

alzheimer's association® desert southwest chapter

no one needs to go through this journey alone

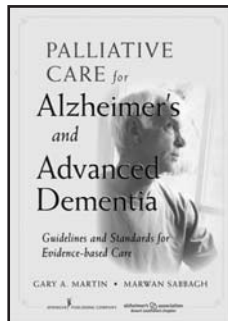
Fall & Winter 2010

Chapter Unveils New Standards for Palliative Care

Drs. Sabbagh and Martin and 40+ Experts Come Together to Help Care Partners

The Alzheimer's Association Desert Southwest chapter is proud to announce the co-publication of the book, *Palliative Care for Alzheimer's and Advanced Dementia* with Springer Publishing Company.

"The development of these palliative care guidelines has truly been a 'labor of love' and heartfelt dedication by our staff and dozens of volunteer professionals in a multi-disciplinary team over a period of years," said Deborah Schaus, executive director of the Desert Southwest chapter.



The *Palliative Care* book testifies that caregivers can have a monumental impact on the lives of persons with advanced dementia. Providing guidelines for health care professionals, caregivers, and families, this book introduces palliative care programs and protocols so that caregivers can profoundly enrich the quality of life for individuals with advanced dementia.

"This book provides important information on best practices and appropriate ways to care for a person with Alzheimer's and advanced dementia . . . recommendations that should ultimately become standards that all professional caregivers adopt." imparted Michael Reagan, son of former President Ronald Reagan.

The intended outcome of the *Palliative Care* book is to enhance the quality of care for our often forgotten constituent – people in the advanced stages of dementia. An exhibit at the end of every chapter clearly articulates the standards of care appropriate for all advanced dementia facilities and health care staff.

For more information about the *Palliative Care* book or to purchase a copy, please contact your local Regional Office or visit us online at www.alz.org/dsw.

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 offer education and support to persons with dementia and/or their caregivers.

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

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

Early Stage Programs

Specific activities focused on engaging, encouraging and empowering individuals to fully utilize their strengths.

Sign Up for CarePRO Today!

The CarePRO program is now taking applicants for upcoming sessions. Funded by the Federal Administration on Aging, our Chapter is contracted to provide this free service to caregivers throughout our two states.

Designed by David W. Coon, PhD, an ASU professor who is one of the nation's leading experts on caregiver support, the program is part of a nationwide effort to provide evidence-based skills to caregivers.

Each CarePRO series engages seven to ten caregivers in education about dementia and its impact on families. Caregivers are trained in ways to manage stress and techniques to help them cope with the disease and communicate better with loved ones suffering from memory loss.

For more information about or to sign up for CarePRO, please contact your local Regional Office or visit us online at www.alz.org/dsw today!

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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,

During our hot southwestern summer, we were honored to have three of our local researchers trade in their lab coats for bicycles, to help increase funding for Alzheimer's disease research. The Breakthrough Ride 2010, sponsored by the National Alzheimer's Association, started July 17th in San Francisco and ends September 21st in Washington, D.C. on World Alzheimer's Day.

Dr. Michael Sierks from ASU, Dr. Matthew Huentelman from TGen, and Dr. Lee Ryan from U of A each biked 200 miles along the way from Palm Springs through Phoenix to Albuquerque. They are among nearly 60 scientists and researchers who are riding relay-style through 13 states along the 4,500-mile route to show support for the Alzheimer's Breakthrough Act (S. 1492 & H.R. 3286), which calls for increased annual funding for Alzheimer's research at the National Institutes of Health (NIH) to as much as \$2 billion, from \$460 million. This legislation would help fund better prevention and treatments for Alzheimer's disease, which in the long run will save the nation's taxpayers and public health programs billions of dollars.

Not a cyclist? Neither am I, but that should not stop us from getting involved in advocacy! Help us speak out on behalf of the individuals and families who are living with Alzheimer's disease.

While we are so proud of Drs. Huentelman, Ryan and Sierks for their tremendous advocacy efforts, there are many other ways to get involved throughout the year. For more information on how you can help, please contact your local Regional Director or Cathy Griner, Chapter Director of Program & Advocacy.

Thank you for all you do!



Deborah B Schaus
Executive Director



Deborah Schaus



Dr Matthew Huentelman

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

Central Arizona Region

1028 E McDowell Rd
Phoenix, AZ 85006
602.528.0545

West Valley Resource Center

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

Northern Arizona Region

225 Grove Ave, #B
Prescott, AZ 86301
928.771.9257

Southern Arizona Region

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

Southern Nevada Region

5190 S Valley View Blvd, #104
Las Vegas, NV 89118
702.248.2770



Our Family Is Growing

Help Us Welcome Our New Staff Members

Help us welcome all of the new staff members who have joined our staff this year!



Heriberto Contreras is our new Southern Arizona Regional Director. Heriberto has his MBA and bachelor's degree in social sciences from the University of Arizona. He worked for the Pasqua Yaqui Tribe for over 12 years, has been with SEABHS, and has been a consultant for the Santa Cruz Family Guidance Center.



Dorothy Esler joined our Southern Arizona Regional Office as our new Family Care Consultant. Dot has a master's degree in gerontology from the University of Massachusetts and a bachelor's degree from Colgate University. She has 10 years of care management experience, including service at Sunrise Senior Living, Kindred, PCOA, and Easter Seals.



Kerry Fetherston is our new Central Arizona Region Special Events and Volunteer Coordinator. Kerry has been the owner of Marathon Productions LLC and has worked for the Tempe Family YMCA and several other local non-profit and city events. Kerry has a master's degree from ASU.



Monica Liriano is our new Southern Nevada Regional Family Care Consultant and Program Coordinator. Monica has a bachelor's degree in psychology and

many years of experience in social services. Most recently, she has served as Resettlement Manager for Catholic Charities' Migration and Refugee Services.

Salli Maxwell has joined our Northern Arizona Regional team as our new Family Care Consultant. Salli has her bachelor's degree in integrative studies from Prescott College and her master's from NAU in education focused on counseling and human relations. Most recently Salli worked with Hospice Family Care and previous experience included Home Instead and West Yavapai Guidance Clinic.



Andrea Starks joined our team as the new Southern Nevada Regional Office Manager. Andrea comes to us with a great background as an administrative professional. Most recently, she has served as an executive assistant to the CEO and operations manager for The Art of Music in Henderson.



Mindy Wakefield is the new Central Arizona Region Program Manager. Mindy has a master's degree in social work from ASU. Her work history includes experience with Maricopa County Human Services Department and Arizona Department of Health Services. Most recently she worked as the Social Services Coordinator at Hearthstone Nursing and Rehabilitation Center in Medford, Oregon.



Celebrate Timeless Love



Enjoy a romantic evening while supporting a great cause!

The Desert Southwest Chapter of the Alzheimer's Association is proud to present the 2nd Annual **"A Love Not Forgotten"** Gala.

This black tie event, held on February 19, 2011 in the Grand Ballroom at The Phoenician, will be an affair to remember. The evening will be filled with fine dining, the wonderful sounds of the Sonoran Serenade Big Band and exciting live and silent auctions filled with many fabulous items.

The most rewarding part of the evening will be knowing that all proceeds raised directly benefit the programs and services of the Alzheimer's Association Desert Southwest Chapter.

For Sponsor or Ticket information, contact Dawn Boeck, Development Assistant, at 602.528.0545 x 204 or dawn.boeck@alz.org.



The Sonoran Serenade kept the dance floor filled all night!



A few of the many exciting silent auction items!



We Like to MOVE It, MOVE It!

We are on the MOVE to end Alzheimer's and we need your help!

Alzheimer's disease is the 6th leading cause of death in America. More than 5 million Americans have Alzheimer's disease. These are just two of the many reasons your support is so vital.

Take your first steps today and become a sponsor, a team captain or register as an individual by contacting the regional office in your area or by **v i s i t i n g** www.alz.org/dsw and click on the Special Events tab.



We look forward to catching up with old friends and meeting new ones.

Prescott

October 2, 2010
Downtown Courthouse Plaza

West Valley - Sun City

October 23, 2010
Beardsley Recreation Center

Verde Valley - Sedona

October 30, 2010
TEQUA, The Village of Oak Creek

Las Vegas

November 6, 2010
Fashion Show Mall

Tucson

November 6, 2010
Gene C. Reid Park

Phoenix

November 13, 2010
Wesley Bolin Plaza

BE the One! MOVE a Nation!

Planning For The Holidays

Simple Tips To Make The Holidays Enjoyable For Everyone



Alzheimer's disease affects both family and community life. Holiday gatherings are no exception. The festivities of the holiday season pose special challenges for families coping with Alzheimer's disease. The hurried pace can be trying at times for just about anyone, but for someone coping with Alzheimer's disease, the change in routine can be especially disruptive.

It's important to take steps to minimize disruptions and simplify the celebration.

Here are a few ways to help ensure that someone with Alzheimer's, and those who care for and love them, can have a safe and joyous holiday season.

Caring for a Loved One at Home:

Make preparations together

If you bake, have your loved one participate, open holiday cards or wrap gifts together. Concentrate on the process, not the result.

Tone down your decorations

Blinking lights and large decorative displays can cause disorientation. Avoid lighted candles and other safety hazards, as well as decorations that could be mistaken for edible treats.

Host quiet, slow-paced gatherings

Music, conversation and meal preparation all add to the noise of an event. Yet for a person who has Alzheimer's, a calm, quiet environment usually is best. Keep daily routines in place as much as possible and provide your loved one a place to rest during the gathering.

Your Loved One Lives in a Facility:

Celebrate in the most familiar setting

For many people who have Alzheimer's, a change of environment causes anxiety. Instead of creating that disruption, consider holding a small

family celebration at the facility or participating in holiday activities planned for the residents.

Minimize visitor traffic

Arrange for a few family members to drop in on different days. Even if your loved one isn't sure who's who, two or three familiar faces are likely to be welcome, while nine or ten may be overwhelming.

Schedule visits at your loved one's best time of day

People who have Alzheimer's tire easily, especially as the disease progresses. Your loved one may appreciate morning or lunchtime visitors instead of those in the afternoon or evening.

Consider Your Needs in Addition to Your Loved Ones:

Pick and choose

Decide which holiday activities and traditions are most important and then focus on what you enjoy. Remember, you can't do it all.

Simplify

Bake fewer cookies. Buy fewer gifts. Don't feel pressured to display all of your decorations or include a personal note with each holiday card.

Delegate

Remember family members and friends who've offered their assistance. Let them help with preparations.

As a caregiver, you know your loved one's abilities best. You also know what's most likely to agitate or upset your loved one. Resist pressure to celebrate the way others may expect you to. By planning and setting firm boundaries, you can avoid needless holiday stress and enjoy the season.

For more information, 1.800.272.3900



Is Wandering a Problem?

Keeping Your Loved One Safe

Wandering can put an individual's safety in jeopardy. More than 60% of those with dementia will wander, and if a person is not found within 24 hours, up to half of individuals who wander will suffer serious injury or death.

Living in Arizona or Nevada, we know the temperatures can be harsh during both the summer days and winter nights, but someone with Alzheimer's disease may no longer be able to recognize the need for water or a jacket. They may not be able to remember their address, phone number or even their name.



wanders and becomes lost locally or far from home.

Assistance is available 24 hours a day, seven days a week, nation-wide. If an enrollee is missing, one call immediately activates a community support network to help reunite the lost person with his or her caregiver.

When the person is found, a citizen or law official calls the 800-number on the identification products and Safe Return notifies listed contacts. The nearest Alzheimer's Association office provides information and support during the search and rescue efforts.

The Alzheimer's Association's MedicAlert + Safe Return is a nation-wide identification, support and enrollment program that provides assistance when a person with Alzheimer's or a related dementia

For more information about the MedicAlert + Safe Return program in your area, call your local Regional office or the 24-Hour Helpline at 1.800.272.3900.

Web Search and Help Our Mission



GoodSearch.com is a search engine which donates approximately \$.01 of its search revenue to charities designated by its users. For example, if 100 people support the Desert Southwest Chapter on GoodSearch and each person searches two times per day, we could receive \$730 in one year!

Visit GoodSearch.com, in the "Who do you GoodSearch for" box, type "Alzheimer's Association - Desert Southwest Chapter" and click "verify".

Shop for Alzheimer's



Need your windshield fixed? Looking for Alzheimer's elephant jewelry? Are you a fan of Mike Chamberlin? Then visit our "3rd Party Vendors Store". Local companies and individuals have graciously offered to donate a portion of their profits to us.

Visit www.alz.org/dsw, click on "Shop" then on "3rd Party Vendors".



Enjoy A Night Like No Other

The 10th Annual Beauty of a Bonzer

The Alzheimer's Association Desert Southwest chapter is proud to partner with Outback Steakhouse to present the Beauty of a Bonzer dinner, auction and concert on **September 25, 2010** at US Airways Center. This year's entertainment features **Train** with special guest **Gavin DeGraw!**

A unique event, the Beauty of a Bonzer presents a full concert, premium live auction and gourmet dinner while raising money for six Phoenix area not-for-profit organizations, including the Desert Southwest Chapter.

For more information or to purchase tickets, contact Kerry Fetherston, Special Events & Volunteer Coordinator, at 602.528.0545 x 221 or kerry.fetherston@alz.org.



Train Rocks The Night Away!

Join Our Online Community



The Desert Southwest Chapter is now on Facebook and Twitter. If you want to follow us on Facebook we have a Causes Page and a Fan Page.



You can link to both Facebook and Twitter from our website at www.alz.org/dsw. Just follow the links on the left navigation bar.



Sign Up for our E-newsletter Today!

Receive monthly Alzheimer's information and updates. Send your name and email address to dawn.boeck@alz.org.

Out of every dollar donated to our Chapter, 86 cents goes directly to programs and services!

use your VOICE

Education Program Calendar



September 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Dementia & Driving Las Vegas - 10:00 am	3 Sedona Conference On Alzheimer's Disease Poco Diablo Resort 8:00 am - 4:00 pm RSVP 928.771.9257	4
6	7 Legal & Financial Plans Scottsdale - 10:00 am	8	9 Support Group Facilitator Training Las Vegas - 9:00 am Memory Walk Kick Off Phoenix - 9:00 am	10	11
13 Taking Care of YOU Peoria - 10:00 am	14	15 Challenging Behaviors Avondale - 2:00 pm Memories in the Making + Tucson - 9:00 am	16 Alzheimer's Research Updates Henderson - 1:00 pm	17 Alzheimer's Disease 101 Chandler - 11:00 am	18
20 How Will I Know What To Say? Gilbert - 1:30 pm Understanding Dementia Green Valley - 2:00 pm	21	22 Memory Walk Kick Off Sedona - 7:30 am	23 Memory Walk Kick Off Tucson - 8:00 am	24	25
27 Challenging Behaviors Phoenix - 10:00 am	28 Compassionate Communications Oro Valley - 6:30 pm	29	30		



October 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please call your Regional Office, at 800.272.3900, to RSVP for all Education Sessions.				1	2  memory walk Prescott 8:00 am - registration 9:00 am - walk
4	5	6	7	8 Memories in the Making Tucson - 10:00 am	9
11 Taking Care of YOU Mesa - 1:00 pm	12	13 Caregiver Education Mini Conference Green Valley - 9:00 am	14	15 Memories in the Making Tucson - 10:00 am	16
18 Know the Signs: Understanding AD Green Valley - 2:00 pm	19	20 How Will I Know What To Say? Avondale - 2:00 pm	21 Know the Signs: Understanding AD Sierra Vista - 1:00 pm	22 Challenging Behaviors Gilbert - 1:30 pm Memories in the Making Tucson - 10:00 am	23  memory walk Sun City West 7:30 am - registration 9:00 am - walk
25 Alzheimer's Disease 101 Phoenix - 10:00 am	26 Legal & Financial Plans Peoria - 1:30 pm Dealing with Difficult Behaviors Oro Valley - 6:30 pm	27 Living Day to Day with Dementia (Mini Conference) Prescott - 9:30 am Info 928-771-9257 Registration \$15.00	28	29 Early Stage Education Prescott - 928.771.9257 Memories in the Making Tucson - 10:00 am	30  memory walk Sedona 8:00 am - registration 9:00 am - walk

Education Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 How Will I Know What To Say? Scottsdale - 1:00 pm	3 Early Stage Fall Fling: Miniature Golf & Pizza Party Prescott Valley Freedom Station - 10:30 am	4	5	6 <small>alzheimer's association</small> memory walk Las Vegas & Tucson 7:30 am - registration 9:00 am - walk
8	9	10	11	12 Memories in the Making Tucson - 10:00 am	13 <small>alzheimer's association</small> memory walk Phoenix 7:30 am - registration 9:00 am - walk
15 Dealing with Difficult Behaviors Green Valley - 2:00 pm	16 Caregivers Conference Yuma - 8:00 am	17 Challenging Behaviors Avondale - 2:00 pm	18	19 Taking Care of YOU Chandler - 11:00 am	20
22 Legal & Financial Plans Phoenix - 10:00 am	23 Alzheimer's Disease 101 Peoria - 1:30 pm	24	25	26	27
29	30	<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>			

November 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Preparing for the Holidays Tucson - 5:00 pm	2	3 Memories in the Making Tucson - 10:00 am	4
6	7 Alzheimer's Disease 101 Scottsdale - 1:00 pm	8	9	10 Memories in the Making Tucson - 10:00 am	11
13 How Will I Know What To Say? Mesa - 1:00 pm	14	15 Taking Care of YOU Avondale - 2:00 pm	16	17 Challenging Behaviors Chandler - 11:00 am Memories in the Making Tucson - 10:00 am	18
20 Caregiver Stress Green Valley - 2:00 pm	21	22	23	24	25
27 Legal & Financial Plans Phoenix - 10:00 am	28 Alzheimer's Disease 101 Peoria - 1:30	29	30	31	

December 2010



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

Arizona City

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

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 - 1:00 pm

Glendale

Glencroft Retirement Community
Every Tuesday - 3:00 pm

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

Glendale Public Library
4th Saturday - 10:00 am

Globe

Globe Senior Center
3rd Thursday

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 - 1:00 pm

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

Payson

St. Paul's Episcopal Church
3rd Wednesday - 2:00 pm

Peoria

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

Phoenix

Banner Alzheimer's Institute
2nd 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 #2
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

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

Faith Presbyterian Church
Every Tuesday - 10:00 am
Call 623-584.4999 to reserve Respite
Care

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 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 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)*



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
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

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

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

Emeritus 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

Rincon Congregational Church of Christ
2nd & 4th Tuesday - 7:00 pm

Northminster Presbyterian Church
1st & 3rd Wednesday - 1:00 pm

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

Recently Diagnosed & Their Family
Grace Health & Healing Clinic
1st & 3rd Saturday - 9:00 am

Catalina
Claire's Cafe
2nd Tuesday - 11:00 am

Green Valley
Casa de Esperanza
2nd Tuesday - 2:00 pm

Friends in Deed
2nd & 4th Wednesday - 10:00 am

Valley Presbyterian Church
1st & 3rd Thursday - 2:00 pm

Oracle / San Manuel / Mammoth
St. Helen's Catholic Church
1st & 3rd Wednesday - 10:00 am

Oro Valley
Oro Valley Public Library
1st & 3rd Tuesday - 1:30 pm

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 Nevada

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

Las Vegas
Lied Senior Center
2nd Wednesday - 10:00 am

Desert Market Place
2nd Wednesday - 7:00 pm

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

Centennial Hills Active Adult Center
1st Tuesday - 6:30 pm

Whitney Senior Center
3rd Saturday - 11:00 am

Mountain View H2U Office
3rd Tuesday - 10:00 am

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

Telephone Support Groups



The Desert Southwest Chapter is always looking to expand and improve its programs and services. Currently, we are exploring interest in a telephone-based call-in support group (a group without regularly scheduled in-person meetings).

Please, contact your local Regional Office or cathy.griner@alz.org to share your feedback on a telephone support group.

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.



Recent Victories At The Capitol

“Advocacy is supporting a cause and having your voice heard by someone with the ability to make change. We speak for those who can’t speak for themselves”

Alzheimer’s advocates from the Desert Southwest Chapter have been busy the past few months. Recent victories include:

- Three Arizona and one Nevada US representatives (Shelley Berkley D-NV1, Raul Grijalva D-AZ7, and Ed Pastor D-AZ4) have signed on in support of the Alzheimer’s Breakthrough Act, S. 1492/H.R. 3286 since the bill was introduced. This act would allocate \$2 billion annually to Alzheimer’s disease and related dementia research.
- Three Arizona US representatives (Harry Mitchell D-AZ5, Raul Grijalva D-AZ7, and Gabrielle Giffords D-AZ8) have signed on in support of the National Alzheimer’s Project Act, S. 3036/H.R. 4689 since the bill was introduced. This act would launch a campaign within the federal government to overcome Alzheimer’s disease through development of a National Alzheimer’s Disease Plan.
- On 4/20/10 Governor Brewer signed Arizona House Bill 2426 to enact the Adult Guardianship and Protective Proceedings bill that permits guardianship agreements to cross state lines.
- A webinar-based advocate training was recently held to help current or potential advocates learn how to use their commitment and skills to make change for people impacted by dementia.

For more information contact Cathy Griner, at 602.528.0545 x 209 or cathy.griner@alz.org.



Not Sure What To Do With Your Free Time?

We Have Several Volunteer Opportunities Available To Fit Your Needs

Our volunteers are passionate, inspired and want to make a difference in the fight against Alzheimer’s disease. We understand that your volunteer time is a valuable gift, whether you can spare a few hours a week or can make a more significant time commitment.

Every volunteer contributes to our ability to serve the community and we want to work with you to ensure that your volunteer work is rewarding and fits your interests and talents.

We offer a variety of volunteer opportunities. Listed below are our most common positions.

Education Volunteer

Provide assistance at community workshops, seminars, & trainings related to Alzheimer’s disease and caregiving issues on an as-needed basis. Become part of our Speaker’s Bureau. Public Speaking skills and working knowledge of dementia and related issues preferred. Staff Health Fair exhibits as needed. Provide educational materials on Chapter programs & services, and on Alzheimer’s disease and related topics.

Helpline Volunteer

Assist callers on the telephone providing emotional support, reassurance and guidance, as well as information and referrals to community services and agencies. Training is provided. A strong commitment of 4 hrs/week is requested.

Special Events Volunteer

Assist the Chapter at special fund raising and community awareness events including Memory Walk in the fall and Golf Classic in the spring. Many jobs are available such as set-up, registration, and more.

Support Group Facilitator

Facilitate an Alzheimer’s support group for family caregivers and care partners. Must complete a six-hour facilitator training. Co-facilitators are required for each group. Facilitators should be willing to make an annual commitment for groups held monthly or bi-monthly. No clinical experience is necessary, but basic knowledge of the Alzheimer’s disease process or experience with family caregiving helpful.

Outreach Ambassador

Assist in spreading the word about resources available for those who are impacted by Alzheimer’s disease. The trained volunteers are responsible for promoting Family Care Consultation and other core programs to senior centers, hospitals, long-term care communities, and more.

Advocacy/Public Policy Volunteer

Receive periodic updates from the Director of Program and Advocacy for the Chapter. Communicate with state and federal officials on legislative issues of importance to individuals and families dealing with Alzheimer’s disease.

Committee or Work Group Volunteer

Participate in periodic meetings in which ideas and strategies are developed with the intent of enhancing and expanding the programs and services of the organization.

Office Volunteer

Perform general clerical duties which could include computer data entry, assist with mailings, making copies, faxing, etc. Office volunteers may assist staff with specific projects as needed. Occasional Helpline assistance may also be required. A commitment of 4 hrs/week is ideal.



ICAD 2010

Making Alzheimer's Disease a National Priority

Nearly 4,000 scientists from around the world gathered in Hawaii from July 10 – 15 to report and discuss the latest advances in research on treatments, risk factors, and diagnosis at the Alzheimer's Association International Conference on Alzheimer's Disease (AAICAD).

"With an aging baby boomer generation, the Alzheimer's disease crisis will continue to touch more lives and create an unsustainable fiscal toll on the nation's healthcare system..." said William Thies, PhD, Chief Medical and Scientific Officer at the Alzheimer's Association.

"Every day, researchers go to work with the sole purpose of advancing our understanding and knowledge about Alzheimer's, which is the defining disease of the baby boomer generation. We need a government response that shows equal commitment by providing the level of funding for research that will get us better diagnostic tests, treatments, and a cure," Thies added.

Highlights from the 2010 AAICAD:

- The Alzheimer's Association announced the launch of Alzheimer's Association TrialMatch, a confidential, free, and interactive tool that provides comprehensive clinical trial information and an individualized trial matching service for people with Alzheimer's disease and related dementias. The Internet (www.alz.org/trialmatch) and phone-based (800-272-3900) program provides matches to clinical trials for people with Alzheimer's, their healthcare professionals, caregivers, and volunteers.
- Evidence from three long-term, large-scale studies (Framingham Study, Cardiovascular Health Study,

NHANES III) supports the association of physical activity and certain dietary elements with possibly maintaining cognitive ability and reducing dementia risk in older adults. Plus, a new study in an animal model of Alzheimer's reported at AAICAD suggests that an antioxidant-rich diet with walnuts may benefit brain function.

- Scientific submissions to AAICAD suggested that (1) a newly-discovered risk gene for Alzheimer's may have early impact on memory skills and brain volume, (2) intranasal insulin may be beneficial in Alzheimer's, and (3) beta amyloid deposits in the brains of people with Alzheimer's disease may take different shapes based on a known Alzheimer's risk gene.
- Two new studies from AAICAD suggest that having Alzheimer's disease may increase the risk of getting other potentially disabling health conditions, including seizures and anemia. If Alzheimer's also increases risk of other disabling conditions, then its impact may be more devastating than we've envisioned as the global population ages and as more countries become westernized in their habits and lifestyles.
- Racially and ethnically diverse older adults are one of the fastest growing population segments in the US. New research presented at AAICAD revealed that older African-Americans and Latinos with significant cognitive impairment have a lower likelihood of nursing home placement and longer survival than White older adults in the study. There is a greater than anticipated need for culturally-appropriate dementia care resources and home and community-based services for these populations.

MED-SAC Membership



Marwan Sabbagh - MD, FAAN - Co-Chair

Zaven Khachaturian - PhD - Co-Chair

Geoffrey L Ahern - MD, PhD

Leslie Baxter - PhD

Charles B Bernick - MD

Larry Cohen - PhD, JD

Donald J. Connor - PhD, PhD

David W Coon - PhD

Stephen S Flitman - MD

Ana T Fuentesilla - MD

Gary Grove - MD, FAPA

Matthew Huentelman - PhD

Sandra Ann Jacobson - MD

Alfred Kaszniak - PhD

Louis C Kirby - MD

Marc Lato - MD

Gary Martin - PhD

Steven Rapcsak - MD

Wallace Reed - MD

Eric Reiman - MD

Joseph Rogers - PhD

Gary Salzman - MD

Jiong Shi - MD, PhD

Upinder Singh - MD, CMD, AGSF, FACP

Pierre Tariot - MD

Bryan Woodruff - MD

Roy Yaari - MD

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 2010! 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!

Address Service Requested



602.528.0545
800.272.3900 24 Hour Helpline
800.392.0022 En Español

1028 E McDowell Road
Phoenix, AZ 85006

alzheimer's association
desert southwest chapter

