Help Is Just a Phone Call Away

Twenty-Four Hours a Day, Seven Days a Week, Someone is Here To Help You

“I don’t know what to do or who to turn to,” said the caller on the other end of the phone. “I was home over the holidays visiting my mother and she just wasn’t herself. The way she was acting, and her forgetfulness...I think she has Alzheimer’s disease.”

Luckily, she was calling the Alzheimer’s Association’s 24-hour Helpline.

The Alzheimer’s Association Helpline is a telephone hotline available 24-hours a day, 7 days a week. Callers speak confidentially with trained Helpline specialists who provide information, support and referrals to local resources.

“We receive all kinds of calls,” states Mary Alice, Helpline Program Specialist. “Some people are just seeking a bit of information because they are concerned about a loved one. Others are in desperate need of help.

“We are here to help them all, and make sure things are better afterwards.”

The Helpline is more than just a 24-hour information line. Staff are available to provide one-on-one assistance and information to callers over the phone. For calls that warrant more attention, the staff will work with Family Care Consultants to follow-up and to see how individuals are dealing with the disease.

The goal is to provide holistic care that improves the quality of life, not just for the individual with the disease, but the caregiver as well.

“The type of calls we see are from people just looking for any help at all,” says Luis Carrillo, Southern Nevada Regional Director. “The infrastructure is such here in Southern Nevada, that we are pretty much these callers best and only hope for assistance.”

The Helpline is many individual’s first contact with the Desert Southwest Chapter. Whether calling for information on the latest clinical trials or in need of immediate assistance with a care plan, callers can find live, personal assistance on the Helpline.

“Our Helpline team is a wonderful group of staff and volunteers” shared Deborah Schaus, Executive Director. “They are able to help any kind of caller with any kind of situation and really know local resources.

“They make sure they understand your individual needs, and then work with all of our programs to ensure that callers have all of the support necessary.”

Last year, over 6,200 Helpline calls for assistance were received in the Desert Southwest Chapter.

Keep the Helpline in mind – we are here to help you. Anytime you need information or assistance, please call the Helpline at 800-272-3900.

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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www.alz.org/dsw
Dear Friends,

As we enter a new year, there are many challenges facing us. Yet, I am here to pose to you a new challenge. One that will not be a burden or hardship, but will enrich your life while helping your fellow neighbor.

I challenge you to become involved with the Desert Southwest Chapter.

Our Chapter truly runs on the generosity and support of local volunteers. With fewer than 30 full-time staff, volunteers provide the expertise, guidance and hard work necessary to provide programs and services to the more than 100,000 individuals affected by Alzheimer’s disease in our Chapter.

This challenge is an important one. These economic times are hitting our communities hard. However, they are hitting the individuals and families we serve even harder. Now, more than ever, we need your help to provide the support and services vital to these persons; your friends, your neighbors, your loved ones.

As you read about our services, keep in mind this call to action. We need people in every area: teaching an educational session, facilitating a support group, helping to put on a fund-raising event. It is because of you that we are able to provide help to those in need.

If you do decide to rise to this challenge and volunteer with our Chapter, contact the Regional Office in your area. For those of you who are among our more than 800 volunteers who helped our Chapter last year, on behalf of the families struggling with Alzheimer’s, I am deeply grateful. For your support. You are truly making a difference in our battle against this devastating disease!

Thank you and I look forward to seeing you soon,

Deborah B. Schaus, MSW
Feeling Your Way Through

People with Alzheimer’s Still Experience Emotions

Feeling sad, joy, fear, anger or excitement is part of being human. People who have Alzheimer’s disease experience emotions, but gradually lose the ability to recognize what they’re feeling and express themselves appropriately.

You can help by being receptive to the person’s emotions, and helping him or her to identify and express them. Remember that the person’s emotional experience is very real, even if others cannot share or understand it.

Be an Active, Supportive Listener

- Allow the person to talk
- Don’t assume that you understand what he or she has said or meant – Verify by rephrasing and repeating
- Look for nonverbal cues about what the person may be feeling or trying to express (for example, if the person smiles, say, “You look happy. Is that how you feel?”)
- Acknowledge the person’s feelings; don’t try to “fix” negative feelings or dismiss them

Help Identify Emotions

- Realize that as finding words becomes difficult, so will the person’s ability to label emotions
- Help the person talk about his or her emotions by identifying them -- such as, “You look sad.”
- View difficult behavior as an expression of emotion and a chance to identify feelings (for example, if the person starts to yell, say, “You’re really angry, aren’t you? It’s OK to feel angry.”)
- Know that it can comfort the person when his or her feelings are identified and acknowledged
- Share your own feelings (for example, say, “I feel sad too, but we’ll get through this together.”)

Help Manage Emotions

- Help the person control exaggerated or obsessive emotional expressions
- Remain calm and reassure the person that things will be all right
- Redirect the person by changing the subject, environment or activity.
- Acknowledge the emotions he or she seems to be expressing.

Be Positive and Reassuring

- Foster positive emotions to balance feelings of sadness or anger -- repetitive, enjoyable activities can nurture positive feelings
- Use phrases that help to comfort and release tension (for example, say, “We’ll get through this together.” or “I’m here to help you.”)
- Give praise for simple accomplishments and successes
- Use your body language and tone of voice to send positive messages

Enjoy, Laugh and Reflect

- Create opportunities to laugh and smile -- a person’s sense of humor may remain as AD progresses
- Talk about happy events
- Look through old photo albums and talk about the pictures
- Listen to the person’s stories, even if he or she repeats them -- explore the person’s feelings about these events and people

Simply listening and acknowledging a person can have a very positive effect.

Help Us Enhance Our Programs

The Alzheimer’s Association Desert Southwest Chapter is conducting a program and service evaluation as part of our strategic planning process. Your input and suggestions are vital to our planning process.

We would like to personally invite you to participate in our survey, and also ask for your help in inviting others to participate. Completing the survey should take no longer than 10 minutes and all responses will be kept strictly confidential. It is available on line at: http://www.surveymonkey.com/s.aspx?sm=iiewfQGJjW_2fEZrr0GPIrg_3d_3d

We would deeply appreciate your help in completing this survey by March 13, 2009. If you would like to participate in the survey but cannot complete it on-line, our staff at your Regional Office are available to assist you.

Thank you in advance for taking the time to complete our survey and helping us better serve our communities.

Please let us know if you would like a copy of our report containing a compilation of survey results that will be available later this spring.

5.2 million people in the United States are living with Alzheimer’s

www.alz.org/dsw
Thousands Walk to End AD!  
Thank You for Providing Support to Programs, Services & Research!

A record number of people came out to enjoy the wonderful weather across our Chapter, at the 2008 Alzheimer’s Association Memory Walks! From the awe-inspiring red rock vistas of Sedona (Verde Valley Walk), to the crystal lake of Gene C Reid Park (Tucson), walkers basked in beauty of nature.

Even the walkers in Southern Nevada enjoyed a cool beautiful morning as they arrived at the Fashion Show Mall for our only indoor walk.

“It is just wonderful to see all of these people here!” said Erica, one of our walkers. “People need to know about this disease and the help available.”

Dollars raised from the area Memory Walks goes to help support Alzheimer’s Association programs and research, providing help for those with the disease, while racing to find a cure.

“The support our communities continue to show our organization is truly heart-warming,” said Deborah Schaus, executive director. “The dollars they raise are helping to provide programs and services to those in need.

“Each of these walkers is truly making a positive difference in someone’s life.”

Thank you to each and every person who came out and walked. You are truly making a difference in the lives of people affected by Alzheimer’s!

To get a jump on next year, you can sign up for the 2009 walks now! Go to www.alz.org/dsw and click on the Memory Walk banner.

The final totals for the spectacular amounts raised at each Walk are:

**Central Arizona (Phoenix)**
$ 181,674

**Northern Arizona (Prescott)**
$ 53,667

**Southern Arizona (Tucson)**
$ 88,060

**Southern Nevada (Las Vegas)**
$ 85,309

**Verde Valley (Sedona)**
$ 22,605

**West Valley (Sun City)**
$ 58,713

Thank you again for making this year’s Memory Walks a wonderful success!
It is time to don your best attire to benefit the Alzheimer’s Association Desert Southwest Chapter. The Fifth Annual Cameo Ball will be held at the Scottsdale Hilton Resort on March 20, 2009.

Co-Hosted by the Ms. Senior Arizona Pageant and the Arizona Cameo Club, the Cameo Ball is an evening of dinner and dancing with a silent auction. All of the proceeds from the Ball benefit the programs and services of the Desert Southwest Chapter.

“Every year, people tell me this is the best ball they have ever been to,” said Herme Sherry, Ms. Senior Arizona 2004. “I can’t agree more! It is a wonderful evening of dancing and food. Everyone involved truly steps up to make sure it is a wonderful event.”

Tickets to the 5th Annual Ball are $150 per person. Tables of ten are available, starting at $1,500.

This year’s Ball will again feature live music from the Bob Messinger Band. The auction will have a variety of packages for all ages, and will feature an auction for the royally bred, National Show Horse mare: Color of Glorie.

For more information or to purchase tickets to the Ball, please contact Jennifer Hanson at 602.528.0545.
### Education Program Calendar

**February 2009**

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<td>Challenging Behaviors Tucson - 10:00 am</td>
<td>Caregiver Education Conf Scottsdale RSVP at 602.528.0545</td>
<td>Caregiver Education Conf Scottsdale RSVP at 602.528.0545 Memories in the Making Tucson - 10:00 am</td>
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<td>Compassionate Communication Tucson - 10:00 am</td>
<td>Taking Care of YOU Chandler - 2:30 pm</td>
<td>When is the Right Time For Hospice? Goodyear - 10:00 am Memories in the Making Tucson - 10:00 am</td>
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<td>Alzheimer’s 101 Tucson - 1:00 pm</td>
<td>Making Your Home Safe Peoria - 10:00 am</td>
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<td>Making the Day Meaningful Tucson - 10:00 am</td>
<td>Alzheimer’s 101 Gilbert - 1:00 pm</td>
<td>Memories in the Making Tucson - 10:00 am</td>
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**March 2009**

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<td>Making Your Home Safe Sun City - 1:00 pm Maintain Your Brain Tucson - 1:00 pm</td>
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<td>Legal &amp; Financial Plans Wickenburg - 9:00 am Memories in the Making Tucson - 10:00 am</td>
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<td>Planning for Placement Tucson - 11:00 am Alzheimer’s 101 Phoenix - 6:00 pm</td>
<td>When is the Right Time For Hospice? Chandler - 2:30 pm</td>
<td>Memories in the Making Tucson - 10:00 am</td>
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<td>Mayor’s Caregiver Education Conference Tucson - 8:30 am Maintain Your Brain Gilbert - 2:00 pm</td>
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<td>Home Safety &amp; Caregiver Stress Tucson - 10:00 am</td>
<td>Caregiver Education Conference Prescott - 8:00 am</td>
<td>Memories in the Making Tucson - 10:00 am Maintain Your Brain Glendale - 2:30 pm</td>
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*OPEN people’s minds One out of two people 85 years or older has Alzheimer’s*
**Education Program Calendar**

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**Learning the Latest Information**

Local Conferences Feature World-Class Speakers & Information

It is time for the Desert Southwest Chapter’s annual Caregiver Education Conferences.

This year continues our tradition of bringing together the highest caliber presenters to you. Each conference will provide you the latest skills, caregiver information and research developments available today.

The theme of the Phoenix/Scottsdale Conference is “Alzheimer’s Disease: Embracing Today, Anticipating Tomorrow” and features professionals and family caregivers tracks.

The Mayor of Tucson hosts the 4th Annual Mayor’s Caregiver Education Conference, providing information on caregiver skills and research updates.

The Prescott Conference is focusing on taking care of all aspects related to Alzheimer’s disease: “Mind, Body & Spirit.”

Finally, the Las Vegas Conference, held at Texas Station, and will feature a keynote address by Dr. Zaven Khachaturian, one of the fathers of Alzheimer’s research.

For more information about any of the Conferences or to sign up for one, please contact the Regional Office in your area.

**Save the Date**

Caregiver Conferences

*Scottsdale* – Feb 5 & 6, 2009
*Phoenix* – March 18, 2009
*Prescott* – March 26, 2009
*Las Vegas* – April 30, 2009

**Cameo Ball**

March 20, 2009
7:00 pm
Scottsdale Hilton Resort
Scottsdale, AZ

**Golf Classic**

April 20, 2009
9:00 am Shotgun Start
Ancala Country Club
Scottsdale, AZ

For reservations, sponsorship or ticket information, please call the Chapter Office or the Regional Office nearest you.

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

use your VOICE

www.alz.org/dsw
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 Saturday - 3:30 pm

Glendale
Glencroft Retirement Community
Every Tuesday - 3:00 pm

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

Buckeye Community Center
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 - 9:00 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
4th Friday - 9:30 am

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.

MOVE our cause forward
Alzheimer's is the seventh-leading cause of death

www.alz.org/dsw
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.

Flagstaff (continued)
Sun Health Community Education Center
Last Monday - 1:30 pm
Loyalton of Flagstaff
3rd Wednesday - 6:00 pm

Kingman
Kingman Regional Medical Center
3rd Wednesday - 10:00 am
Lingenfelter Center, Chapel
Every Tuesday - 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 for initial interview
Trinity Presbyterian Church
Every Monday - 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 for dates and times

Southern Arizona
Tucson
Encore Senior Village
3rd Wednesday - 6:00 pm
Alzheimer’s Association
2nd Tuesday - 4:00 pm

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

Pahrump
University of Nevada - Cooperative Ext
2nd & 4th Wednesdays - 10:00 am

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.

1,200 people develop Alzheimer’s disease every day

www.alz.org/dsw
Double Your CD’s Return

Valerie Green is a retired high school English teacher. She has been a careful saver and has a number of certificates of deposit.

Over the past three years, the return on her CDs has declined significantly. She looked carefully, but there just are not any CDs with a good rate of return.

“I am also interested in a secure return,” Valerie told us. “I want to know that a good return will be paid. The ideal choice for me would be a secure high return.”

Valerie talked to a friend who had found exactly that choice. Her friend had set up a gift annuity with a favorite charity. Valerie thought that perhaps the gift annuity would be helpful for her.

“I called the Alzheimer’s Association and asked about a gift annuity. I was very pleased to discover that based upon my age, a gift annuity would pay 8%. Plus, there would be a good tax deduction and part of the income would be tax-free!”

After finding out how easy it is to set up a gift annuity, Valerie transferred $20,000 from a CD that had matured into a charitable gift annuity.

“I am delighted with my 8% annuity,” said a smiling Valerie. “My CPA is also pleased that the charitable deduction will save over $3,000 in taxes this year. With my tax savings and increased income, I plan to take a nice vacation this year!”

Fixed payments for Valerie from the gift annuity are about two times what she was receiving from her one-year certificate of deposit. She is very pleased with the increased income and charitable savings.

To find out more about gift annuities, contact Dan Lawler at dan.lawler@alz.org or visit us online at www.alzgift.org

The Search for Effective Alzheimer’s Prevention Therapies

by Eric M. Reiman, M.D.
Executive Director, Banner Alzheimer’s Institute

With the rapidly growing number of people living to older ages, there is an urgent need to find demonstrably effective “pre-symptomatic treatments” to not only slow down or stop the progression of Alzheimer’s disease (AD) in clinically afflicted patients, but to delay, reduce the risk, or completely prevent the onset of symptoms in people who are not yet affected. Besides the catastrophic burden that otherwise awaits us, there are at least three reasons why the development of pre-symptomatic treatments for AD is so important.

First, there are a rapidly growing number of currently available interventions which have been suggested to reduce the risk of AD symptoms [1]. Many of these treatments have been suggested to be safe and some have been suggested to have other health-promoting studies. Still, some may have known or unanticipated adverse effects, and all of these treatments need to be studied in prevention trials in order to determine which ones, if any, are confirmed to have risk-reducing effects.

Some of these promising but not yet established risk-reducing strategies include aerobic exercise, mental exercise, excess weight loss, certain dietary supplements (e.g., vitamins A, C, E, B12, B-complex vitamins, and folic acid), other anti-oxidants, omega-3 fatty acids (e.g., in fish, nuts and leafy vegetables, curcumin (in curry), the Mediterranean diet, low caloric intake, wine or alcohol (in moderation), resveratrol (the suggested active ingredient of red wine), copper-reducing diet or medications, cholesterol-lowering and blood-pressure lowering agents (if initiated in mid-life), insulin-sensitizing agents, anti-inflammatory agents, and certain hormonal therapies at young ages (since women over the age of 65 did not demonstrate a beneficial effect from conjugated estrogen replacement therapy in the Women’s Health Initiative Memory Study [2]).

While gingko biloba has long been suggested to have risk-reducing or memory-enhancing effects, a prevention trial recently conducted in more than 3,000 cognitively normal people over age 75, using 125 mg of a standardized gingko biloba extract for a median of six years, found that this treatment was not effective in reducing the incidence of dementia or AD [3].

An even mostly effective AD “procrastination” therapy could have an enormous public health benefit. For instance, delaying the onset of AD symptoms by only five years without also increasing longevity would reduce the prevalence of the disease by half [Zaven Khachaturian personal communication]. Of course, the hope is to identify treatments with an even greater risk-reducing effect.

Second, there are a growing number of investigational treatments, which have been proposed but not yet confirmed to modify the progression of AD, including a growing number which are now being evaluated in clinically affected patients. The investigational treatments include a large number of amyloid-modifying medications (e.g., amyloid-modifying medications, β-secretase inhibitors, γ-secretase inhibitors and anti-aggregation therapies) and active and passive amyloid-immunization therapies, a smaller number of tau-modifying treatments (i.e., interfering with the phosphorylation of glycogen and aggregation of the microtubule-associated protein tau).

(continued on page 11)
Effective Prevention Therapies
Eric M. Reiman, M.D.

(continued from page 10)

and microtubule stabilizers, mitochondrial treatments, other neuroprotective and neurotrophic agents, and other interventions. Once these or other promising AD-modifying treatments are shown to be sufficiently safe and well-tolerated in patients, they could be considered for study in prevention trials.

Third, some of these treatments may be most effective if introduced before the onset of symptoms, when the neuropathology is already quite extensive. Thus, even if an otherwise safe and well-tolerated treatment proves to be less effective than we wish in patients, it would be a shame not to evaluate it pre-symptomatically in a randomized, placebo-controlled trial.

Right now, prevention trials require too many healthy people, too much money and too many years (longer than the treatment’s patent life) to determine which treatments significantly reduce the onset of memory and thinking problems in a randomized controlled trial. We have recently proposed public policy changes to help galvanize the evaluation of promising pre-symptomatic treatments I randomized prevention trials [1, 4].

For instance, we proposed extending marketing exclusivity for those pre-symptomatic treatments shown to be effective in time-consuming and expensive randomized trials, we encouraged the federal government to support prevention studies of those off-patent treatments and lifestyle interventions for which there is little marketing incentive. We also recommended the tax incentives and funding to embed promising biomarkers of AD pathology and progression in randomized controlled trials in order to provide the evidence needed by regulatory agencies that the effects of treatment on one or more of these biomarkers predicts a clinical benefit.

In order to accelerate the search for effective pre-symptomatic treatments, we will ultimately need to use biomarkers as “surrogate endpoints” that “reasonable likely” to predict a treatment’s risk-reducing effects. Thus, we are now designing randomized controlled trials not only to evaluate investigational treatments in cognitively normal people at unusually high genetic risk for developing AD using brain-imaging and other biomarker endpoints, but to help provide the evidence needed by regulatory agencies to approve pre-symptomatic treatments on the basis of these endpoints in future trials. Our ultimate goal is to find demonstrably effective treatments to end AD without losing a generation.

References

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.

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<th>Helpline Volunteer</th>
<th>Community Education</th>
<th>Speaker’s Bureau</th>
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<tr>
<td>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.</td>
<td>Attend community events and speak one-on-one with people and distribute materials regarding Alzheimer’s disease and the Chapter.</td>
<td>Speak to community groups and organizations about Alzheimer’s disease and related topics.</td>
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<tr>
<td><strong>Support Group Facilitator</strong></td>
<td><strong>Memory Walk Team Captain</strong></td>
<td><strong>Clerical and Office</strong></td>
</tr>
<tr>
<td>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.</td>
<td>Organize a team of walkers for Memory Walk 2009! Encourage your friends, family and coworkers in supporting the largest fundraiser for Alzheimer’s disease in Arizona and Southern Nevada.</td>
<td>Answer phones, file and copy materials, with light computer and data entry work during office hours only.</td>
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<tr>
<th>Prescott, AZ</th>
<th>Phoenix, AZ</th>
<th>Sun City, AZ</th>
<th>Tucson, AZ</th>
<th>Las Vegas, NV</th>
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<td>928.771.9257</td>
<td>602.528.0545</td>
<td>623.815.2494</td>
<td>520.322.6601</td>
<td>702.248.2770</td>
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</tbody>
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MOVE our cause forward

Volunteers make this organization what it is – Thank You!

the compassion to care; the leadership to conquer