dr. Franklin Freeland

The term “Alzheimer’s disease” was translated in May 2005 by a Navajo translation team.

The selected phrase, “Ntsa’ha’kees Bi’oh Hooleel,” means in English, “thought area is stricken by a disease.” The Navajo term is still new among members of the Navajo Nation and Alzheimer’s disease has not, to date, become a common topic in Navajo communities.

Dr. Franklin Freeland, a Navajo and retired Chief Executive Officer with the

Indian Health Service, expects more Navajo families to become familiar with Alzheimer’s.

Speaking on the rising importance of Alzheimer’s, a disease which affects 1 in 9 people 65 and older, to the Navajo Nation, Dr. Freeland points out that, “Navajos are living longer than the age of 65.”

Dr. Freeland and his son, Lance, through their consulting firm, FREELAND, LLC, partnered with the Alzheimer’s Association, New Mexico Chapter to provide evidence-based Alzheimer’s disease training to the Eastern Navajo Veterans Organization (ENVO) from January through April, 2013.

Held in the rural Eastern Navajo Agency community of Crownpoint, 56 miles northeast of Gallup, the training drew Navajo Veterans from 29 different chapters of the ENVO. Navajo Veterans and their family members travelled from places like Torreon, Nageezi, Becenti, Thoreau, Rock Springs, and Ramah.

Veterans have been a high-priority population for the Association in recent years, because they suffer post-traumatic stress disorder and traumatic brain injuries at disproportionately high rates, and both conditions elevate individual risk for Alzheimer’s. The chance to reach Navajo Veterans

in particular and their families represented an opportunity to serve the high-need Veteran population and Navajo communities which can be missed when typical Alzheimer’s outreach efforts fail to bridge geographic and cultural differences.

Using the Savvy Caregiver curriculum, which has been demonstrated to increase caregiver skill, confidence and knowledge while reducing caregiver stress, Alzheimer’s Association trainers shared with the Veterans and their spouses the effects of dementia on memory, behavior and thinking, while delivering practical strategies for Alzheimer’s and dementia caregivers.

With Dr. Freeland facilitating cultural translation, audience members shared glimpses of their own experiences.

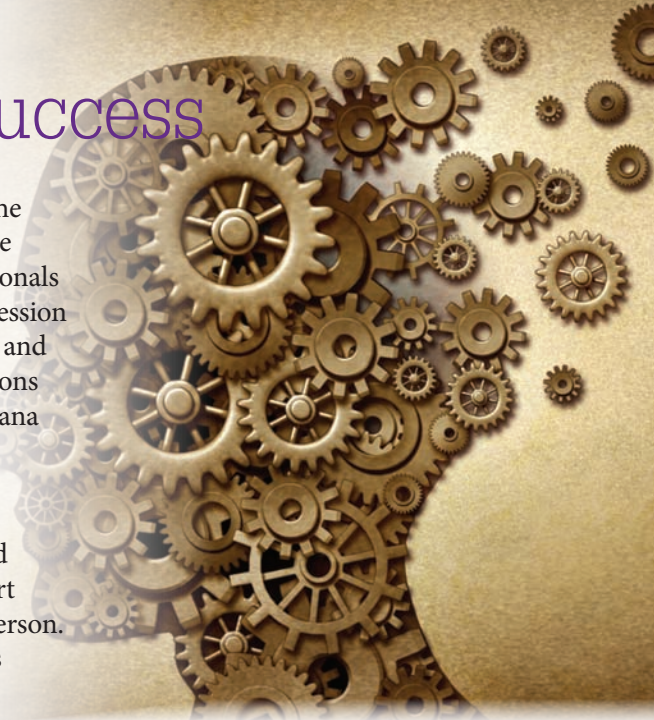
“My mother is very forgetful,” volunteered one woman. “She stays home. She is not as active in the community as she used to be. We have to watch her closely as she has memory loss and misplaces personal items. We do not let her drive the pick-up.”

Armed with the knowledge that Alzheimer’s risk increases with age, ENVO Commander Charles Long surmised, “We need to learn about Alzheimer’s disease. We will be affected sooner than we realized.”

Professional Conference A Success

Much of the work of the Alzheimer’s Association, New Mexico Chapter revolves around supporting and educating families and individuals affected by Alzheimer’s and dementia in our communities, but our mission also includes educating professionals. On May 30 and 31 the Association presented its Second Annual Professional Conference at the Eldorado Hotel and Spa In Santa Fe. Co-sponsored by Christus St. Vincent Regional Medical Center, the conference, titled “Becoming Dementia Capable Providers” attracted clinicians

and administrators from around the state. It featured speakers on a wide range of topics targeted to professionals including sleep disturbances, depression and dementia, diagnostic criteria, and addressing the behavioral expressions of persons with dementia. Dr. Liliana Oakes gave the Keynote address on Friday morning and discussed the importance of early diagnosis, collaboration between families and medical teams, community support systems, and treating the whole person. Her talk was universally praised as informative and engaging.



November is Alzheimer’s Awareness month.

Join us for a special screening and discussion of HBO’s “The Alzheimer’s Project”.

Each Tuesday in November we will show one segment of the critically acclaimed, Maria Shriver produced HBO Documentary. Each screening will be followed by a discussion facilitated by a member of the Alzheimer’s Association staff.

Tuesday, November 5th, 12:00-1:30pm

Segment One: *The Memory Loss Tapes*

Captures the devastating experience of memory loss from the point of view of the person with the disease.

Tuesday, November 12th, 12:00-1:30pm

Segment Two: *Caregivers*

A collection of five family portraits that illustrates caring for different stages of Alzheimer’s disease.

Tuesday, November 18th, 12:00-1:30pm

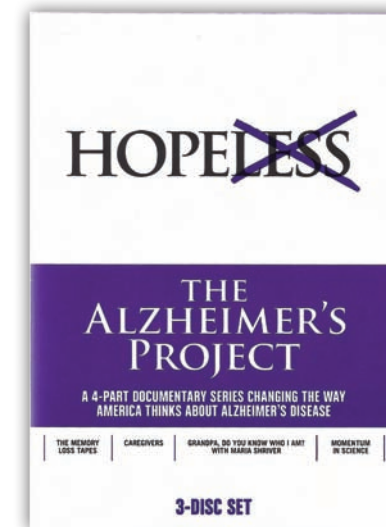
Segment Three: *Momentum in Science (Part I)*

A state-of-the-art-science odyssey that takes viewers inside the laboratories and clinics of 25 leading scientists and physicians, revealing some of the most cutting-edge research advances.

Tuesday, November 26th, 12:00-1:30pm

Segment Four: *Momentum in Science (Part II)*

Concludes the segment on science and research.



Alzheimer's Disease & Related Disorders
Association, Inc NM Chapter
9500 Montgomery Boulevard NE, Suite 121
Albuquerque, NM 87111

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