

alzheimer's association® desert southwest chapter

the compassion to care, the leadership to conquer

Summer 2008

Traveling and Dementia: Tips for Vacationing

Suggestions to Consider Before Taking Your Next Vacation

Vacations are a time for families and friends to share new experiences and see interesting places. If you are the caregiver for a person with Alzheimer's, it is important to consider the person's abilities and make adaptations to enjoy a relaxing and enjoyable vacation.

Plan a Manageable Vacation

- Think about your expectations. Traveling with the person with Alzheimer's is a "working" vacation. If you're interested in rest and relaxation, arrange respite care for him or her.
- Stay away from busy places or from situations that may cause the person to feel over stimulated. Large cities, amusement parks and relatives with large families might pose problems.
- Keep your vacation simple. Plan a trip that involves as few changes as possible. Escorted tours can be enjoyable if you're traveling with a group of people you know well and who understand your responsibilities.
- Consider a short trip. If you're unsure how the person will react to traveling, consider a short trip.
- Consider a vacation package that allows you to leave early — without financial penalty — if the person becomes ill or wants to return home.
- Develop a list of destinations and contact information for family members. If there is an emergency, they know where to reach you.
- Identify local Alzheimer's Association offices along your travel route. In case of a medical emergency, staff may be able to direct you to local doctors and other needed services.

Consider Your Needs and Safety

- Advise airlines, hotels or tour operators that you're traveling with a person who has memory loss. Inform them on your special needs.
- Prepare identification items for the person. Make certain they wear an identification bracelet or clothing tags.
- Never leave the person alone. If you're on a tour with people you know, you may be able to rely on help from friends. Never ask a stranger to watch the person.
- Prepare the person for the trip. Depending on the person's awareness and understanding level, you can tell him or her about a trip in advance or the day you're leaving.
- Time your travel. If the person travels better at a specific time of the day, make your plans accordingly.
- Plan ahead for restroom breaks. Consider the impact if the person is a man and you're a woman, or vice versa. To help prevent accidents, consider having the person wear adult protective briefs.
- Allow for extra time. Plan for a single activity and have a few alternatives if there's extra time available.
- Maintain familiar eating patterns and times as much as possible. Also, serve them the same type of foods at the same time of day as at home.
- Try to maintain daily routines, such as when the person bathes.
- No one knows the individual better than you do. Have confidence in your abilities and in your loving concern as a caregiver and enjoy your special time together.

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 Banner Alzheimer's Institute 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 equip, energize and ultimately empower individuals, families and communities to provide compassionate and effective dementia care and support in Arizona and southern Nevada.

Letter from the Executive Director

Dear Friends,

As you browse through this newsletter, you may notice that it is thicker than in the past. It is not your imagination – we have increased the size of the newsletter to provide you more information about the programs and activities happening in your community. I hope you find this expanded information helpful to you and your family.

With the weather turning warmer, I am reminded of the summer vacations I had growing up. And today, many of us will take such family vacations. Some will bring together relatives to go away on trips, while others will visit parents and grandparents, spending time reuniting relatives who have long moved away. Please, when making plans, think of your loved ones with dementia.

When going to visit a loved one, be prepared knowing that they may have progressed in their disease path since your last visit. They may not remember or be able to perform tasks they have always loved. Our cover story features information and tips you should know when planning such trips. I encourage you to take this information to heart – it will make a more rewarding trip for everyone.

And know, the Alzheimer's Association is here to help you, 24 hours a day, anywhere in the country. Please, take a moment to jot down our Helpline number: 1-800-272-3900. Stick it in your purse or wallet – keep it with you! If you find yourself in need of information or help, please call.

I hope you all enjoy the coming months. Take time to spend them with your families and loved ones affected by Alzheimer's. If you are not their primary caregiver, consider using some of your vacation to give that person a much-needed break. And always remember, your loved one may no longer be able to communicate as well as they used to, but know they love you and the time you spend together.



Deborah B. Schaus, MSW
Executive Director



Deborah Schaus

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



Caregivers Learn Latest Info

Caregiver Education Conferences Held Across the Chapter

Three of the Desert Southwest Chapter's four Caregiver Education Conferences were held this past March. The Caregiver Conferences are one- or two-day events designed to present the latest information on research and caregiver techniques for both professionals and family members.

"We were so fortunate to have such a wonderful line-up of speakers this year," said Chris Terry, Program Manager for the Southern Nevada region. "Dr. Daniel Christensen was engaging and informative and LeAnn Thieman, author of 'Chicken Soup for the Caregiver's Soul,' truly touched all of our hearts!"

The final Caregiver Conference this year is the inaugural "Pathways to Hope" in Prescott. This conference will feature presentations from Drs. Marwan Sabbagh, Pierre Tariot and David Coon.

"We are so excited to be able to bring this opportunity to Northern Arizona," said Meg Fenzi, Regional Director for Northern Arizona

For more information on next year's conferences, please contact your local office or visit our website. To register for the Northern Arizona Caregiver Conference, call Gail at 928-771-9257.



Smaller sessions, such as this one on Home Safety, were very well received.

Join Us and MOVE a Nation



Grab your sneakers and come on out for our 2008 Memory Walks! A family-friendly event, this year's walks promise to be fun and lively, with live entertainment and plenty to do for the whole family.

At the core of the Memory Walk are teams of individuals, walking and raising money to fight this disease. It was through their efforts that we raised over \$500,000 last year for local programs and services.

The downtown Phoenix walk will again feature the Evercare Family Tent. The Family Tent offers respite care for loved ones affected by Alzheimer's, as well as health screenings and other information.

In addition, many of our walks will feature Kid's Zone play areas, Dog Parks and registration and live entertainment by local performers.

"We are so excited by what our walks have planned this year," said Dan Lawler, Chapter Development Director. "They are a great event for the whole family to celebrate life, while raising money to fight this terrible disease."

To register for the Memory Walk in your area, go to www.alzds.org and click on the Memory Walk Banner.



Walkers of every generation enjoy the scenic Memory Walk at Gene C. Reid Park in Tucson.



Hall & Oates Rock DSW!

The Annual Beauty of a Bonzer Concert Benefits the Chapter

Find yourself a sheila or a bloke and join the mates from Outback Steakhouse for the premier fundraiser of the year! The 8th Annual Beauty of a Bonzer will be at US Airways on Saturday, September 6, 2008.

Daryl Hall and John Oates headline this year's concert! Together since the early 1970's, they are the most successful duo in rock history. With over 60 million albums sold, their hits include "Kiss On My List," "Maneater," and "Private Eyes."

In addition to Hall & Oates, the Bonzer features a live auction on stage prior to the concert. While this year's auction items are still being finalized, previous items have been trips to Australia, a fantasy baseball camp and original

artwork from Alex Mendelssohn. You can support the Association while enjoying a rocking good evening by purchasing a table or Paseo ticket.



Tables of ten are available from \$3,500 to \$12,500 and include a fully catered dinner, seats on the arena floor and access to the live auction prior to the evening's concert.

Paseo Tickets are \$125 and get you access to an exclusive pre-party with appetizers from Outback, drink tickets and a premium seat to the concert.

For more information about purchasing tickets or a table for the Bonzer concert, please contact Jennifer Hanson at 602-528-0545.



Banner Supports Local Families

Banner Alzheimer's Institute, a program of Banner Health, showed their commitment to the Desert Southwest Chapter by becoming our inaugural Elite Corporate Partner.

Aligned with our own, the mission of Banner Alzheimer's Institute is to end Alzheimer's without losing a generation.

"Working with partners such as Banner is key in our ability to provide services to local families," said John Durbin, Central Arizona Regional Director.

"Banner's commitment to support the families struggling with this disease is wonderful."



Banner Alzheimer's Institute



Brookdale: A True Local Partner

Brookdale Senior Living, the nation's largest owner and operator of senior living communities, demonstrated their support of our local Chapter by becoming an Elite Corporate Partner.

Brookdale is a leading provider of senior-related services. With an outstanding reputation in the field, they operate 17 communities across central and southern Arizona.

"We are proud to have Brookdale as a partner in our mission to help families suffering from Alzheimer's," said Deborah Schaus, DSW Executive Director.



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African-Americans at Greater Risk

Rates of Dementia are Higher in African-Americans than Caucasians

Alzheimer's is a life-changing disease for individuals and their families. Nowhere is this more apparent than among African-Americans who face greater risk of being affected by the disease both directly as patients and indirectly as family caregivers.

But there is hope and support. Early diagnosis, new medical treatments and Alzheimer's Association support services all can help to improve the quality of life for loved ones, as well as their children and grandchildren who become the family caregivers.

"There's definitely an impact on the children," says Sandra Gonzalez, Family Care Consultant at the Desert Southwest Chapter "This disease affects the whole family."

Over 5 million Americans are currently affected and is expected to triple by 2050. While age is a definite risk factor in developing the disease, other attributes have been identified as well.

Conditions that damage the heart and blood vessels, such as high blood pressure, high cholesterol and diabetes, can also interfere with the brain's vital supply lines. We know that African-Americans have a higher risk for these conditions, which may increase their risk of developing heart disease, stroke and Alzheimer's.

Truly, what is good for your heart is good for your brain.

While there is not a cure for Alzheimer's, early detection is helpful in treating and slowing the progression of the disease. There are a number of drugs approved by the Food and Drug Administration for treating Alzheimer's and over 150



Alzheimer's affects the entire family, as children and grandchildren become caregivers for their parents.

more on the fast track for FDA approval.

Accessing the many social services available is critical. "Too often, family members are slow to respond," according to Sandra. "If you are not being proactive but are instead reacting to situations as they arise, you are going to make more mistakes, or you are not going to take full advantage of what is available."

Being proactive is especially important for African-Americans, who tend to want to keep families close. In doing so, they do not always access the outside help that is available.

A recent survey found that African-Americans expressed concern about their heart health (61 percent) and brain health (40 percent), yet only 1 out of 20 (6 percent) were aware of the close connection between cardiovascular (heart) and dementia (brain) diseases. The survey was given by the American Heart Association and the Alzheimer's Association.

"Getting the information out about Alzheimer's disease is vital," says Sandra. "We offer a number of programs to help families. But they only do good if people know about and use them."



Black Ties for a Great Cause

The 4th Annual Cameo Ball Danced Its Way to a Successful Night!

Tuxedos and gown were on full display at the Fourth Annual Cameo Ball to benefit the Alzheimer's Association Desert Southwest Chapter. Emceed by Danny Davis, the Cameo Ball raised over \$108,000 for the Desert Southwest Chapter!

Guests danced the night away to the melodic tunes of the Bob Messinger Band, while Tempe Mayor Hugh Hallman served as the evening's energetic auctioneer (even doing a hand spring!).

The Cameo Ball is hosted by The Ms. Senior Arizona Pageant organization, and is co-chaired by Herme Sherry (Ms. Senior Arizona 2004) and Marilyn Joyce (Ms. Senior Arizona Pageant Director).

The 2008 Ball was presented by:



and



**BROOKDALE
SENIOR LIVING**

www.brookdaleliving.com

Thank you to everyone who attended!
We look forward to seeing you next year!



A trio of Mayors: Steve Berman (Gilbert), Hugh Hallman (Tempe) and Ron Badowski (Wickenburg)



Those who make it happen: Danny Davis, Herme Sherry, Steve Berman, Marilyn Joyce, Ron Badowski, and Hugh Hallman (l-r)



Enjoying the evening are Dan Lawler and Christina Lawson



Bill and Jean McCurdy dance the night away.



Emily Nock, Lorena Llamas and Darcy Hallstrom (l-r) enjoy the evening.



Ms. Senior Arizona, Sharon Friendly, serenades the crowd.

Golf Classic Not Just for Golfers!

The 11th Annual Alzheimer's Association Golf Classic swings into action May 12th. Held at Ancala Country Club in Scottsdale, the Golf Classic is a shotgun format tournament, enjoyed by golfers of all abilities.

Following a day of fun on the links is an evening dinner catered by Outback Steakhouse, and a silent auction filled with packages everyone will love!

This year, raffle tickets will be sold for the chance to win one of two items: a set of TaylorMade Golf Clubs, or a 4 day / 3 night trip to Bandon Dunes Golf Resort. Tickets are \$25 each or 5 for \$100.

Registration for the Golf classic is \$250 per person, or \$1000 for a foursome. Registration covers your entry, cart rental, boxed lunch and dinner after the course is completed.

For more information on registration or to buy raffles tickets, please contact Jennifer Hanson at 602.528.0545.

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

use your VOICE

Education Program Calendar



May 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Memories in the Making Tucson - 10:00 am Research & Treatment Phoenix - 10:00 am	3
5 Understanding Dementia Tucson - 7:00 pm Legal & Financial Plans Scottsdale - 10:00 am	6	7	8 Using Hospice Peoria - 10:00 am	9 Memories in the Making Tucson - 10:00 am	10
12 Difficult Behaviors Safford - 1:00 pm	13	14	15 Caring for the Caregiver Glendale - 10:00 am	16 Memories in the Making Tucson - 10:00 am	17
19 Alzheimer's Disease 101 Wickenburg - 4:00 pm	20 Understanding Dementia Oro Valley - 3:00 pm	21 Is it Normal Aging? Tucson - 10:00 am Alzheimer's Disease 101 Tempe - 10:00 am	22	23	24
26	27 Research & Treatment Carefree - 10:00 am	28 Partnering with Your Dr Tucson - 2:30 pm	29 Education Conference Sierra Vista - 9 am to 1pm Fall Prevention Carefree - 10:00 am	30	31



June 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Research & Treatment Chandler - 10:00 am	3	4 Understanding Dementia Tucson - 10:00 am	5 Caregiver Conference Pathways to Hope Prescott - Time	6 Challenging Behaviors Sun City, AZ - 10:00 am	7
9 Meaningful Activities Safford - 1:00 pm Maintain Your Brain Glendale - 10:00 am	10	11 Challenging Behaviors Tucson - 10:00 am	12 Caring for the Caregiver Tempe - 10:00 am	13	14
16 Maintain Your Brain Sun City, AZ - 1:00 pm	17 Compassionate Communication Oro Valley - 3:00 pm	18 Alzheimer's Disease 101 Scottsdale - 10:00 am	19	20 Communication Strategies Mesa - 12:45 pm	21
23 Meaningful Activities Sierra Vista - 2:00 pm	24 Meaningful Activities Carefree - 10:00 am	25 Home Safety & Caregiver Stress Tucson - 10:00 am	26 Legal & Financial Plans Buckeye - 10:00 am	27	28
30 Using Hospice Avondale - 10:00 am					

Check with your Regional Office or visit www.alzds.org for regular updates to the Education Program Calendar, and for the remainder of the year's schedule.

Education Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Planning for Placement Tucson - 1:00 pm	3	4	5
7	8	9 Maintain Your Brain Tucson - 10:00 am	10	11	12
14 Home Safety & Caregiver Stress Safford - 1:00 pm	15 Challenging Behaviors Oro Valley - 3:00 pm	16	17	18	19
21	22	23 Challenging Behaviors Tucson - 10:00 am	24	25	26
28 Maintain Your Brain Sierra Vista - 2:00 pm	29	30 Understanding Dementia Tucson - 1:00 pm	31		



July 2008



20th Annual Public Policy Forum

Presidential Election Provides Key Advocating Opportunity

The 20th Annual Alzheimer's Association Public Policy Forum will be held on May 12-14, 2008, in Washington, D.C.

This year is critical to our cause: November's Presidential election provides us with the opportunity to urge candidates to recognize and address the Alzheimer's crisis facing our nation.

Keynote speaker Mike McCurry, former White House Press Secretary, will share strategies on how to make our goals a high priority for legislators. And other experts in the field will provide tips to ensure that our message is heard loud and clear on Capitol Hill.

We'll also be releasing our second annual Alzheimer's Disease Facts and Figures report, which will bring to light

the latest national statistics on the deadly and growing reach of Alzheimer's disease.

Join us as we reflect on 20 years of Alzheimer's advocacy and continue our fight to communicate the urgency of our mission to legislators.

The Desert Southwest Chapter is proud to send ten volunteers to the forum this year. Scholarships to help cover their costs were provided by the Law Office of Mary McDonald, and by Richard White of Jackson White Elder Law Services.

To volunteer as an Alzheimer's advocate or to learn more about our public policy platform, contact the Desert Southwest Chapter Office at 602-528-0545.

Save the Date



Golf Classic

May 12, 2008
11:00 am Shotgun Start
Ancala Country Club
Scottsdale, AZ

Beauty of a Bonzer

September 6, 2008
5:00 pm
US Airways Center
Phoenix, AZ

Memory Walk 2008

Prescott – Oct 4th
Sun City – Oct 18th
Verde Valley (Sedona) – Oct 18th
Tucson – Oct 25th
Las Vegas – Nov 1st
Phoenix – Nov 1st

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



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

Corpus Christi Catholic Church
3rd Thursday - 3:00 pm

Anthem

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

Apache Junction

Epiphany Lutheran Church
4th Friday - 10:00 am

Casa Grande

Dorothy Powell Senior Center
3rd 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

Living Grief

St. John's Lutheran Church
1st Saturday - 10:00 am

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

Dove of the Desert Church
3rd Wednesday - 9:30 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

Phoenix

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

Caregivers for Individuals with Early-Stage
Alzheimer's Association Office
1st Thursday - 11:30 am

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

Weekly Coffee Klatch - a "drop-in group"
Alzheimer's Association Sun Cities Center
Every Tuesday - 9:00 am

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

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 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

Flagstaff

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

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.

Flagstaff *(continued)*

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

Pima Council on Aging
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 - 3:30 pm

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

Green Valley

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

La Posada
2nd & 4th Friday - 10:30 am

Prestige Assisted Living
2nd Tuesday - 12:00 pm

Oracle / San Manuel / Mammoth

St. Helen's Catholic Church
1st & 3rd Wednesday - 10:00 am

Yuma

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

Southern Nevada

Henderson

Anthem Center
3rd Monday - 6:30 pm

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

Central Christian Church
Every Tuesday - 6:45 pm

Congregation Ner Tamid
2nd Tuesday - 6:30 pm

Henderson Senior Center
1st & 3rd Tuesdays - 4:30 pm

Las Vegas

Lied Senior Center
2nd Wednesday - 10:00 am

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

Whitney Senior Center
3rd Saturday - 11:00 am

Southern Hills Hospital Education Rooms
2nd Tuesday - 5:30 pm

Sahara West Library
2nd Tuesday - 10:00 am

Sahara West Library
2nd Monday - 6:00 pm

Laughlin, NV / Kingman, AZ

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

Mesquite

Highland Manor in Mesquite
3rd Tuesday - 4:00 pm

Mesquite United Methodist Church
420 North Pioneer Blvd. Mesquite, Nevada
3rd Wednesday - 3:00 pm

Pahrump

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

Early Stage Pot Luck Picnic

June 25th • 2:00 - 6:00 pm
Watson Lake


Families who have completed the ESSG are invited to enjoy the evening in Northern Arizona.

Southern AZ Hosts Memories in the Making

Groups of 10-12 individuals will meet once a week in 6-week sessions at the Tucson Museum of Art.

For More Information or to Register:
Emmy Fishman at 520.322.6601

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.

 **International Conference on AD**

Researchers – Join more than 5,000 colleagues at the world's leading forum on dementia research! The Alzheimer's Association International Conference on Alzheimer's Disease (ICAD) will take place July 26-31, 2008 in Chicago.

As a part of the Alzheimer's Association research program, the ICAD conference serves as a catalyst for generating new knowledge about dementia and fostering a vital, collegial research community.

This meeting will bring together more than 5,000 researchers, physicians and care providers from 60 countries – the largest group of international leaders in Alzheimer research and care ever convened.

In addition, there is a pre-conference intensive, the Alzheimer's Imaging Consortium, on Saturday, July 26, 2008

An additional registration fee is required for the pre-conference and we strongly encourage advance registration, as space is limited.

This pre-conference will focus on the use and methodological development of all types of imaging (including MRI, PET, SPECT, CT and others) for the diagnosis, therapy monitoring, early detection and tracking, and scientific understanding of Alzheimer's disease, other dementias and normal brain aging.

The meeting will consist of both invited speakers as well as oral and poster presentations from submitted abstracts.

Visit <http://www.alz.org> for more information, a list of speakers, daily schedules or to register for ICAD.

An IRA Gift Helps All Around

Giving a Gift of an IRA Benefits the Charity and Donor

Jerry and Debra are two local people who made lasting gifts to the Desert Southwest Chapter.

Jerry is a fireman who volunteers for a number of charities in his community. Recognizing that he would not use all of his IRA during life, Jerry decided to make a \$10,000 charitable IRA rollover gift to the organization of his choice in 2006.

"I wanted to increase my gifts to charity," Jerry said. "I didn't have a lot of other assets to give away with the exception of my IRA."

Jerry had already made cash charitable gifts up to the Federal limit (50% of Jerry's adjusted gross income). He wanted to make an additional gift to charity without increasing his taxes.

A financial planner advised Jerry that he could make a tax-free rollover gift from his IRA of any amount up to \$100,000 without increasing his income or paying additional taxes. This IRA charitable gift could be made "over and above" his other charitable gifts.

"I didn't need the income from my IRA," Jerry said. "I had enough income from sales of my investments and part-time work to cover my living expenses. The IRA gift plan seemed like a good idea to me."

Jerry decided to make a gift of \$10,000 from his IRA. He was able to continue to make his normal charitable contributions in addition to the IRA gift without exceeding Federal limits.

"I'm happy that this year I was able to give more, and that the gift even qualified for my required distribution. The satisfaction I gained from helping my community was significant."



Consult your financial advisor about your planned giving wishes.

Debra retired after forty years as a teacher, and had volunteered for many years with the Alzheimer's Association. She had an IRA and was nearing the time she had to take her required payout for this year in the amount of \$3,000. Since Debra did not need the income, she decided to make a gift of \$3,000 from her IRA to reflect her support.

"My pension had benefited from the last stock market boom," Debra said. "I had more IRA income than I needed to cover my living expenses. I saw all of the good the Alzheimer's Association had accomplished over the years and wanted to give something back."

Debra called her financial planner and learned of a simple and easy method to make a gift to benefit the Alzheimer's Association. Now that she was over the age of 70½, she had the option of rolling over up to \$100,000 from her IRA to charity without paying any taxes.

Debra called her IRA custodian and requested a transfer of her \$3,000 required distribution from her IRA directly to the Alzheimer's Association Desert Southwest Chapter.

"It was very easy to make an IRA charitable gift. The part I liked best is that I could help my favorite charity with my required distribution!"

Neuroimaging at Barrow Institute

Advanced Research at Neurological Institute at St. Joseph's Hospital
by Leslie Baxter, PhD



Neuroimaging serves as a powerful tool to understand both the normally functioning brain and how neurological disease alters the structural and functional integrity of the brain. Magnetic resonance imaging (MRI) allows these investigations to be done non-invasively and at high resolution.

The Barrow Neurological Institute at St. Joseph's Hospital and Medical Center (BNI/SJHMC) is at the forefront of MRI development and research, with 8 MRIs, including four 3 Tesla scanners, one of which is used for intraoperative scanning. The Keller Center for Imaging Innovation recently opened its doors and now provides an inter-institutional, interdepartmental center for MRI-related research in imaging development and application, including studies of aging and Alzheimer's Disease, brain tumors, heart disease, and other disorders.

Under the Directorship of Jim Pipe, PhD, the Center includes on site researchers from General Electric, engineers from BNI and ASU, neuroradiologists, neuropsychologists and other disciplines. The Center recently added a 3 Tesla research scanner that is available to all institutions in the Valley for neuroimaging research studies. In the Fall, this scanner will be upgraded to allow for multinuclear scanning such as sodium imaging, one of the first GE scanners of its kind.

The Keller Center fosters collaborative projects. Currently, we are working with Dr. Rick Caselli at Mayo Clinic Arizona to examine APOE-related brain changes in the participants of his well-established APOE cohort. We are collecting information about gray and white matter integrity, cortical thickness, vascular integrity (using perfusion and MR angiography).

We are also collaborating on the RECALL (Rosiglitazone Effects on Cognitive Abilities in Later Life) study for Alzheimer's Disease in conjunction with Banner Health Research. In addition, we are beginning the study entitled AIM HIGH (Carotid Plaque Characteristics by MRI in the Atherothrombosis Intervention in Metabolic Syndrome with Low HDL/High Triglyceride and Impact on Global Health Outcomes) study also for Alzheimer's disease in conjunction with the National Heart, Lung and Blood Institute in Bethesda Maryland, University of Washington and Cardiovascular Consultants in Phoenix.

We are also well-equipped for functional MRI studies, and are currently studying memory in perimenopausal women and other studies of aging. We welcome all Valley researchers to utilize the state-of-the-art imaging at BNI/SJHMC.

For more information, please call the Neuropsychology Neuroimaging Laboratory at 602-406-6281.

MED-SAC Membership



Marwan Sabbagh - MD, FAAN - Chair

Geoffrey L Ahern - MD, PhD

Leslie Baxter - PhD

Charles B Bernick - MD

Larry Cohen - PhD, JD

Donald J. Connor - PhD, PhD

David Coon - PhD

Stephen S Flitman - MD

Ana T. Fuenterrilla - MD

Gary Grove - MD, FAPA

Alfred Kaszniak - PhD

Zaven Khachaturian - PhD

Louis C Kirby - MD

Marc Lato - MD

Gary Martin - PhD

Robert Matthies - MD

Walter Nieri - MD

Steven Rapcsak - MD

Wallace Reed - MD

Eric Reiman - MD

Patricio F Reyes - MD

Joseph Rogers - PhD

Gary Salzman - MD

Jiong Shi - MD, PhD

Upinder Singh - MD, CMD, AGSF, FACP

Dietrich A Stephan - PhD

Pierre Tariot - MD

Bryan Woodruff - MD

Roy Yaari - MD

Medical-Scientific Advisory Newsletter

The Desert Southwest Chapter publishes a quarterly Medical-Scientific newsletter for local physicians and researchers, offering the latest information on Alzheimer's disease and related dementias. If you would like to receive a copy of this newsletter, please contact our Chapter office at 602-528-0545.

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 2008! Encourage your friends, family and coworkers in supporting the largest fundraiser for Alzheimer's disease 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 make this organization what it is – Thank You!

the compassion to care, the leadership to conquer

Change Service Requested



602.528.0545
800.272.3900 24 Hour Helpline
800.392.0022 En Español

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Phoenix, AZ 85006

alzheimer's association
desert southwest chapter

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