

alzheimer's association® desert southwest chapter

the compassion to care, the leadership to conquer

Summer 2009

Alzheimer's Advocates Go to Washington

A Delegation of Staff and Volunteers Seek to Educate Lawmakers and Help Suffering Families

In April, a delegation of staff and volunteers journeyed to Washington D.C. for the Alzheimer's Association Public Policy Forum. The Desert Southwest Chapter sent eight staff and volunteers from Arizona and Nevada.

The need for Congressional action is imperative. Over 5 million Americans currently have Alzheimer's, costing our system over \$148 billion a year.

Our delegation secured appointments with eight of the ten Arizona members of Congress and their staff, and four out of five Congressional members from Nevada. We were unable to meet with Sens. McCain and Ensign and Rep. Kirkpatrick.

The Chapter's call on Congress this year is as critical as ever. Our elected leaders need to address the grave threat that Alzheimer's disease poses to

the well-being and financial security of American families by:

Issue 1

Increasing fiscal year 2010 Alzheimer research funding at the National Institute of Health (NIH) by \$250 million with a goal of reaching \$1 billion in funding by fiscal year 2011.

Issue 2

Establishing the Alzheimer's Solutions Project Office within the federal government backed by an appropriate scale of investment.

Issue 3

Phasing out Medicare's two-year waiting period so individuals with Alzheimer's are eligible for Medicare immediately after they receive their determination of disability.

Inside, on page 4, is a chart that shows where Arizona and Nevada legislators currently stand on these three critical issues after our visits. While we have made tremendous strides, there is still work to be done to advance these issues.

(continued on page 4)



Delegation members attend the Annual Candlelight Vigil at the steps of the Lincoln Memorial in Washington, DC. (L to R): Mary McDonald, Sylvia Stevens, Ernie Otto, Jami Goldman, Cindy Vargo, Gus Farias and Luis Carrillo



(L to R) Angie Pratt, Sen. Harry Reid, Luis Carrillo and Gus Farias.

How Can We Help?

24 Hour Helpline

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

Family Care Consultation

Individualized assistance by social service professionals helps persons with dementia and their families better understand, cope and plan for the future.

Support Groups

Regularly scheduled group sessions, facilitated by experienced volunteers, offer education and support to persons with dementia and/or their caregivers.

Education Programs

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

MediAlert + Safe Return

A national identification and medical record program that assists in the location and timely return of persons who wander and become lost.

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We are grateful to Harrah's Entertainment for helping to underwrite this newsletter issue



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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; and 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.

Letter from the Executive Director

Dear Friends,

As I write this letter, the Desert Southwest Chapter has just approved its new three-year strategic plan. This plan, created through the hardwork and input of hundreds of staff and volunteers, sets out the course for our Chapter to fulfill its purpose:

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



Deborah Schaus

Over the past five years, I have been proud to be a part of the Desert Southwest Chapter. Together, we have seen the Chapter grow to meet the needs that arise in our communities. We have seen our staff and volunteers find solutions to challenges others thought impossible to overcome.

Our new Strategic Plan represents this vision to strive ever higher, working to provide programs and services to the families struggling with Alzheimer's throughout Arizona and Southern Nevada. We will continue to seek to improve the quality of life for people in all stages of Alzheimer's, their families and care partners.

Our new Strategic Plan is a good start, but it is just a start. Like any plan, it requires the dedication and commitment of volunteers and staff to bring it to reality. And I know that together, we have the strength necessary to achieve our goals.

We have a lot of work ahead of us. It's work that will take time, and it will take effort. But because of your commitment, I believe we indeed can advance our mission.

Thank you for all that you do,

Deborah B. Schaus, MSW
Executive Director

Desert Southwest Regional Offices

Please feel free to contact the regional office in your area for help.

Chapter Office

1028 E McDowell Rd
Phoenix, AZ 85006
602.528.0545

Northern Arizona Region

225 Grove Ave, #B
Prescott, AZ 86301
928.771.9257

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

West Valley Resource Center

13050 N 103rd Ave #B
Sun City, AZ 85351
623.815.2494

Southern Nevada Region

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



Now Showing: Alzheimer's

More People Talking as Alzheimer's Disease Enters Pop Culture

When you think of an evening watching television or going to see a movie on the weekend, you typically think of them as ways to entertain and not ways to raise awareness. Over the past decade, television shows and movies have helped bring the issue of Alzheimer's disease into the lives of millions while raising awareness about this heart-breaking disease.

Here are a few examples of when Alzheimer's disease has been incorporated into television or movies and how the disease was presented.

In 1999, on "ER", Dr. Gabriel Lawrence was hired as an Attending Physician. It quickly became apparent that Dr. Lawrence was in the beginning stages of Alzheimer's. At first, Dr. Lawrence did not want to admit to what was happening, but he later realized he had no choice but to retire.

"Iris", a 2001 film, tells the story of Irish novelist, Iris Murdoch and her husband, John Bayley. The film contrasts the start of their relationship, when Iris was an outgoing, dominant individual to the later years when Iris was suffering from Alzheimer's and tended to by a frustrated John.

The 2005 film "The Notebook" traces the everlasting love of Noah and Allie. As an elderly man, Noah, reads their love story to a fellow nursing-home patient, Allie, who is suffering from Alzheimer's.

In 2004, "The Sopranos" introduced the story line of Uncle Junior, a mob boss, showing signs of dementia. Over

several seasons Uncle Junior slowly slips into the fog of dementia, eventually shooting his son, Tony, thinking he was a stranger.

In 2005, "Grey's Anatomy" debuted with a story involving Dr. Meredith Grey, and her mother, Dr. Ellis Grey, who was suffering from Alzheimer's and resided at a care facility. Over several seasons, Ellis often thought she was still completing her residency and as a result, seldom recognized her daughter.



Grey's Anatomy

"Away From Her" is a 2006 film that tells the story of Fiona and Grant who have to face the fact that Fiona has Alzheimer's. After Fiona wanders away, they agree she must go into a nursing home – a decision that tests their deep love.

In 2008, on "Boston Legal" Denny Crane is diagnosed with Alzheimer's. Looking for any hope, he uses his legal expertise to try and gain access to a Russian drug in Phase III clinical trials in the US.



Kate Winslet and Judi Dench both portray Iris Murdoch at different ages in "Iris."



Kate Winslet and Judi Dench both portray Iris Murdoch at different ages in "Iris."

HBO Alzheimer's Project Sheds Light on Disease



This past May, HBO Documentary Films unveiled a series of films: "The Alzheimer's Project". This 4-part documentary takes a close look at groundbreaking discoveries made by the country's leading scientists, as well as the effects of this disease on those with Alzheimer's and their families.

Recognizing the outstanding quality of the program, The "Alzheimer's Project" was nominated for four Emmy Awards this year. The nominations include Outstanding Nonfiction Special ("Momentum in Science"), Exceptional Merit in Nonfiction Filmmaking ("The Memory Loss Tapes") and Outstanding Children's Nonfiction Program ("Grandpa, Do You Know Who I Am? with Maria Shriver").

The Desert Southwest Chapter will be hosting screenings of the individual episodes throughout the year. In addition, we have copies of the program on DVD available through our local office libraries.

Please, check our education calendar for screenings, or call the Regional Office nearest to you for more information.

These are just a few examples over the past 10 years of television and movies have helping bring awareness to Alzheimer's. More and more media outlets are making an effort to bring social causes, such as Alzheimer's disease, into the homes of millions. All of these examples are currently available on DVD.

Some of these portrayals are accurate while others take liberties and may reinforce certain stereotypes of Alzheimer's. However, they all help to show the many facets of this complex disease.



Volunteer Leaders Needed

Have you ever wanted to help plan an event? To give you input into how new programs are developed? To give your time to help thousands of individuals?

Then you should be a Desert Southwest Chapter leadership volunteer.

Last year, over 900 individuals volunteered for the Desert Southwest Chapter, providing more than 14,000 hours of service.

“Volunteers are truly the life-blood of our organization,” says Deborah Schaus, Executive Director. “They give us crucial feedback and direction for our events and programs.”

Currently, volunteer committees are planning each of the six Memory Walks throughout the Chapter. As well, we have a group that is planning our new signature Gala for February 13, 2010.

To find out more information about the volunteer leadership opportunities available in your area, please contact your Regional Office today!



New Medical & Research Website

The Desert Southwest Chapter's Medical Scientific Advisory Committee has a new website:

www.alzdswo.org

The Chapter's main website moved in January to www.alz.org/dsw, and the Med-SAC site took over the www.alzdswo.org address.

This site features up-to-date information for medical professional, caregivers and persons diagnosed with the disease. Go check it out!



Advocates in Washington

Desert Southwest Chapter Seeks Changes to Benefit Families

(continued from page 1)

As you can see from the chart, there is reasonable support for the increase in funding to NIH. However, that support is less certain for supporting the project office and even ending the two-year wait period for Medicare.

Your help is needed!

Contact your Representative and Senators and ask them to support, or even co-sponsor, the legislation that removes this two-year waiting period. The bill's title is the Ending the Medicare Disability Waiting Period Act of 2009 (S. 700/H. R. 1708) and can be found at: <http://www.govtrack.us/congress/billtext.xpd?bill=h111-1708>

This bill allows people to receive much needed support when first diagnosed. This speeds the assistance of Medicare, helping the person with the disease as well as their families and friends at a critical time of need.

The Chapter's Public Policy Committee and volunteer advocates will continue to push our legislators to support these critical issues. Our advocacy group

made additional visits to local congressional offices in May and June.

In addition to lobbying on these issues, the Chapter also provides information on the local programs and services we provide. This helps ensure that constituents who call their Congressional leader for information, receive an informed referral.



(b) Rep Shelley Berkley and Gus Farias. (f) Luis Carrillo and Angie Pratt.

If you wish to help in our advocacy efforts or to hear more about what is going on locally with our efforts, please contact Jami Goldman, Director of Program and Advocacy at jami.goldman@alz.org or 602-528-0545.

| State | District | Name | Issue 1 | Issue 2 | Issue 3 |
|-------|----------|------------------------|----------|----------|----------|
| AZ | AZ JR | Sen Jon Kyl | N | Not Sure | Not Sure |
| AZ | AZ SR | Sen John McCain | - | - | - |
| AZ | AZ01 | Rep Ann Kirkpatrick | - | - | - |
| AZ | AZ02 | Rep Trent Franks | Not Sure | Not Sure | Y |
| AZ | AZ03 | Rep John Shadegg | N | Not Sure | Not Sure |
| AZ | AZ04 | Rep Ed Pastor | N | Not Sure | Not Sure |
| AZ | AZ05 | Rep Harry Mitchell | Y | Not Sure | Y |
| AZ | AZ06 | Rep Jeff Flake | Not Sure | Not Sure | Not Sure |
| AZ | AZ07 | Rep Raul Grijalva | Y | Not Sure | Y |
| AZ | AZ08 | Rep Gabrielle Giffords | N | Not Sure | Not Sure |
| NV | NV JR | Sen John Ensign | - | - | - |
| NV | NV SR | Sen Harry Reid | Y | Not Sure | Y |
| NV | NV01 | Rep Shelley Berkley | Y | Not Sure | Y |
| NV | NV02 | Rep Dean Heller | Y | Not Sure | Not Sure |
| NV | NV03 | Rep Dina Titus | Y | Not Sure | Y |



5th Annual Cameo Ball Shines

The 2009 Cameo Ball Raised Fun and Funds for Alzheimer's

JEWEL SPONSORS



PEARL SPONSORS

Dr. Pete Mellas

REFLECTION SPONSORS

Pillar Communications
Wells Fargo



Cameo Ball Co-Chairs,
Marilyn Joyce & Herme Sherry.



People dine and dance at the Cameo Ball.

Friday March 20th, 2009 was an affair of sophisticated elegance at the Fifth Annual Cameo Ball. Thank you to all of the wonderful ladies of the Ms. Senior Arizona Pageant and the Cameo Club for helping the Desert Southwest Chapter through such an amazing evening.

Mr. Danny Davis of KOY radio was the emcee of this year's ball. Over 200 people enjoyed a night filled with fine dining, exciting live and silent auctions and the wonderful sounds of the Bob Messinger Band. Everyone had a truly magnificent night knowing that all proceeds raised directly benefit the programs and services of the Alzheimer's Association Desert Southwest Chapter.

Also, a big thank you to all of the sponsors who made this night possible. These companies, listed to the left, are truly committed to helping people affected by Alzheimer's disease.

Pictures from the 2009 Cameo Ball can be viewed at www.cameoball.com.



Bob Dowd, Alzheimer's
Association Board member,
enjoys the Cameo Ball.

Golfers in Full Swing for AD

The Alzheimer's Association Desert Southwest Chapter hosted its 12th Annual Golf Tournament on April 20, 2009 at the Ancala Country Club in Scottsdale.

Over 60 participants enjoyed a beautiful spring day while playing 18 holes of golf at one of Scottsdale's most prestigious private country clubs.



After tournament play was complete, guests enjoyed a delicious lunch provided by Outback Steakhouse.

The afternoon also included a live and silent auction with all proceeds going directly to the critical programs and services provided to individuals, families and caregivers affected by this devastating disease.

Thank you to all of our Sponsors, Participants and Volunteers for making this year's Golf Tournament a tremendous success!

Be sure and save the date for next year's Golf Classic in May of 2010! For more information about playing or being a sponsor, please contact Jennifer Hanson at 602-528-0545.

DIAMOND SPONSORS



PLATINUM SPONSORS



SILVER SPONSORS

Bridgeway Health Solutions
Hospice of Arizona
Sunrise Senior Living

Education Program Calendar



July 2009

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|---|-----------|-----------|-----------|
| | | 1 Planning for Placement Tucson - 10:00 am | 2 | 3 | 4 |
| 6 | 7 | 8 Understanding Alzheimer's Tucson - 10:00 am | 9 | 10 | 11 |
| 13 | 14 | 15 Caregiver Stress Tucson - 1:00 pm | 16 | 17 | 18 |
| 20 | 21 Dementia & the Clergy Prescott - TBD | 22 Compassionate Communication Tucson - 10:00 am | 23 | 24 | 25 |
| 27 | 28 | 29 Challenging Behaviors Tucson - 10:00 am Understanding Alzheimer's Gilbert - 9:00 am | 30 | 31 | 30 |



August 2009

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|-----------|---|-----------|-----------|--|
| <p>Check with your Regional Office or visit www.alz.org/dsw for regular updates to the Education Program Calendar, and for the remainder of the year's schedule.</p> | | | | | 1 Activities & Planning for the Future Tucson - 9:00 am |
| 3 | 4 | 5 Challenging Behaviors Tucson - 1:00 pm | 6 | 7 | 8 |
| 10 | 11 | 12 Maintain Your Brain Tucson - 10:00 am | 13 | 14 | 15 |
| 17 | 18 | 19 Alzheimer's & Safety Tucson - 1:00 pm | 20 | 21 | 22 |
| 24 | 25 | 26 Understanding Alzheimer's Tucson - 10:00 am | 27 | 28 | 29 |

Education Program Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---------|--|----------|--------|----------|
| | 1 | 2 | 3 | 4 | 5 |
| 7 | 8 | 9 Understanding Alzheimer's Tucson - 10:30 am | 10 | 11 | 12 |
| 14 Safety Issues Green Valley - 10:30 am | 15 | 16 Alzheimer's & Safety Tucson - 1:00 pm | 17 | 18 | 19 |
| 21 | 22 | 23 Green Valley Mini Conference Green Valley - 9:00 am RSVP 322-6601 | 24 | 25 | 26 |
| 28 | 29 | 30 Compassionate Communication Tucson - 1:00 pm | | | |



September 2009



“Alzheimer’s: Forgetting Piece by Piece” Quilt Show

The Alzheimer’s Association is proud to announce the the Alzheimer’s Art Quilt Initiative presented by Mountain Top Quilters of Prescott.

This special event will be held August 14-15, 2009 from 9:00 am to 4:00 pm at the First Lutheran Church, 231 West Smoke Tree Lane in Prescott.

There will be a Saturday lecture at 10 am, titled “Quilting and Caring: The Alzheimer’s Art Quilt Initiative.” The lecture is by Ami Simms, founder of AAQI and nationally known quilter.

Admission is free to the quilt show and lecture. However, donations made will benefit the Alzheimer’s Association, Desert Southwest Chapter, Northern Arizona Region.



Whether you’re a quilter, art-lover, or have been touched by Alzheimer’s, please join us in seeing this beautiful 52-quilt exhibit. The quilts will touch your soul and the stories will stir your heart. This is the first showing in Arizona.

For more information, please call 928-771-9257.



Kool & the Gang The Commodores

Mark your calendars for Saturday, October 17th, as we host the 9th Annual "Beauty of a Bonzer" concert and party.

Join us at US Airways Center for an Aussie-style Outback Steakhouse dinner followed by an extraordinary live auction. You'll then enjoy a Night of 100 Hits with Kool & The Gang and the Commodores.

The Desert Southwest Chapter has general admission tickets, tables on the arena floor, and Paseo tickets, which get you into the catered pre-party at US Airways Center.

For more information, or to purchase tickets, contact Jennifer at 602-528-0545 today!



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

REMAX, First American Title Office
4th Saturday - 10:00 am

Apache Junction

Epiphany Lutheran Church
4th Friday - 10:00 am

Buckeye

Buckeye Community Center
3rd Thursday - 1:00 pm

Casa Grande

Dorothy Powell Senior Center
Last Wednesday - 1:00 pm

Chandler

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

Fountain Hills

Fountain Hills Senior Center
1st Tuesday - 2:30 pm

Gilbert

Gilbert United Methodist Church
3rd Thursday - 3:30 pm

Glendale

Glencroft Retirement Community
Every Tuesday - 3:00 pm

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

Younger Caregivers - (under 60)
Glendale Public Library
4th Saturday - 10:00 am

Goodyear / Avondale

Banner Estrella Hospital, Conference Center
1st & 3rd Monday - 5:30 pm

Mesa

Borders Bookstore “Coffee Klatch”
1st & 3rd Thursday - 7:00 pm

Sunland Village East – Saguaro Room
3rd Thursday - 1:30 pm

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

Peoria

Peoria Adult Day Center
3rd Wednesday - 9:30 am

Phoenix

AZ State Veterans Home
2nd Wednesday - 10:00 am

Banner Alzheimer's Institute
1st Thursday - 12:30 pm

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

Beatitudes Center DOAR
1st & 3rd Tuesday - 12:30 pm

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

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

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

Rio Verde

Founders' Hall, Rio Verde Comm Church
1st Tuesday - 2:00 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

1:00 pm every 1st Monday each month
Granite Reef Senior Center

Sun City

Sun Health Community Education Center
Last Monday - 1:30 pm

Weekly Coffee Klatch - a "drop-in group"
Alzheimer's Association Sun Cities Center
Every Thursday - 9:30 am

Mary's Place – Memory Care Day Program
Every Tuesday - 10:00 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

Chez Nous Senior Center
1st Friday - 9:00 am

Male Caregivers
Desert Garden United Church
1st Thursday - 10:00 am

Sun Lakes

Sun Lakes Country Club - Phase I Clubhouse
2nd Friday - 10:00 am

Surprise

Sun City Grand Recreation Center
2nd Thursday - 10:00 am

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

Tempe

Escalante Community Center
2nd Saturday - 2:00 pm

Wickenburg

R&R Respite Care
1st Thursday - 10:00 am

Northern Arizona

Bullhead City

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

Cottonwood

Cottonwood Library
Call for dates and times

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

Support Groups *(continued)*



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Eager

White Mt. Ambulance Barn
3rd Tuesday - 6:00 pm

Flagstaff

The Peaks
1st & 3rd Thursday - 12:00 pm

Loyalton of Flagstaff
3rd Wednesday - 6:00 pm

Kingman

Kingman Regional Medical Center
3rd Wednesday - 10:00 am

Lingenfelter Center, Chapel
Every Wednesday - 10:00 am

Lake Havasu City

Prestige Assisted Living
3rd Wednesday - 10:00 am

Overgaard

United Methodist Church
1st & 3rd Thursday - 9:30 am

Prescott

Early Stage Support Group
Please call 928-771-9257 for interview

Trinity Presbyterian Church
Every Monday - 9:45 am
Every Tuesday - 9:45 am

Prescott VAMC, ECRC Room A-205
Every Friday - 1:30 pm

Prescott Valley

Prescott Valley Methodist Church
Every Monday - 10:00 am

Sedona

Sedona Winds Retirement Facility
3rd Monday - 2:30 pm

Show Low

White Mountain United Methodist Church
2nd & 4th Monday - 1:30 pm

Window Rock

Window Rock United Methodist Church
Call 928-871-2228 for dates and times

Southern Arizona

Tucson

Encore Senior Village
3rd Wednesday - 4:00 pm

Grace Health & Healing Clinic
1st Saturday - 9:00 am

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

The Place at Tanque Verde
2nd Tuesday - 5:00 pm

Santa Catalina Villas/La Rosa Health Care
2nd Monday - 4:00 pm

Clare Bridge of Oro Valley
2nd Tuesday - 10:00 am

Rancho Vistoso Desert Oasis Building
Last Tuesday - 4:00 pm

Northwest Oro Valley Hospital
1st & 3rd Tuesday - 3:00 pm

Bilingual Support Group
Alzheimer's Association
1st Thursday - 3:00 pm
Last Thursday - 4:00 pm

Recently Diagnosed & Their Family
Grace Health & Healing Clinic
1st Saturday - 9:00 am

Green Valley

Early-Stage Alzheimer's Group
Prestige Assisted Living
4th Tuesday - 12:00 pm

Casa de Esperanza
2nd Tuesday - 2:00 pm

Prestige Assisted Living
2nd Tuesday - 12:00 pm

Oracle / San Manuel / Mammoth

St. Helen's Catholic Church
1st Wednesday - 10:00 am

First Baptist Church
3rd Wednesday - 10:00 am

Safford

Mt. Graham Regional Medical Center
4th Thursday - 1:30 pm

Yuma

Copper Hills House
1st & 3rd Fridays - 10:30 am

Emerald Springs
3rd Saturday - 10:00 am

Southern Nevada

Henderson

Barbara Greenspun Women's Care Center
4th Tuesday - 4:30 pm

Henderson Senior Center
2nd & 4th Thursdays - 10:00 am

Las Vegas

Lied Senior Center
2nd Wednesday - 10:00 am

Desert Vista Community Center
1st & 3rd Wednesday - 10:00 am

Centennial Hills Active Adult Center
1st Tuesday - 6:00 pm

Whitney Senior Center
3rd Saturday - 11:00 am

H2U Office
3rd Tuesday - 10:00 am

Pahrump

University of Nevada - Co-op Extension
2nd & 4th Wednesdays - 10:00 am

Save the Date



Memory Walks

Prescott – October 3, 2009
Sedona – October 17, 2009
Tucson – October 17, 2009
Sun City – October 24, 2009
Las Vegas – November 7, 2009
Phoenix – November 14, 2009

Beauty of a Bonzer

October 17, 2009
US Airways Center
Phoenix, AZ

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



Chapter's New Strategic Plan

The Desert Southwest Chapter's board of directors recently approved a new Chapter-wide Strategic Plan. This plan, created with the help and input of hundreds of volunteers, will help guide the Chapter's efforts over the next several years.

Presented here are the over-arching results and goals set forth for the Chapter.

Overarching Results

We are committed to positively impacting the lives of individuals, families and care partners who are affected by or at risk for Alzheimer's disease and related disorders. The specific results in terms of changed lives for the people we serve include:

- Building useable skills to increase awareness and knowledge of Alzheimer's disease and related disorders and the resources available to them.
- Empowering to plan for and better cope with memory loss and disease progression.
- Experiencing enhanced quality of life.
- Experiencing reduced isolation and increased social support throughout the course of disease progression.
- Becoming more aware of and involved in research activities.
- Becoming more aware of personal choices to promote healthy aging.

Goals

- Enhance Programs, Services and Resources
- Build Awareness
- Advance Advocacy
- Promote Research
- Expand Diversity and Inclusiveness
- Strengthen Organizational Capacity

Join the MOVEment Today!

Memory Walk is a Chance to Honor Your Loved Ones!



Grab a friend, family member or co-worker and get on the **MOVE** to end Alzheimer's! Participate in the Alzheimer's Association Desert Southwest Chapter's Memory Walk and join the nationwide fight against this devastating disease.

Alzheimer's is an escalating epidemic: left unchecked, by 2050 16 million Americans will develop the disease, including 10 million baby boomers.

But there is something we can do. We can walk with a purpose to end Alzheimer's

The Memory Walk is truly a family-friendly event, celebrating the lives of those we love! Each of our six Memory Walks is truly unique to the community, creating a wonderful experience for people of all ages.

At the Walks, you may find live entertainment, free food, kid's zones with fun games, a dog Memory Walk park, and Tibetan tribute flags to honor our loved ones!

"Memory Walk is one of the best events I have ever been a part of," shared Dan Lawler, Chapter Development Director. "It is wonderful to see everyone, from the smallest



The Desert Southwest Chapter is home to six Memory Walks. Please, join the one in your local community!

children to great-grandparents walking to support our mission. You can feel the love and joy people bring!"

When you walk, you raise critical funds that benefit the care, support and research efforts of the Alzheimer's Association. Your steps move us closer to better treatments and a cure.

As well, your participation helps raise awareness that encourages people to seek an accurate and early diagnosis.

You can register for any of our Memory Walks online at www.alz.org/dsw/_in_my_community_memorywalk.asp. Sign up today to make a difference!

4 Easy Steps to Starting Your Team!

Signing up as a team with your friends, family, organization, or as an individual participant is as easy as ever. In just a few minutes you can make a real difference in the life of someone affected by this disease.

- 1 Go to www.alz.org/dsw/_in_my_community_memorywalk.asp, register for the 2009 Memory Walk, and create a team and goal!
- 2 Invite friends, family members and co-workers to join your team – the more the merrier!
- 3 Take advantage of the many online tools and tips to help your team achieve your fundraising goal!
- 4 Show up on **Walk Day** to walk and have fun!



International Conference on AD

Conference in Vienna Showcases Latest in Alzheimer's Research

On July 13th, more than 3,000 leading scientists convened to report and discuss the latest advances in research on treatments, risk factors, diagnosis and causes for the health epidemic of the 21st century – Alzheimer's disease – at the Alzheimer's Association 2009 International Conference on Alzheimer's Disease (ICAD 2009) in Vienna, Austria.

“The cost of caring for people who have Alzheimer's, and those who will get it, will bankrupt the healthcare system and devastate Medicare and Medicaid,” said William Thies, PhD, Chief Medical and Scientific Officer at the Alzheimer's Association. “Fortunately, the field is progressing and we may soon see changes in the landscape of Alzheimer's diagnosis, care, treatment, and prevention. How fast we get there depends completely on investment in research. We must capitalize on the advances made in the last decade.”

Highlights from ICAD 2009 include:

DHA Drug Trials

Results from two large studies using DHA, an omega 3 fatty acid, were reported at ICAD 2009. DHA (docosahexaenoic acid) is the most abundant omega 3 fatty acid in the brain. An 18-month study in people with mild to moderate Alzheimer's by the Alzheimer's Disease Cooperative Study (ADCS) supported by the U.S. National Institute on Aging (NIA) showed no evidence for benefit in the studied population. The results do not support the routine use of DHA for people with Alzheimer's.

A six month study was conducted by Martek Biosciences Corporation in healthy older people to see DHA's effect on “age related cognitive

decline.” This trial showed a positive result on one test of memory and learning. The results need confirmation. Both studies used Martek's algal DHA.

News Cases of Alzheimer's and Dementia Continue to Rise, Even Past Age 90

The number of people with Alzheimer's and dementia – both new cases and total numbers with the disease – continues to rise among the very oldest segments of the population, according to research reported at the Alzheimer's Association International Conference. This age group is the fastest growing segment of the population in western countries. This is different from past research results. Previous studies have suggested that the number of people with Alzheimer's and dementia begins to level off and perhaps even go down a bit in people age 90 and above.

Heart Healthy Diet and Ongoing Moderate Exercise May Reduce Risk of Cognitive Decline

Scientists at ICAD 2009 reported that following the Dietary Approaches to Stop Hypertension diet – or DASH diet – was associated with higher scores for cognitive functioning. The researchers found that four food categories from the diet plan – whole grains, vegetables, low-fat dairy foods, and nuts and beans – may offer benefits for cognition in late life. We need more research before we can confidently say how much of these foods to include in your diet to experience some benefit.

For more information about ICAD and the latest in research, visit our med-SAC website at www.alzds.org or the ICAD website at <http://www.alz.org/icad>

MED-SAC Membership



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Disclaimer: This newsletter is being provided as a source of information courtesy of the Desert Southwest Chapter. Information contained herein is neither an implicit or explicit endorsement of treatments or care providers.

Give of Yourself – Volunteer.

Volunteer Opportunities are Available throughout Arizona and Southern Nevada

Every volunteer makes a difference as we strive to support the more than 100,000 individuals with Alzheimer's disease and their families, who live in Arizona and Southern Nevada. We offer a variety of volunteer opportunities to highlight your skills and talent. Training and support are provided for all volunteer positions. Please, contact one of our local offices for more information.

Helpline Volunteer

Lend a sympathetic ear and provide information and referrals to individuals and families affected by Alzheimer's disease. Professionals are available to help you with the more complex situations and occasional crisis.

Support Group Facilitator

Facilitate a monthly caregiver group that provides participants with a place to discuss problems, share concerns, learn caregiving skills, exchange information and lend emotional support.

Community Education

Attend community events and speak one-on-one with people and distribute materials regarding Alzheimer's disease and the Chapter.

Memory Walk Team Captain

Organize a team of walkers for Memory Walk 2009! Encourage your friends, family and coworkers in supporting the largest fundraiser for the Alzheimer's Association in Arizona and Southern Nevada.

Speaker's Bureau

Speak to community groups and organizations about Alzheimer's disease and related topics.

Clerical and Office

Answer phones, file and copy materials, with light computer and data entry work during office hours only.

Advocacy

Work with legislators and public officials to advance the causes of those affected by Alzheimer's disease.

Prescott, AZ
928.771.9257

Phoenix, AZ
602.528.0545

Sun City, AZ
623.815.2494

Tucson, AZ
520.322.6601

Las Vegas, NV
702.248.2770

MOVE our cause forward

Volunteers truly make our Association run – Thank You!

the compassion to care, the leadership to conquer



602.528.0545
800.272.3900 24 Hour Helpline
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