

# alzheimer's association® desert southwest chapter

the compassion to care, the leadership to conquer

Fall & Winter 2009

## Living with Alzheimer's Disease

*Dutton Teague Shares His Personal Story*

My name is Dutton Teague and I have decided to share my story in hopes that it might be helpful to others.

I was hired as the first paid Executive Director of what was then the Greater Phoenix Chapter of the Alzheimer's Association. I remained with the Chapter for more than 10 years until my retirement.

While in that position we initiated the Helpline, Memory Walk, and significantly expanded our budget, staffing and programs available to affected persons and their families. Most of the programming was designed to serve caregivers since individuals were diagnosed at later stages of the disease process and their primary need was custodial care.



**Dutton Teague at our 2009 Board of Directors retreat.**

Earlier this year I became a Board member of what is now the Desert Southwest Chapter. I joined the Board as the Chapter was moving to develop a new core program for persons with early-stage dementia.

The Board has since approved the new core program and I look forward to being a part of the development of services for this rapidly emerging group the Chapter has elected to serve. This step is very timely as neurologists, neuro psychologists, and other clinical persons have become very effective in diagnosing persons very early in the disease process. Early-stage affected persons need services to deal with life.

I chose to join the Board as I was diagnosed with early-stage Alzheimer's disease in March 2008. I had decided I could make a contribution to others like me, our care partners, and our families. The Board had decided it was time to add an affected person to the Board.

Needless to say it is a terrible shock to have gone through a testing process and be informed you have Alzheimer's disease. Your life and your family's life have changed forever. Your destiny is that you will steadily go down hill until your end of life. Your loved ones are destined to helplessly watch the process.

Because of my background with the Chapter, I had a working knowledge about Alzheimer's disease and the disease process, I could ask questions of former clinical colleagues, and I was somewhat aware of the literature available on the subject. Through this process I rather quickly came to terms with my dilemma.

It appears to me that each one of us who are diagnosed at an early-stage have two choices. You can become preoccupied with what you have lost and are losing and that will likely lead to depression. Or, you can take stock of your remaining capabilities and decide how you can use them to build the rest of your life and to enjoy life as fully as possible. The latter is my choice.

*(Continued on page 4)*

## 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.

### NEW: Early Stage Programs

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

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## Board of Directors

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**Upinder Singh, MD** – Las Vegas, NV

**Dutton Teague, MSW** – Sun Lakes, AZ

**Keith West** – Las Vegas, NV

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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 recent Chapter strategic planning process, our staff and volunteers recognized a need to expand our programming beyond what we have currently offered. Specifically, adding the strategic priority to "Increase Chapter emphasis on Early Stage Programming."

To help fulfill this priority, I am proud to announce the Desert Southwest Chapter's new sixth core service: Early Stage Programs.



**Deborah Schaus**

Historically, our Chapter has focused most of our programming towards caregivers of persons in the moderate to advanced stages of the disease. While we will, of course, continue and expand these critical services, we are excited to add a focus on new and different types of activities and support specifically for persons who themselves are in the Early Stage of the disease.

Crafting a new set of programs is not an easy task, nor one we undertake lightly. In the coming months, we will be hosting a series of forums in our communities. These forums will be critical in the design of our new program. Please, call your Regional Office and ask to be contacted when one of these forums is scheduled in your area.

This is an exciting time for all of us. As science has advanced, we can now diagnose Alzheimer's disease earlier than ever before. Keeping up with these advancements, we need to ensure that we have the appropriate "menu" of services and activities to offer. Over the course of this year, we will be crafting programs to do just that.

Thank you for your support, your insight and your assistance. I look forward to us working together,

Deborah B. Schaus, MSW  
Executive Director

## Desert Southwest Regional Offices

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

### Chapter Office

1028 E McDowell Rd  
Phoenix, AZ 85006  
602.528.0545

### Northern Arizona Region

225 Grove Ave, #B  
Prescott, AZ 86301  
928.771.9257

### Central Arizona Region

1028 E McDowell Rd  
Phoenix, AZ 85006  
602.528.0545

### Southern Arizona Region

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

### West Valley Resource Center

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

### Southern Nevada Region

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



# A Love Not Forgotten

The 2010 Alzheimer's Gala will be a Night to Remember!

Enjoy an Elegant Night Out Supporting the Alzheimer's Association!

Break out the black ties for the signature Alzheimer's benefit in the state of Arizona. The Alzheimer's Association Annual Gala is a romantic evening filled with fine dining, the magnificent sounds of the Sonoran Serenade Big Band and an exciting auction filled with fabulous items.

Taking place at The Phoenician on February 13, 2010, this year's Gala features a 1930's décor with the theme: *A Love Not Forgotten*. Step back in time and imagine yourself spending the evening with Fred Astaire and Ginger Rogers.

If you are looking for an amazing and exquisite way to spend the Valentine's Day weekend, then look no further. The Gala is the perfect way to spend a romantic evening with that special someone while, at the same time, supporting a great cause.

"The Gala promises to be the perfect evening for celebrating the Valentine's Day weekend," says Deborah Schaus, Executive Director. "You are guaranteed to make memories you won't soon forget!"

To help ensure you have a romantic night, roses will be available for all of the ladies and a photographer will be on



hand to snap and hand out commemorative photos of the evening.

"We're confident everyone will have a truly magnificent night," says Bob Dowd, Gala Committee Chair. "All proceeds raised directly benefit the programs and services of the Alzheimer's Association Desert Southwest Chapter as well as the latest treatment research."

Tickets for the Gala are \$250.00 per person. Complimentary valet parking is available at the main entrance round the evening of the Gala.

The Phoenician is offering a special room rate, Gala weekend only, of \$275.00 per night for attendees of the event. For reservations, contact The Phoenician at 1.800.888.8234 and mention the Alzheimer's Association Gala.

For more information about the Gala or to purchase tickets, contact Dawn Boeck, Development Assistant, at 602.528.0545 or dawn.boeck@alz.org

**THE 2010 ALZHEIMER'S GALA**  
*A Love Not Forgotten*  
 ALZHEIMER'S ASSOCIATION DESERT SOUTHWEST  
**SATURDAY, FEBRUARY 13, 2010 - THE PHOENICIAN - 6:00 PM**

## Early Diagnosis is Critical to Life



Many people with Alzheimer's may not know they have it until the symptoms begin to interrupt their daily life. By the time forgetfulness and confusion set in, the disease may have been active in their brain for a decade or more.

Early detection is key. With a diagnosis, you can:

### **Get the Maximum Benefit from Available Treatments**

You can explore treatments that may provide some relief of symptoms and help you maintain a level of independence longer. You may also increase your chances of participating in clinical drug trials that help advance research.

### **Have Time to Plan for the Future**

A diagnosis of Alzheimer's allows you to take part in decisions about care, transportation, living options and financial and legal matters. You can also participate in building the right care team and social support network.

### **Help for You and Your Loved Ones**

Care and support services are available, making it easier for you and your family to live the best life possible with Alzheimer's or dementia.

When you see your doctor, s/he will evaluate your overall health and identify any conditions that could affect how well your mind is working. Your doctor may refer you to a specialist, such as a:

**Neurologist** – specializes in diseases of the brain and nervous system.

**Psychiatrist** – specializes in disorders that affect mood or the way the mind works.

**Psychologist** – has special training in testing memory and other mental functions.

**Geriatrician** – specializes in the care of older adults and Alzheimer's disease.



## Living with Alzheimer's Disease

*(Continued from page 1)*

My wife, care partner, and I have reviewed our assets-including family, friends, resources, and opportunities available to us and we plan to use them to the fullest. Further, one can still make a contribution to a better society in spite of the diagnosis. That is why I joined the Board of Directors, am writing this and other articles, and am working to expand and improve services for persons diagnosed in the early stages and for their families.

All of these activities have kept me busy, feeling a sense of accomplishment, and hopefully providing help to others. I have, however, one major void in this process. In more than 17 months I have not met another person with an early-stage diagnosis. I long to have the opportunity to share my thinking with others like me; to hear their stories, thoughts, fears, and hopes. We can then join together to explore our potential in spite of our common medical obstacle.

Call the Regional Office nearest you and inform them you are interested in early stage programming and seek the information you need. Also, contact the doctor or facility where you were diagnosed and ask them for information and if they have a follow-up program providing individual consultation for early-stage persons.

There are thousands of us in Arizona and Southern Nevada. We must insist that we be provided with opportunities to meet with others like us, to have programs available to meet our needs, and to provide us with assistance to plan our future in spite of our diagnosis.

I look forward to meeting soon to explore our futures together.



## Chapter Initiates Early Stage Program

*Desert Southwest Adds Sixth Core Program Focused on Early Stage*

The Chapter Board of Directors has recently voted to initiate new programming designed specifically for persons diagnosed with early-stage Alzheimer's disease.

Over the past 30 years the primary program focus of the Alzheimer's Association, both locally and nationally, has been to serve caregivers. Because of the state of the art, individuals were diagnosed in the mid to later stages of the disease process. As a result, the original emphasis for services related to affected persons has been upon respite care and later custodial care.

However, services for caregivers have evolved over time. The Desert Southwest Chapter now provides a comprehensive range of education programs for caregivers, a 24/7 Helpline, Family Care Consultation, and more than 80 support groups across Arizona and Southern Nevada.

In the meantime, scientific knowledge has increased, neurologists, neuropsychologists, and other clinical professionals have become far more effective in early diagnosis. As a result, a steadily increasing number of early-stage persons are requesting that services be provided to meet their specific needs.

The Desert Southwest Chapter's Northern Arizona Region has been a leader in our early stage program development. For several years, persons in the early stage and their care partners in Prescott have been able to participate in a multi-week series of education and support activities.

A Graduates Group has emerged, with periodic social and other activities. Graduates of the Northern Arizona program have developed a newsletter for people in early stage, by people in early stage. The "Pathways Newsletter" is available at the Chapter's website or by calling the Northern Arizona Regional office.

As we begin the development of our new Core Program, we plan to hold forums to gather ideas from individuals in the early stage about ways we can assist in the process of coming to terms with the diagnosis and its implications, to empower participants to build a life in spite of the diagnosis, and to address issues of interest to group members.

We also plan to implement multi-week series of education and support activities, similar to the effective model program in Prescott, in each of our Regions before next summer. We are currently in the process of updating our written and on-line materials to provide a helpful "tool kit" of resources and reading lists specifically for those who are personally impacted by the disease.

For additional information and to become involved in our development of new Early Stage Programming, please call your Regional Office.



**Graduates of the Northern Arizona Early Stage Support Group gather for some fun in the sun.**

# Memory Walk Kick-Offs Set the Pace!

Individuals and Teams from Around the Chapter Are Supporting Research & Programs



September saw events around the Desert Southwest Chapter kick-off the 2009 Memory Walk season! Team captains and walkers came together to celebrate and encourage each other to reach new heights this year!

Together, we can MOVE a nation!

"It is incredible to watch the community support grow," enthused Luis Carrillo, Southern Nevada Regional Director. "Year after year, more people are coming to help us move the Nation to end Alzheimer's."

Though, he admitted, there might be additional reasons for the record turnout at the kick-off: "The food here at the Las Vegas Italian American club is fantastic!"

"Memory Walk is truly a year-round event," said Randy Clawson, Phoenix Memory Walk chair. "People are working every month to help support the cause. This kick-off is a great way to announce it to the community and get new people involved."

Memory Walk is the Desert Southwest Chapter's largest fundraiser. Last year, teams, walkers and sponsors raised almost \$500,000 to support our programs and services as well as the latest advancements in Alzheimer's research.

"We are so very thankful to the support we get from each individual," shared Deborah Schaus, Executive Director. "It is because of these walkers that we can provide services to the more than 100,000 people affected by Alzheimer's within our Chapter today."

The Desert Southwest Chapter hosts six walks across our service area. A list of the Walk locations and dates can be found in the box to the right.

"The Walk is a great way to celebrate the life of my mother," said Christina, a local walker. "I walk for her."

To sign up for the Memory Walk in your area, go to [www.alz.org/dsw](http://www.alz.org/dsw) or call your local Regional Office.

## Walks at a Glance

### Prescott

Oct 3rd – Downtown Courthouse Plaza

### Sedona

Oct 17<sup>th</sup> – TEQUA, Village at Oak Creek

### Tucson

Oct 17<sup>th</sup> – Gene C Reid Park

### Sun City West

Oct 24<sup>th</sup> – Beardsley Recreation Center

### Las Vegas

Nov 7<sup>th</sup> – Fashion Show Mall

### Phoenix

Nov 14<sup>th</sup> – Wesley Bolin Plaza

### Tribute Flags

Modeled after flags commonly found flying in the Himalayas, these colorful flags honor walker's loved ones. Over time, the wind unravels their threads one by one, releasing their messages into the universe. Tribute flags are available for \$10 at the Walk.

### Lapel Pins

The Desert Southwest Chapter is proud to introduce the annual Memory Walk lapel pin. Each year will feature a different design to honor that year's Walk. Artist Vikki Reed designed this year's pin and it is available to walkers who raise or contribute at least \$250.



**Inaugural Memory Walk Commemorative Lapel Pin**



**Las Vegas Memory Walk Chair, Stephanie Eigenrauch, and Board Member, Keith West, are all smiles at the Memory Walk kick-off!**










**Staff, Team Captains and Walkers mingle at the Phoenix kick-off event at the Outback Steakhouse.**



**Your four-legged family member is welcome at our Walks in Phoenix, Prescott, Sun City West & Sedona!**

# Education Program Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>October 2009</b>				1	2 Memories in the Making Tucson - 10:00 am	3  <b>memory walk</b> Prescott - 8:00 am
	5	6 Care PRO Class Call 520.322.6601	7 Alzheimer's Disease 101 Scottsdale - 9:00 am  Education & Outreach Hawthorne - 10:45 am	8 Build a Faith Community Toolkit for Support of Caregivers Tucson - 8:00 am	9 Memories in the Making Tucson - 10:00 am	10
	12	13 Dementia Care & Support Las Vegas - 10:30 am  Education & Support Tucson - 7:00 pm	14 Understanding Memory Loss Las Vegas - 12:30 pm	15 Training for Dignity Las Vegas - 9:00 am	16 Memories in the Making Tucson - 10:00 am	17  <b>memory walk</b> Tucson - 8:00 am Verde Valley - 8:00 am
	19	20 Maintain Your Brain Las Vegas - 10:00 am  Care PRO Class Call 520.322.6601	21 Maintain You Brain Las Vegas - 10:00 am	22 Education & Support Sierra Vista - 10:30 am	23	24  <b>memory walk</b> West Valley - 8:00 am
	26	27 Training for Dignity Las Vegas - 4:00 pm	28 Alzheimer's Disease & Healthy Caregiving Mesa - 8:30 am	29	30 Memories in the Making Tucson - 10:00 am	31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>November 2009</b>	2	3 Care PRO Class Call 520.322.6601  Caregiver Conference Yuma	4	5 Care PRO Class Call 520.322.6601	6 Memories in the Making Tucson - 10:00 am	7  <b>memory walk</b> Las Vegas - 8:00 am
	9 Reducing Caregiver Stress Green Valley - 10:30 am	10 Education & Support Tucson - 7:00 pm	11	12	13 Alzheimer's Disease & Healthy Caregiving Sun City - 8:30 am  Memories in the Making Tucson - 10:00 am	14  <b>memory walk</b> Phoenix - 8:00 am
	16	17 Care PRO Class Call 520.322.6601	18	19 Care PRO Class Call 520.322.6601  Education & Support Sierra Vista - 10:00 am	20 Memories in the Making Tucson - 10:00 am	21
	23	24 Education & Support Tucson - 7:00 pm	25	26	27	28
	30	25	26	27	28	29

Check with your Regional Office or visit [www.alz.org/dsw](http://www.alz.org/dsw) 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	3 Care PRO Class Call 520.322.6601	4 Memories in the Making Tucson - 10:00 am	5
7	8	9	10	11 Alzheimer's Disease 101 Sun City - 8:30 am	12
14	15	16	17 Care PRO class Call 520.322.6601  Education & Support Sierra Vista - 10:00 am	18	19
21	22 Education & Support Tucson - 7:00 pm	23	24	25	26
28	29	30	31 Care PRO Class Call 520.322.6601		



December 2009



## A Night of Hits for Charity

*Rock Out with Kool & the Gang and The Commodores*

Join the Alzheimer's Association Desert Southwest Chapter for the premier party of the year! What better way to support your favorite cause than to eat, drink and dance while doing it?

Enjoy a rockin' night out on Saturday, October 17th as we partner with Outback Steakhouse to host the 9th Annual "Beauty of a Bonzer" concert and party.

Join us at US Airways Center for an Aussie style feast provided by Outback Steakhouse and a live auction followed by a Night of 100 Hits with Kool & the Gang and The Commodores!

Tickets are \$250 and up for a seat at one of the tables on the arena floor which includes dinner provided by



Outback and a hosted bar from Bud Light, \$75 for a Paseo ticket that includes a catered pre-party of cocktails and appetizers at US Airways Center and \$25-\$55 for upper level general admission tickets.

For more information or to purchase tickets, contact Jennifer Hanson, Special Events Coordinator, at 602.528.0545 or [jennifer.hanson@alz.org](mailto:jennifer.hanson@alz.org)

## Save the Date



### Memory Walks

October 3, 2009  
Prescott, AZ

October 17, 2009  
Sedona, AZ

October 17, 2009  
Tucson, AZ

October 24, 2009  
Sun City West, AZ

November 7, 2009  
Las Vegas, NV

November 14, 2009  
Phoenix, AZ

### Beauty of a Bonzer

October 17, 2009  
US Airways Center  
Phoenix, AZ



# 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 #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

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

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 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.*

- |   |   |  |
|---|---|--|
| <p><b>Eager</b><br/>White Mt. Ambulance Barn<br/>3rd Tuesday - 6:00 pm</p> <p><b>Flagstaff</b><br/>The Peaks<br/>1st &amp; 3rd Thursday - 12:00 pm</p> <p>Loyalton of Flagstaff<br/>3rd Wednesday - 6:00 pm</p> <p><b>Kingman</b><br/>Kingman Regional Medical Center<br/>3rd Wednesday - 10:00 am</p> <p>Lingenfelter Center, Chapel<br/>Every Wednesday - 10:00 am</p> <p><b>Lake Havasu City</b><br/>Prestige Assisted Living<br/>3rd Wednesday - 10:00 am</p> <p><b>Prescott</b><br/>Early Stage Support Group<br/>Please call 928-771-9257 for interview</p> <p>Trinity Presbyterian Church<br/>Every Monday - 9:45 am<br/>Every Tuesday - 9:45 am</p> <p>Prescott VAMC, ECRC Room A-205<br/>Every Friday - 1:30 pm</p> <p><b>Prescott Valley</b><br/>Prescott Valley Methodist Church<br/>Every Monday - 10:00 am</p> <p><b>Sedona</b><br/>Sedona Winds Retirement Facility<br/>3rd Monday - 2:30 pm</p> <p><b>Show Low</b><br/>White Mountain United Methodist Church<br/>2nd &amp; 4th Monday - 1:30 pm</p> <p><b>Window Rock</b><br/>Window Rock United Methodist Church<br/>Call 928-871-2228 for dates and times</p> | <p>Pima Council on Aging<br/>2nd &amp; 4th Wednesday - 2:30 pm</p> <p>The Place at Tanque Verde<br/>2nd Tuesday - 5:00 pm</p> <p>Santa Catalina Villas/La Rosa Health Care<br/>2nd Monday - 4:00 pm</p> <p>Clare Bridge of Oro Valley<br/>2nd Tuesday - 10:00 am</p> <p>Rancho Vistoso Desert Oasis Building<br/>Last Tuesday - 4:00 pm</p> <p>Northwest Oro Valley Hospital<br/>1st &amp; 3rd Tuesday - 3:00 pm</p> <p>Rincon Congregational United Church of Christ<br/>2nd &amp; 4th Tuesday - 7:00 pm</p> <p>Northminster Presbyterian Church<br/>1st &amp; 3rd Wednesday - 4:00 pm</p> <p><i>Bilingual Support Group</i><br/>Alzheimer's Association<br/>1st Thursday - 3:00 pm<br/>Last Thursday - 4:00 pm</p> <p><i>Recently Diagnosed &amp; Their Family</i><br/>Grace Health &amp; Healing Clinic<br/>1st Saturday - 9:00 am</p> <p><b>Sierra Vista</b><br/>Sierra Vista Public Library<br/>4th Thursday - 10:30 am</p> <p><b>Green Valley</b><br/><i>Early-Stage Alzheimer's Group</i><br/>Prestige Assisted Living<br/>4th Tuesday - 12:00 pm</p> <p>Casa de Esperanza<br/>2nd Tuesday - 2:00 pm</p> <p>Prestige Assisted Living<br/>2nd Tuesday - 12:00 pm</p> <p>Friends in Deed<br/>2nd Wednesday - 10:00 am</p> <p><b>Oracle / San Manuel / Mammoth</b><br/>St. Helen's Catholic Church<br/>1st Wednesday - 10:00 am</p> | <p>First Baptist Church<br/>3rd Wednesday - 10:00 am</p> <p><b>Safford</b><br/>Mt. Graham Regional Medical Center<br/>4th Thursday - 1:30 pm</p> <p><b>Yuma</b><br/>Copper Hills House<br/>1st &amp; 3rd Fridays - 10:30 am</p> <p>Emerald Springs<br/>3rd Saturday - 10:00 am</p> |
|---|---|--|

**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 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

**Southern Arizona**

- Tucson**  
Encore Senior Village  
3rd Wednesday - 4:00 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.*



## DSW Public Policy Update

The public policy committee, staff and volunteers, conducted in-district visits in Arizona and Southern Nevada during the August congressional recess. We met with congressional staff members to share information about the Chapter's programs and services and to continue promoting the Association's legislative initiatives:

- To promote support for adding Alzheimer's disease to the Social Security Compassionate Allowances List. Currently Alzheimer's disease is not part of this list. If it becomes added, those who receive a diagnosis before the age of 65 can be "fast-tracked" through the system. This could mean being approved in a matter of days instead of years!
- To encourage sponsorship & support for the Alzheimer's Breakthrough Act of 2009 (S. 1492/H.R. 3286), to increase funding for Alzheimer's disease research at the National Institutes of Health to \$2 billion.
- To support the Community Living Assistance Services and Supports Act (CLASS Act) (S. 697/H.R. 1721) which outlines a voluntary insurance program that provides support, services and cash payouts for long-term care and provides help for people with Alzheimer's disease to remain home. This voluntary insurance program will help people to remain at home longer.

If you would like to learn more about how you can help our advocacy efforts or become an advocate, please contact Jami Goldman, Director of Program and Advocacy at 602-528-0545 or [jami.goldman@alz.org](mailto:jami.goldman@alz.org).

There is an Advocate Training on December 3rd from 4:00-6:00 pm at the Chapter Office in Phoenix. Please contact Jami to sign up for this training by November 23rd.

## Alzheimer's Prevalence Rising

*35 Million People Worldwide are Living with Dementia*



A new global prevalence estimate highlights the need for action and response: 35 million people worldwide – a 10% increase over 2005 – are living with Alzheimer's and dementia. According to the 2009 World Alzheimer Report, released from Alzheimer's Disease International (ADI), the number of people with Alzheimer's is expected to nearly double every 20 years, to 65.7 million in 2030 and 115.4 million in 2050.

"The number of people affected by Alzheimer's is growing at a rapid rate, and the increasing personal costs will have significant impact on the world's economies and health care systems. We must make the fight against Alzheimer's a priority here in the United States and worldwide," said Harry Johns, President and CEO of the Alzheimer's Association. "We must take action against Alzheimer's now."

### Learn How You Can Help

Worldwide, the economic cost of dementia has been estimated as \$315 billion annually. The total annual costs per person with dementia have been estimated as \$1,521 in a low income country, rising to \$4,588 in middle income countries, and \$17,964 in high income countries. (Anders Wimo, et al. "An Estimate of the Total Worldwide Societal Costs of Dementia in 2005." Alzheimer's & Dementia: The Journal of the Alzheimer's Association. Volume 3, Issue 2, April 2007.)

With 77 million American baby boomers reaching the age of greatest risk, it is clear that the crisis of dementia and Alzheimer's cannot be ignored. Left unchecked, dementia and Alzheimer's will impose enormous burdens on individuals, families, health care infrastructures and the worldwide economy. The United States

government should commit to making Alzheimer's disease a health care priority and the next step is to pass the Alzheimer's Breakthrough Act.

### Write Congress Now and Urge Your Representatives to Support The Alzheimer's Breakthrough Act

The Alzheimer's Breakthrough Act introduced in the Senate by Senators Barbara Mikulski (D-MD) and Christopher "Kit" Bond (R-MO) and in the House by Representatives Edward Markey (D-MA) and Christopher Smith (R-NJ) seeks to increase funding for Alzheimer's at the National Institutes of Health (NIH) to \$2 billion, which would be a significant step in restoring momentum in the pursuit of better diagnosis, prevention and treatment.

The legislation also creates a National Summit on Alzheimer's, which would bring together researchers, policymakers and public health professionals to discuss the latest promising research avenues in Alzheimer's disease.

Equally important as investing in the research that can yield breakthroughs in the near future, is helping the nearly 10 million Alzheimer caregivers today who wrestle with the financial and emotional challenges of caring for a loved one with this disease. The Alzheimer's Breakthrough Act seeks to provide them with vital resources and tools to assist them in this demanding role by expanding the Alzheimer's Care State Matching Grant program.

To find out more information about Alzheimer's disease, the 2009 World Alzheimer's Report or program and services available, please contact the Regional Office in your area or call our Helpline at 800-272-3900.



## Know the 10 Warning Signs

*Seeing the Signs and Getting an Early Diagnosis are Critical*

Memory loss that disrupts daily life is not a typical part of aging. It may be a symptom of Alzheimer's Disease. If you notice that you or a loved one is experiencing one or more of these signs, please see a doctor.

### 1 Changes that Disrupt Daily Life

One of the most common signs of Alzheimer's is forgetting recently learned information. Others include forgetting important dates/events or repeatedly asking for the same information. *What's typical? Sometimes forgetting names or appointments, but remembering them later.*

### 2 Challenges in Solving Problems

Some people may experience changes in their ability to work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. *What's typical? Making occasional errors when balancing a checkbook.*

### 3 Difficulty Completing Familiar Tasks

People with Alzheimer's often find it hard to complete daily tasks. They may have trouble driving to a familiar location, managing a budget or remembering the rules to a game. *What's typical? Occasionally needing help to use the settings on a microwave.*

### 4 Confusion with Time or Place

People with Alzheimer's can lose track of dates, seasons and the passage of time. Sometimes they may forget where they are or how they got there. *What's typical? Getting confused about the day of the week but figuring it out later.*

### 5 Trouble With Visual Images

Some people may begin to have vision problems. They may have difficulty reading, judging distance and determining color or contrast. *What's typical? Vision changes related to cataracts.*

*If you have any questions about the symptoms of Alzheimer's disease or need help, please contact our 24-hour Helpline at 1-800-272-3900.*

### 6 New Problems with Words

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation or they may repeat themselves. *What's typical? Sometimes having trouble finding the right word.*

### 7 Misplacing Things

A person with Alzheimer's may put things in unusual places. They may lose things and be unable to find them again. *What's typical? Misplacing things from time to time, such as a pair of glasses.*

### 8 Decreased or Poor Judgment

People with Alzheimer's may experience changes in judgment or decision-making. They may pay less attention to grooming or keeping themselves clean. *What's typical? Making a bad decision once in a while.*

### 9 Withdrawal from Activities

Some people may start to remove themselves from hobbies, social activities or work projects. They may also avoid being social because of these changes. *What's typical? Sometimes feeling weary of work, family and social obligations.*

### 10 Changes in Mood & Personality

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. *What's typical? Becoming irritable when a routine is disrupted.*

Find additional information at  
[www.alz.org/dsw](http://www.alz.org/dsw)

## 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 2009! Encourage your friends, family and coworkers in supporting the largest fundraiser for the Alzheimer's Association in Arizona and Southern Nevada.

## Speaker's Bureau

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

## Clerical and Office

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

## Advocacy

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

**Prescott, AZ**  
928.771.9257

**Phoenix, AZ**  
602.528.0545

**Sun City, AZ**  
623.815.2494

**Tucson, AZ**  
520.322.6601

**Las Vegas, NV**  
702.248.2770

**MOVE our cause forward**

*Volunteers truly make our Association run – Thank You!*

the compassion to care, the leadership to conquer



602.528.0545  
800.272.3900 24 Hour Helpline  
800.392.0022 En Español

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Phoenix, AZ 85006

alzheimer's association  
desert southwest chapter

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