

World Alzheimer's Month

First Inaugural World Alzheimer's Month and Alzheimer's Action Day

World Alzheimer's Day is growing into World Alzheimer's Month! September 2011 will mark the inaugural World Alzheimer's month, and September 21st will now be Alzheimer's Action Day.

With an estimated 5.4 million Americans diagnosed with Alzheimer's the need for more education, support and research has hit a new high!

Starting September 1st you can visit www.alz.org to read new reports on the global impact of Alzheimer's, view videos and profiles of people just like you who are fighting Alzheimer's disease. Also available will be tools to help you spread the word about World Alzheimer's Month.

What Else You Can Do

The aim of World Alzheimer's month is to educate people and organizations about Alzheimer's disease and there are ways that you can help this September and beyond. This year we are asking you to take action and understand that "The End of Alzheimer's Starts with YOU".

You can help spread awareness by:

Visit our website

Educate yourself on Alzheimer's and local resources and initiatives going on

in your local community at www.alz.org/dsw.

Become an Advocate

Join the cause and receive alerts and updates about Alzheimer's policy and legislative issues. Generate action from our elected officials by making calls and writing letters.

Participate or Volunteer at a Walk to End Alzheimer's

The Walk to End Alzheimer's (formerly the Memory Walk) is the nation's largest event to

raise awareness and funds for Alzheimer's care, support and research programs.

Encourage Your Company to Join AEDA

The Alzheimer's Early Detection Alliance educational campaign is a way for companies to spread awareness of Alzheimer's disease to their employees.

Go Purple on Alzheimer's Action Day

Encourage your workplace and friends to Go Purple on September 21st. Wear an article of purple clothing, decorate your office or lunch room.

Call your local Regional Office or visit www.alz.org/join_the_cause.asp for more ideas on what you can do to become involved.



Programs for YOU

24 Hour Helpline

Trained staff and volunteers are available to provide information, referrals and support.

Family Care Consultation

Professional staff assist persons with dementia and their families better understand, cope & plan for the future.

Support Groups

Regularly scheduled group sessions offer education and support to persons with dementia and their care partners.

Education Programs

Programs teach individuals the skills necessary to provide quality care to persons with dementia, and educate everyone about the disease.

MedicAlert + Safe Return

National identification and mobilization program that assists in the location and return of persons who wander.

Early Stage Programs

Activities that engage, encourage and empower individuals to fully utilize their strengths.

CarePro

Free multi-part education and skills-based training for care partners.

Connections Plus

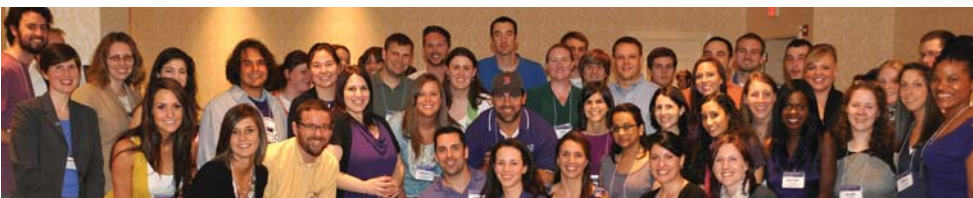
A social mentoring program for people in the early stages of Alzheimer's.

Memories in the Making

An arts program giving individuals the opportunity to communicate through creative expression.

For more information about or to use any program, please call us at:

800.272.3900



Join thousands of other individuals as they speak out to help MOVE our nation to act!

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Letter from the Executive Director

Dear Friends,

September 2011 sees the establishment of the inaugural World Alzheimer's Month. This step, while a wonderful advancement in awareness and activism for our cause, highlights the troubling growth of Alzheimer's disease across all nations.

Alzheimer's disease truly is a world-wide concern today. As those who have the disease and are care partners know, Alzheimer's doesn't play favorites – it can impact anyone regardless of gender, ethnicity, race, socio-economic status or border.

We cannot let ourselves feel powerless against this disease. Together, we can continue to elevate awareness about Alzheimer's and work on behalf of the more than 120,000 people with Alzheimer's here in our Chapter's service area of Arizona and southern Nevada. Please join me in taking action on September 21st – Alzheimer's Action Day!

In this issue, you will find a number of ways in which you can be involved - in taking action to help give a voice to those who may no longer be able to speak out for themselves. Opportunities range from creating or joining a team at one of our upcoming Walk to End Alzheimer's events (*page 3*), to participating in one of our NAPA feedback sessions (*page 5*). Mark your calendars early to dust off your tuxedo or gown and celebrate the latest breakthroughs in research and programs at the 3rd Annual "A Love Not Forgotten Gala" (*page 5*). Individuals of all ages and backgrounds can advocate (*page 10*) to their local elected officials for the need for more resources to combat Alzheimer's disease. You can attend or volunteer to lead a support group (*page 8 & 9*). In short, there are a great number of ways in which you can take action to help change the future of Alzheimer's disease.

September 21st is not just nearing the end of our hot summer (we hope), but instead it can be a day of real hope and action. Please join us as we strive to make things better for the thousands of our friends, neighbors and loved ones who are struggling with the disease every day.

Thank you for everything you do –



Deborah B Schaus
Executive Director



Deborah Schaus

Our Vision

A World Without Alzheimer's Disease

Our Mission

To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; & to reduce the risk of dementia through the promotion of brain health.

Our Purpose

To empower and support individuals, families, care partners and communities affected by dementia in Arizona and southern Nevada.

Desert Southwest Regional Offices

Please contact the regional office in your area for any help.



Chapter Office & Central Arizona Region
1028 E McDowell Rd
Phoenix, AZ 85006
602.528.0545



Southern Arizona Region
3003 S Country Club Rd, #209
Tucson, AZ 85713
520.322.6601



Northern Arizona Region
3111 Clearwater Dr, Suite A
Prescott, AZ 86305
928.771.9257



Southern Nevada Region
5190 S Valley View Blvd, #101
Las Vegas, NV 89118
702.248.2770

Walk to End Alzheimer's

The End of Alzheimer's Starts with YOU. Join Us.

The 2011 Walk season is fast approaching and it is time for you to put on your comfortable shoes and join your family, friends and neighbors!

This year sees a rebranding of our past Memory Walk event into the Walk to End Alzheimer's. More than a name change, this shift is a call to action.

"The transition from Memory Walk to the Walk to End Alzheimer's is exciting," shares Deborah Schaus, Executive Director. "More than just a name change, the Walk to End Alzheimer's represents a renewed focus on our mission, and mobilizing more people than ever to take action."

Individuals from around the Chapter are already forming teams and working to make this year the most successful ever! In addition to the six Walks we operate, there are a number of new community walks this year.

"We are so happy to bring the Walk to even more communities this year," said Dan Lawler, Chapter Director of Development. "It is exciting because volunteers are truly driving these efforts in Eloy, Fountain Hills, Show Low and Sierra Vista."

In addition to reaching more communities across the Chapter, this year's Walks will truly focus on the heroes of this battle: Individuals with Alzheimer's and their Care Partners!

"The rebranded Walks will infuse our mission throughout the morning, highlighting the dedication and struggles of people living with Alzheimer's," imparted Mr. Lawler "Elements such as the Promise Garden (see inset box) impart a powerful message of hope and support."

We are looking forward to seeing new faces and old friends at the Walks this fall. Now is the time to join us! Start your team! Be a sponsor! Register as an individual! Taking action is easy!

For more information or to find the Walk nearest to you, please visit www.alz.org/dsw and click on the "Walk to End Alzheimer's" banner, or call your Regional Office.

Make a Promise

Honor Those with Alzheimer's



This year marks the beginning of a new element to our Walk: the **Promise Garden**. Through the Garden, Walk participants will come together, making a commitment to fulfill their promise to remember, honor, care and fight Alzheimer's disease.



The Promise Flowers create a powerful garden after the Walk.

Each registered walker will receive a colored flower. Through their color, these **P R O M I S E F L O W E R S**

represent the diverse reasons walkers have gathered today.

Each person can write a message on their promise flower to further strengthen their dedication. We will then honor this mission in a ceremony prior to the Walk. Afterwards, the Flowers create a dynamic, colorful and meaningful garden walkers will enter as they conclude their Walk.



Even four-legged friends show their support.

Ask families, friends & coworkers to walk with you!



Mayor Carolyn Goodman and her husband, former Mayor Oscar, address the crowd.



Families of all ages enjoy the Walks!



Walkers in Sedona take in the Red Rocks!



Talking to Kids and Teens

Alzheimer's disease affects more than just the individual diagnosed; it affects the whole family. Often times, the youngest members of the family can have a hard time adjusting.

The Alzheimer's Association has resources to help you talk to your children about Alzheimer's disease. To access them yourself, visit our website at www.alz.org/dsw. Under the "Living with Alzheimer's" tab you will find a section for kids and teens.

Resources available include videos, lists of activities to do with a person who has Alzheimer's, ways to become involved in the fight against Alzheimer's and other helpful publications.

For more information on talking to your children and teens about Alzheimer's disease, please call **1-800-272-3900**.



Thank You Golf Classic Sponsors

The 14th Annual Alzheimer's Golf Classic took place on May 6, 2011 at the Stonecreek Golf Club. Golfers came out for a wonderful day on the links to support our mission!

We want to thank the following Par-level sponsors for their support of this event:

- Cypress Homecare Solutions**
- Ewing Irrigation**
- Grace Hospice**
- Johnson & Johnson**
- Scottsdale Healthcare**

For more information about becoming a sponsor or underwriter for any of our events, contact Dan Lawler, Chapter Development Director, at 602.528.0545 or dan.lawler@alz.org.



Managing Caregiver Stress

Taking Care of Yourself is Critically Important

Currently, seventy percent of Americans with Alzheimer's disease are cared for in the home.

Very often the caregiver is so busy caring for their loved one that their own health and well being are neglected. This can lead to dangerous situations, for both the caregiver and the one they love.



Warning Signs of Caregiver Stress:

- Social withdrawal from friends or activities what once brought pleasure.
- Exhaustion
- Lack of concentration
- Anger toward the person with the disease

There is Help for You

The Alzheimer's Association offers a number of tools to help reduce caregiver stress. First, you can attend one of our free education sessions to learn about caregiving techniques or the stages of Alzheimer's.

Secondly, join one of our Support Groups to share with individuals in situations similar to yours.

Give yourself some credit. It is OK to occasionally lose your patience and make mistakes. Call our 24 Hour Helpline if you need to vent, or ask questions, 1-800-272-3900.

Take care of yourself. Eat right, exercise, visit your doctor.

Caregiver Stress Check

One of the resources available to you on our website is the **Caregiver Stress Check**. This simple yes or no quiz

covers common areas of caregiver stress. Based on your answers to questions like "I worry that the person I care for is safe?", the system will direct you to resources that are available to you through the Alzheimer's Association.

If you indicate that you are overwhelmed and feeling like you have to do everything then the system might direct you to our Lotsa Helping Hands program, or the CareFinder™ program.

The Lotsa Helping Hands tool is a free interactive, online calendar that helps you identify the help you need and when you need it. Once that is done you can direct family and friends who want to help to the calendar where they can volunteer for the help you need.

The CareFinder™ tool has information about care professionals. What questions you need to know to ask a new doctor, or things to keep in mind when you are making legal or financial plans, it is all here. CareFinder can even give you a personalized list of recommended care options.

To learn more about any of the resources for caregivers in your area call your local Regional Office, call our 24 hour Helpline at 1-800-272-3900 or visit our website at www.alz.org/dsw.



A "Love"-ly Evening for All

Enjoy an Elegant Evening of Music, Dinner and Dancing

The Alzheimer's Association Desert Southwest Chapter is proud to announce the third annual "A Love Not Forgotten" Gala.

Put on your best and come out to support the Alzheimer's Association mission. This black tie evening is the only Gala dedicated to Alzheimer's research, support and care in Arizona.

"Love endures throughout time," shared Bob Dowd. "The Gala is an elegant evening and a wonderful venue for us to support the families affected by this terrible disease."

Proceeds from the Gala will directly benefit families and individuals throughout the Desert Southwest Chapter. Donations and ticket sales go to fund local programs and services as well as funding the latest in research and advocacy.

The 2012 *A Love Not Forgotten Gala* will take place at the Arizona Biltmore resort in Phoenix, February 18th, 2012. Tickets are \$250 each and can be purchased through the Chapter or online at www.regonline.com/gala12.

GALA DETAILS

A LOVE NOT FORGOTTEN

FEBRUARY 18, 2012 THE BILTMORE

ALZHEIMER'S ASSOCIATION DESERT SOUTHWEST

The Arizona Biltmore

2400 East Missouri Avenue
Phoenix, AZ 85016
5:30 pm – 11:00 pm

Tickets: \$250 each

Black Tie Preferred

For more information:

Tracy Florum
602-528-0545
tracy.florum@alz.org



Guests dance the night away.



Deborah Schaus, Executive Director (center) with Bob and Terry Dowd at the 2011 Gala.



The Sonoran Serenade Big Band keeps the crowd on their feet throughout the night.

Give Your Voice

Your Input Will Help Seniors And Families for Years



The National Alzheimer's Project Act (NAPA) was signed into law by President Obama in January of this year.

This law gives the Secretary of Health and Human Services the responsibility to develop a national plan to address the growing human and financial cost of Alzheimer's disease and related dementias.

What do you think should go into such a plan?

There are two ways you can give your ideas and opinions.

To ensure that the perspectives and views of individuals with Alzheimer's, their families and their caregivers are heard the Alzheimer's Association is holding a series of public input sessions. Findings from these sessions will be made available to the Advisory Council and those writing the plan.

Attend a NAPA Input Session:

Sun City (Phoenix-area), AZ

Friday, August 26, 2011
9:30 am – 11:30 am
Banner Sun Health Research Institute, Morin Auditorium
10515 West Santa Fe Drive
Sun City, AZ 85351

Las Vegas, NV

Thursday, September 1, 2011
9:30 am – 11:30 am
Humana Guidance Ctr, Summerlin
8975 West Charleston, Suite 100
Las Vegas, NV 89117

Or go to napa.alz.org to give your input online.

Out of every dollar donated to our Chapter, 87 cents goes directly to programs and services!

use your VOICE

Education Program Calendar

Please contact your Regional Office to RSVP for individual classes.
Call your Regional Office or visit www.alz.org/dsw for regular updates to the Education Program Calendar
CarePro classes require prior screening and registration.



SEPTEMBER

- 6 Tuesday - 5:30 pm**
Basics of Alzheimer's Disease
Glendale YMCA Senior Center
5401 W Ocotillo
Glendale, AZ
- 12 Monday - 2:00 pm**
Basics of Alzheimer's Disease
Care 1st Resource & Housing Center
328 W Western Ave
Avondale, AZ
- 14 Wednesday - 1:00 pm**
Know the 10 Signs
Peoria Public Library
8463 W Monroe St
Peoria, AZ
- 16 Friday**
Behavior & Communication - 10:00 am
Visiting Angels
1701 N Green Valley Pkwy, Ste 9A
Henderson, NV
- Basics of Alzheimer's - 10:00 am**
Church of the Palms
14808 N Boswell Blvd
Sun City, AZ
- Basics of Alzheimer's - 1:30 pm**
Holy Trinity Church
739 W Erie St
Chandler, AZ
- 19 Monday - 1:00 pm**
Making the Day Meaningful
Alzheimer's Assoc Regional Office
5190 S Valley View Blvd, Ste 104
Las Vegas, NV
- 21 Wednesday - 10:00 am**
Understanding Memory Loss
(for care educators / trainers)
Alzheimer's Assoc Regional Office
5190 S Valley View Blvd, Ste 104
Las Vegas, NV
- 22 Thursday**
Understand Memory Loss - 10:00 am
Centennial Hills Hospital
(Call for specific location)
Las Vegas, NV
- Know the 10 Signs - 11:00 am**
Mesa Public Library
64 E 1st Street
Mesa, AZ

- Living With Alzheimer's - 10:30 am**
(for caregivers)
Marana Healthcare Center
13395 N Marana Main Street
Marana, AZ
- 26 Monday - 5:30 pm**
Basics of Alzheimer's Disease
Alzheimer's Assoc Regional Office
1028 E McDowell Rd
Phoenix, AZ
- 27 Tuesday**
Memories in the Making - 9:00 am
(Volunteer Training)
Tucson Museum of Art, Education Bldg
*Interested volunteers should contact
Debra Anderson at 520.322.6601*
- Basics of Alzheimer's - 1:00 pm**
Granite Reef Senior Center
1700 N Granite Reef Rd
Scottsdale, AZ
- Understand Memory Loss - 1:30 pm**
Mountain View Hospital
(Call for specific location)
Las Vegas, NV
- 29 Thursday - 3:00 pm**
Know the 10 Signs
Del Webb at Rancho Del Lago
10260 S Blendu Way
Vail, AZ
RSVP to Kim G at 520.762.1080
- 30 Friday - 10:00 am**
Coffee Talk:
Caregiver Discussion Group
Alzheimer's Assoc Regional Office
5190 S Valley View Blvd, Ste 104
Las Vegas, NV
- 4 Tuesday**
Alz Research Update - 1:00 pm
Alzheimer's Assoc. Regional Office
5190 S Valley View Blvd, Ste 104
Las Vegas, NV
- Know the 10 Signs - 5:30 pm**
Glendale YMCA Senior Center
5401 W Ocotillo
Glendale, AZ
- Memory Loss: the Basics - 5:30 pm**
Quiburi Mission Good Samaritan
850 S Highway 80
Benson, AZ
RSVP to Shelly L. at 520.586.2372

OCTOBER

- 5 Wednesday - 10:00 am**
Approaching Alzheimer's
(first responders & law enforcement)
Pahrump Senior Center
1300 W Basin Ave
Pahrump, NV
- 7 Friday**
Behavior & Comm - 10:00 am
Visiting Angels
1701 N Green Valley Pkwy, Ste 9A
Henderson, NV
- Caregiving for Dementia - 2:00 pm**
(for caregivers)
Comfort Keepers
1300 N Boulder Hwy
Henderson, NV
- 8 Saturday - 9:00 am**
Know the 10 Signs
St. Mark's United Methodist Church
1431 W Magee Rd
Tucson, AZ
- 10 Monday**
Understand Memory Loss - 10:00 am
East Las Vegas Community Center
250 N Eastern Ave
Las Vegas, NV
- Know the 10 Signs - 2:00 pm**
Care 1st Resource & Housing Center
328 W Western Ave
Avondale, AZ
- 12 Wednesday**
Basics of Alzheimer's - 1:00 pm
Peoria Public Library
8463 W Monroe St
Peoria, AZ
- Know the 10 Signs - 1:30 pm**
Villa Hermosa
6300 E Speedway Blvd
Tucson, AZ
RSVP to Tucson Oasis: 520.322.5627
- 14 Friday**
Support Group Facilitator Training
- 10:00 am
Alzheimer's Assoc Regional Office
5190 S Valley View Blvd, Ste 104
Las Vegas, NV
- Know the 10 Signs - 10:00 am**
Church of the Palms
14808 N Boswell Blvd
Sun City, AZ

Education Program Calendar

Please contact your Regional Office to RSVP for individual classes.
 Call your Regional Office or visit www.alz.org/dsw for regular updates to the Education Program Calendar
 CarePro classes require prior screening and registration.

NOVEMBER

Know the 10 Signs - 1:30 pm

Holy Trinity Church
 739 W Erie St
 Chandler, AZ

18 Tuesday - 1:00 pm

Holiday Survival for Caregivers

Alzheimer's Assoc Regional Office
 5190 S Valley View Blvd, Ste 104
 Las Vegas, NV

19 Wednesday - 10:00 am

Know the 10 Signs

St. Andrews Presbyterian Church
 7650 N Paseo Del Norte
 Tucson, AZ

20 Thursday - 1:00 pm

**Living With Alzheimer's
 (for caregivers)**

Sierra Vista Wellness Depot
 2200 S El Mercado Loop
 Sierra Vista, AZ

21 Friday - 10:00 am

**Coffee Talk: Caregiver
 Discussion Group**

Alzheimer's Assoc Regional Office
 5190 S Valley View Blvd, Ste 104
 Las Vegas, NV

24 Monday - 3:00 pm

Know the 10 Signs

1028 E McDowell Road
 Phoenix, AZ

25 Tuesday - 1:00 pm

Know the 10 Signs

Granite Reef Senior Center
 1700 N Granite Reef Rd
 Scottsdale, AZ

27 Thursday

Driving & Alzheimer's - 10:30 am

Marana Healthcare Center
 13395 N Marana Main St
 Marana, AZ

Basics of Alzheimer's - 11:00 am

Mesa Public Library
 64 E 1st St
 Mesa, AZ

1 Tuesday - 5:30 pm

Basics Of Alzheimer's Disease

Glendale YMCA Senior Center
 5401 W Ocotillo
 Glendale, AZ

3 Thursday

**Caregiver Mini Conference:
 Living Day to Day with Alzheimer's**

Cottonwood, AZ
 For more information: 928.771.9257

3 Thursday - 10:00 am

Training for Dignity Part 1

Alzheimer's Assoc Regional Office
 5190 S Valley View Blvd, Ste 104
 Las Vegas, NV

4 Friday - 10:00 am

Behavior & Communication

Visiting Angels
 1701 N Green Valley Pkwy, Ste 9A
 Henderson, NV

8 Tuesday - 9:00 am

Green Valley Caregiver Conference

Valley Presbyterian Church
 2800 S Camino Del Sol
 Green Valley, AZ

10 Thursday - 10:00 am

Training for Dignity Part 2

Alzheimer's Assoc Regional Office
 5190 S Valley View Blvd, Ste 104
 Las Vegas, NV

14 Monday - 2:00 pm

Basics of Alzheimer's Disease

Care 1st Resource & Housing Center
 328 W Western Ave
 Avondale, AZ

17 Thursday - 11:00 am

Know the 10 Signs

Mesa Public Library
 64 E 1st St
 Mesa, AZ

18 Friday

**Coffee Talk: Caregiver - 10:00 am
 Discussion Group**

Alzheimer's Assoc Regional Office
 5190 S Valley View Blvd, Ste 104
 Las Vegas, NV

Basics of Alzheimer's - 10:00 am

Church of the Plams
 14808 N Boswell Blvd
 Sun City, AZ

Basics of Alzheimer's - 1:30 pm

Holy Trinity Church
 739 W Erie St
 Chandler, AZ

DECEMBER

21 Monday - 5:30 pm

Basics of Alzheimer's Disease

Alzheimer's Assoc Regional Office
 1028 E McDowell Rd
 Phoenix, AZ

22 Tuesday - 1:00 pm

Basics of Alzheimer's Disease

Granite Reef Senior Center
 1700 N Granite Reef Rd
 Scottsdale, AZ

6 Tuesday - 5:30 pm

Know the 10 Signs

Glendale YMCA Senior Center
 5401 W Ocotillo
 Glendale, AZ

9 Friday

Know the 10 Signs - 10:00 am

Church of the Palms
 14808 N Boswell Blvd
 Sun City, AZ

Know the 10 Signs - 1:30 pm

Holy Trinity Church
 739 W Erie St
 Chandler, AZ

12 Monday - 2:00 pm

Know the 10 Signs

Care 1st Resource & Housing Center
 328 W Western Ave
 Avondale, AZ

13 Tuesday - 1:00 pm

Know the 10 Signs

Granite Reef Senior Center
 1700 N Granite Reef Rd
 Scottsdale, AZ

14 Wednesday - 1:00 pm

Basics of Alzheimer's Disease

Peoria Public Library
 8463 W Monroe St
 Peoria, AZ

15 Thursday - 11:00 am

Basics of Alzheimer's Disease

Mesa Public Library
 64 E 1st St
 Mesa, AZ

19 Monday - 6:00 pm

Know the 10 Signs

Alzheimer's Assoc. Regional Office
 1028 E McDowell Rd
 Phoenix, AZ

MEMORIES IN THE MAKING

Session runs Oct 2011 thru March 2012 Fridays @ 10:00 am at the Tucson Museum of Art. Pre-Registration & screening are required. For more information: 520.322.6601

The Desert Southwest Chapter has a lending library of free books and videos for your use

use your VOICE



Support Groups

There is no cost for attending and no commitment to come back – just a family of friends who care. This listing is subject to change. Please call your regional office or visit our website for more information.

Central Arizona



Ahwatukee

Mountain View Lutheran Church
1st Saturday – 10:00 am

Anthem

North Valley Regional Library
4th Saturday – 10:00 am

Arizona City

Golden Harvest Community Church
1st Tuesday – 1:00 pm

Casa Grande

Dorothy Powell Senior Center
4th Wednesday – 1:00 pm

First Presbyterian Church
4th Saturday - 9:00 am
(September - May)

Chandler

Chandler Regional Hospital – Morrison Bldg
2nd Thursday – 5:30 pm

Florence

Florence Gardens C-House
1st Wednesday – 10:00 am

Fountain Hills

Fountain Hills Senior Center
1st Tuesday – 1:00 pm

Gilbert

First United Methodist Church of Gilbert
1st and 3rd Friday - 1:30 pm to 3 pm

Glendale

Trinity United Methodist Church
2nd Saturday – 10:00 am

Glencroft Retirement Community
Friendship Manor 2 - Blue Room
Last Thursday – 5:30 pm
All other Thursdays - 2:30 pm

Gold Canyon

Foothills Baptist Church
3rd Tuesday - 2:00 pm

Goodyear/Avondale

Banner Estrella Hospital, Conference Center
1st Monday – 3:00 pm

Christ Evangelical Lutheran Church
3rd Monday – 3:00 pm

Mesa

Sunland Village East – Saguaro Room
3rd Thursday – 1:00 pm

Mesa Senior Center East – Classroom 5
1st & 3rd Friday – 2:00 pm

St. Mathews United Methodist Church
1st & 3rd Thursday - 7:00 pm

Phoenix

Spanish Speakers Support Group
Alzheimer's Association Office
3rd Wednesday – 3:30 pm

African-American Support Group
Tanner Chapel AME Church
4th Wednesday – 10:00 am

Duet at Church of the Beatitudes
1st & 3rd Tuesday – 12:30 pm

St Theresa's Catholic Church
Last Tuesday – 4:00 pm

Deer Valley Community Center Room #2
1st & 3rd Wednesday – 4:00 pm

Paradise Valley Community Center
2nd Tuesday – 6:00 pm

Vietnamese Speakers Support Group
Manzanita Senior Center
2nd Friday - 11:00 am

Rio Verde

Founders' Hall, Rio Verde Comm Church
1st Tuesday – 3:00 pm

Scottsdale

Ongoing Early-Moderate Stage Group
Via Linda Senior Center, Room 2
1st & 3rd Wednesday – 11:30 am

Via Linda Senior Center, Room 2
2nd & 4th Wednesday – 11:30 am

Living Water Lutheran Church
Last Tuesday – 2:00 pm

Granite Reef Senior Center
1st Monday – 1:00 pm

Sun City

Sun Health Research Institute – Auditorium
Last Monday – 1:30 pm

Weekly Coffee Klatch – a "drop-in-group"
Alzheimer's Association West Valley
Resource Center
Every Thursday – 9:30 am

Male Caregivers

St Clements of Rome Church
3rd Thursday – 10:00 am

Sun City Grand

Sun City Grand Rec Center – Cimarron Ctr
2nd Thursday – 10:00 am

Sun City West

Ongoing Early Stage Group
Shepherd of the Hills Methodist Church
1st Tuesday – 6:30 pm
3rd Monday - 6:30 pm

Male Caregivers

Desert Garden United Church
1st Thursday – 10:00 am

Sun Lakes

Sun Lakes Country Club – Phase 1 Clubhouse
2nd Saturday – 10:00 am

Surprise

The Catholic Center
2nd & 4th Monday – 10:30 am

Tempe

Escalante Community Center
2nd Saturday – 2:00 pm

Wickenburg

R&R Respite Care
1st & 3rd Thursday – 11:00 am

Northern Arizona



Bullhead City

Western AZ Regional Medical Center
1st Monday – 10:00 am

Cottonwood

Verde Valley Presbyterian Church
Every Wednesday – 10:00 am

The Alzheimer's Association does not permit service providers, product representatives or research students to attend Support Groups without written permission beforehand. Solicitations are never conducted at support group meetings.

Desert Southwest Chapter

Support Groups *(continued)*



There is no cost for attending and no commitment to come back – just a family of friends who care. This listing is subject to change. Please call your regional office or visit our website for more information.

Eager White Mt. Ambulance Barn 1st Tuesday – 6:00 pm	Santa Catalina Villas/La Rosa Health Care 2nd Monday – 4:00 pm	<i>Spanish Speaking Group</i> Yuma Nursing Center 2nd Thursday – 1:00 pm
Flagstaff The Peaks 1st & 3rd Thursday – 12:00 pm	Clare Bridge of Oro Valley 2nd Tuesday – 10:00 am	Yuma Community Food Bank 1st Thursday – 2:00 pm
Emeritus at Flagstaff 3rd Wednesday – 6:00 pm	Rancho Vistoso Desert Oasis Building Last Tuesday – 4:00 pm	
Kingman Kingman Regional Medical Center 3rd Wednesday – 10:00 am	Northwest Oro Valley Hospital 1st & 3rd Tuesday – 3:00 pm	Henderson Barbara Greenspun Women's Care Center 4th Tuesday – 4:30 pm
Lingenfelter Center, Chapel Every Wednesday – 10:00 am	Rincon Congregational Church of Christ 2nd & 4th Tuesday – 7:00 pm	Las Vegas Adult Day Care Center – Mornings 2nd Wednesday – 10:00 am
Lakeside Sierra Blanca Rehabilitation Healthcare 2nd & 4th Monday - 1:30 pm	Alzheimer's Association 1st & 4th Thursday – 3:00 pm	Adult Day Care Center – Evenings 1st Wednesday – 5:30 pm
Prescott <i>Early Stage Support Group</i> Please call 928-771-9257 for interview	<i>Early Stage Alzheimer's Group</i> Grace Health & Healing Clinic 1st & 3rd Saturday – 9:00 am	Centennial Hills Active Adult Center 1st Tuesday – 4:00 pm
Unity Church Every Monday – 9:45 am	Oro Valley Public Library 1st & 3rd Tuesday – 1:30 pm	Desert Vista Community Center 1st & 3rd Wednesday – 10:00 am
<i>Veterans & Families</i> Prescott VAMC, ECRC Room A-205 Every Friday – 1:30 pm	Veteran's Hospital Bldg 60 Room C-108 2nd Friday – 3:00 pm	H2U Mountain View Office 3rd Tuesday – 10:00 am
Prescott Valley Prescott Valley Methodist Church Every Monday – 10:00 am	Green Valley Friends in Deed 2nd & 4th Wednesday – 10:00 am	Hollywood Recreation Center 4th Saturday – 11:00 am
Sedona Sedona Winds Retirement Facility 3rd Monday – 2:30 pm	Valley Presbyterian Church 1st & 3rd Thursday – 2:00 pm <i>Call 520-322-6601 for Respite Care</i>	<i>Frontal Temporal Lobe Group</i> Desert Market Place 2nd Wednesday – 7:00 pm
Sedona Sunrise Center for Adults Every Tuesday – 9:30 am	Oracle / San Manual / Mammoth St. Helen's Catholic Church 1st & 3rd Wednesday – 10:00 am	Pahrump University of Nevada – Co-op Extension 2nd & 4th Wednesdays – 10:00 am
	Safford Mt. Graham Regional Medical Center 4th Thursday – 1:30 pm	
	Sierra Vista Sierra Vista Public Library 4th Thursday – 10:30 am	
	Yuma Copper Hills House 1st & 3rd Fridays – 10:30 am	
	Emerald Springs 3rd Saturday – 10:00 am	

Southern Arizona



Tucson

Encore Senior Village
3rd Wednesday – 4:00 pm

Pima Council on Aging
2nd & 4th Wednesday – 2:30 pm

Emeritus at Catalina Foothills
2nd Tuesday – 5:00 pm

Get Our eNewsletter



Would you like to receive our monthly eNewsletter filled with the latest Alzheimer's information? Text the word "**Memory**" to **22828** and sign up. It is that easy!

The Alzheimer's Association does not permit service providers, product representatives or research students to attend Support Groups without written permission beforehand. Solicitations are never conducted at support group meetings.

Over 1,200 people develop Alzheimer's disease every day

use your **VOICE**



Why I'm An Advocate

Desert Southwest Chapter Volunteer and Advocate Ernie Otto shares why he got involved.



Ernie Otto

I'm an advocate because I was a caregiver for my mother who died of the disease, and I watched my sister-in-law fade away over 14 years because of the disease.

I want what my mother and sister-in-law experienced to change. They can no longer say what they need, and I want to speak for them. I want to see people with dementia receive good care, but I most want to see a solution to the problem – an end to Alzheimer's disease.

I'm an Alzheimer's advocate because we are stronger together than we would be alone. Federal funding of research has led to breakthroughs for other diseases like cancer and HIV, and I want to see the same commitment to Alzheimer's disease research. Advocacy in the public policy arena is a very slow process sometimes, but I am doing this to improve things for my kids and my grand kids.

I have been involved with Alzheimer's advocacy for six years. Before I got involved I was not a "political person" at all. I voted, but that was it. Now I have been to Washington and met with legislators and their staff six times, and I am currently Alzheimer's Ambassador to Representative Trent Franks.

I'm an Alzheimer's advocate because I can't imagine not being one.

Volunteers Lend Their Voice



Arizona Advocates Speak to Leaders in Washington, DC

In May twelve advocates from the Desert Southwest Chapter made a trip to Washington, DC to attend the 2011 Advocacy Forum.

There they joined over 600 advocates from around the country to learn about pending legislation, listen to leaders including former US House of Representatives Speaker Newt Gingrich and Director of the Domestic Policy Council for the Obama Administration Melody Barnes, attend a Candlelight Tribute, and get research updates.

All of these efforts led up to a day on Capitol Hill where advocates met with the staff of every US Congressional leader representing Arizona and Nevada to explain the Alzheimer's Association's Federal Priorities and ask for their support. As a result, a number of legislators signed on as co-sponsors of pending federal legislation.

How to Become an Advocate

There are many ways for you to become involved with Alzheimer's advocacy without making a trip to Washington. Here are some ideas:

- Ask to be added to the Desert Southwest Chapter's advocate

list so you can receive our monthly Advocacy eNewsletter.

- Sign up for advocate training by webinar. This is a free quarterly training session that only requires that you have a phone and a computer. Absolutely no political experience is required.
- Consider joining the **Young Advocates for the Alzheimer's Association (YAAA!)**. This active group gathers young professionals, mobilizing them in activities to help advocate for Alzheimer's families.
- Sign an advocate card at the upcoming **Walk to End Alzheimer's**, asking your legislator to support beneficial legislation.

For more information, contact the Director of Program and Advocacy, at 602-528-0545.



Steve Rabish, Alzheimer's Ambassador to Rep David Schweikert



Arizona Advocates (l to r): Sylvia Stevens, Dutton Teague, Madeleine Lutz and Suzette Armijo outside Congressman Jeff Flake's office



A Year of Matching Up Trials

TrialMatch Has Shown Great Success in Its First Year

When Dr. Denise Canchola's mother was diagnosed with Alzheimer's disease she recognized the importance of enrolling her in a clinical trial. She was also concerned about how she would manage to find one while living thousands of miles from her mother's home.

"The Alzheimer's Association website made it very simple to set up a profile, and TrialMatch™ provided my family with immediate information about local clinical trials," said Dr. Canchola. "I was concerned since I live out of state, but we spoke with a TrialMatch specialist who has remained in touch with our family throughout this whole process."

TrialMatch works by creating a profile based on criteria like diagnosis, treatment history and location. The Alzheimer's Association will then search our comprehensive database of trials to help find a trial that you are eligible for. Participation in clinical trials gives Alzheimer's patients and their caregivers an opportunity to play a more active role in their own treatment, contribute to scientific discovery, and benefit future generations.

Clinical trials need healthy volunteer participants as well. Often data is needed from a wide control group to assist in filtering results.

"It was really very simple," said Tracy Florum, Chapter Development Assistant. "Making my profile took less than ten minutes. I was able to find three trials near me in Arizona that I could participate in as a healthy volunteer."

"One of the greatest obstacles to developing the next generation of Alzheimer's treatments is recruiting and retaining trial participants," said William Thies, PhD, Chief Medical and Scientific Officer at the Alzheimer's Association. "If we can fill the trials faster, we will get answers faster and get closer to finding better treatments and a cure for Alzheimer's"

Since its introduction the Alzheimer's Association TrialMatch program has matched over 2,500 people to Alzheimer's trials based on their diagnosis, preferences and locations.

Making Clinical Trials Safer

The Alzheimer's Association is actively working to make sure that they FDA guidelines surrounding clinical trials allow for both safety and increased participation in clinical trials.

The Alzheimer's Association's Research Roundtable convened a group that included scientists from academic research centers, the pharmaceutical industry, and the Alzheimer's Association to look at the FDA's guidelines surrounding Amyloid lowering drugs.

Amyloid lowering drugs target a toxic protein called beta-amyloid - a prime suspect in the development of Alzheimer's disease

They created new safety guidelines that allowed for further research into the side effects of these promising drugs. The FDA approved the new guidelines and they have been implemented in nationwide studies and clinical trials.

To learn more about TrialMatch, or to register please visit:
www.alz.org/TrialMatch

MED-SAC



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JOIN US

October 1

Prescott - *Downtown Courthouse*

October 22

West Valley - *Beardsley Rec Center*

October 29

Las Vegas - *Fashion Show Mall*

Tucson - *Gene C Reid Park*

Verde Valley - *TEQUA*

November 5

Phoenix - *Wesley Bolin Plaza*



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