

alzheimer's association®

desert southwest chapter

no one needs to go through this journey alone

Summer 2010

Compassionate Allowance Initiative

Social Security Administration Makes Positive Changes

The Social Security Administration (SSA) has added young onset Alzheimer's to the list of conditions under its *Compassionate Allowance Initiative*, giving those with Alzheimer's disease expedited access to Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI).

Under this initiative, the Social Security Administration finds individuals with certain diseases and conditions eligible for Social Security Disability and Supplemental Security Income benefits by the nature of the disease. While applicants still have to meet other SSDI criteria and/or SSI criteria, when it comes to the disability criterion, they are considered eligible by virtue of the disease. They are then fast-tracked for a favorable decision about their eligibility for SSDI and SSI benefits.

Social Security disability benefits are paid to individuals who have worked for enough years and have a condition that is so severe that they are not able to continue to work. Administered by the SSA, SSDI makes monthly payments to eligible disabled individuals and is a significant benefit for individuals with young onset Alzheimer's disease.

In addition to a monthly payment, SSDI serves as entry to Medicare benefits for those under the age of 65.

Family members (e.g., spouses and minor children) may also be eligible for benefits based on the applicant's work record.

Supplemental Security Income benefits are paid each month to individuals who are aged, blind or disabled and have both limited income and resources. The "disability" criteria for SSI are the same as for SSDI benefits. Although unlike SSDI, eligibility for SSI is not based on prior work experience. Additionally, in



most states, individuals who receive SSI are also automatically eligible for Medicaid (medical assistance) benefits.

Social Security disability benefits are very important to those with young

onset Alzheimer's and related dementias because these individuals are often initially denied benefits – but usually win after an appeal. Those affected by young onset Alzheimer's are often simultaneously faced with the enormous challenges that the disease presents, while also undergoing a long disability decision process that is both financially and emotionally draining.

By adding Alzheimer's disease to the list of "Compassionate Allowance" conditions, it will simplify and streamline the SSDI/SSI application process and should result in receiving SSDI/SSI benefits quicker and with less frustrations.

How Can We Help?

24 Hour Helpline

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

Family Care Consultation

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

Support Groups

Regularly scheduled group sessions offer education and support to persons with dementia and/or their caregivers.

Education Programs

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

MedicAlert + Safe Return

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

Early Stage Programs

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

In This Issue...

Director's Message	2
Taking Care of Yourself	3
Minorities at Greater Risk	4
Coping with Behaviors	5
Education Calendar	6-7
Support Groups	8-9
Volunteer Opportunities	12

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



Board of Directors

Officers

Robbie Nicol, Chair
Prescott, AZ

Maureen Esparza, First Vice Chair
Phoenix, AZ

Sam Lieberman, Vice Chair
Las Vegas, NV

Robert Dowd, Vice Chair
Tempe, AZ

Sue Ann Perkinson, Treasurer
Phoenix, AZ

Michael Beatty, Secretary
Prescott, AZ

David Pile, Past Chair
Tucson, AZ

Members

Randy Clawson – Phoenix AZ

David Coon, PhD – Phoenix, AZ

Brenda Foraker – Phoenix, AZ

Larry Gentry – Scottsdale, AZ

Robert Harris – Tucson, AZ

Theresa (Terri) Jackson – Phoenix, AZ

Gary Martin, PhD – Scottsdale, AZ

Marisa Menchola, PhD – Tucson, AZ

Bridget O’Gara – Phoenix, AZ

Marwan Sabbagh, MD – Sun City, AZ

Upinder Singh, MD – Las Vegas, NV

Dutton Teague, MSW – Sun Lakes, AZ

Keith West – Las Vegas, NV

Richard White, Esq – Mesa, AZ

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,

I am reminded every day of the wonderful individuals, businesses and organizations that we have within our Chapter. The level of generosity, support and dedication each one shows, day in and day out, is in spring.

In February we held our inaugural “A Love Not Forgotten” Gala. People from across our Chapter came together for our mission: to provide services to those individuals affected by Alzheimer’s disease while working to end the disease in our lifetime. Together, we raised over \$115,000 in one night to help our friends, neighbors and loved ones.



Deborah Schaus

Today, we are bringing together state agencies, non-profits and universities to engage families with our CarePro and Nevada Cares evidence-based projects. These new programs exemplify a new standard of cooperation and support in Alzheimer’s care. We are working together to create a new model for the rest of the country to implement in their communities.

And this fall we host six Memory Walks throughout the Chapter. At these events, thousands of people come together to show their support for their community, and those affected by Alzheimer’s. The Memory Walk is our largest single fundraising event, providing vital support to the Association. Through the hard work and generosity of each and every walker, we are able to provide vital care and support and advance research to someday end this disease.

With so much that is happening across our country and the world, it is good to see people taking positive steps to help those affected by Alzheimer’s disease. These steps are great triumphs for our families and their loved ones -- but the journey is far from over. Together, we can affect the changes we need to MOVE our nation to end Alzheimer’s disease.

Thank you for everything you do!

Deborah B Schaus
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



Taking Care of Yourself

Ways to Stay Healthy as a Care Partner

Are you so overwhelmed by taking care of someone else that you have neglected your own physical, mental and emotional well-being? If you find yourself without the time to take care of your own needs, you may be putting yourself at risk.

Signs of Care Partner Stress:

- **Denial** about the disease and its effect on the person who's been diagnosed
- **Anger** at the person with Alzheimer's
- **Withdrawal** from friends and activities that you have enjoyed
- **Anxiety** about facing another day and what the future holds
- **Depression** that begins to break your spirit and affects your ability to cope
- **Sleeplessness** caused by a never-ending list of concerns or unanswered questions
- **Lack of Concentration** that makes it difficult to perform familiar tasks
- **Health problems** that begin to take a toll, mind and body

Ways to Manage Care Partner Stress:

- **Know** what resources are available – contact your Chapter office
- **Become** an educated caregiver – as the disease progresses, new caregiving skills may be needed
- **Get Help** – doing everything by yourself will leave you exhausted
- **Take Care of Yourself** – watch your diet, exercise, & make time to rest
- **Manage** your level of stress; it can cause physical problems or changes in behavior
- **Legal and Financial Plans:** Consult a professional to create a plan for the future
- **Visit Your Doctor**, take time to get a checkup – be aware of what your body tells you

Help for Loved Ones Who Wander



MedicAlert + Safe Return is a 24-hour nationwide emergency response service for individuals with Alzheimer's or a related dementia who wander or have a medical emergency. We provide 24-hour, nationwide assistance, no matter when or where the person is reported missing.

Enrollment in the MedicAlert + Safe Return program includes:

- Individualized emblem engraved with MedicAlert + Safe Return's 24-Hour emergency response number.
- Live 24-hour emergency response service for wandering and medical emergencies.
- 24-hour family notification service during wandering incidents and medical emergencies.
- 24-hour relaying of key medical information to emergency responders.
- 24-hour care consultation services provided by master's level counselors.

If an individual with Alzheimer's or a related dementia becomes lost, caregivers can call the emergency response line to report it. A community support network will be activated, including local Association chapters and law enforcement agencies, to help locate the person who wandered.

If a citizen or emergency personnel finds the member, they can call the toll-free number listed on the member's ID jewelry. MedicAlert + Safe Return will notify the member's listed contacts, making sure the person is returned home.

For more information call 1-800-272-3900



'A Love Not Forgotten'

Thank You to All of Our Sponsors and Attendees

Attendees broke out their formal wear and danced the night away at the inaugural 'A Love Not Forgotten' Gala at the Phoenician.

The evening raised over **\$115,000** for programs and research. Thank you to our sponsors and attendees for making the event a success!

Mark your calendars for next year's event on **February 19, 2011** at the Phoenician.

Saguaro Blossom Level



Sonora Quest
Laboratories

A Subsidiary of Laboratory Sciences of Arizona

Lily Level

Bankers Life and Casualty

Orchid Level

APS	Custom Storage
Blue Cross Blue Shield	Novovision, Inc
Cresa Partners	Sprint



Get Your MOVE on Today!

Get your sneakers ready because Memory Walk Season is almost upon us!

We look forward to seeing old friends, and new faces as we join together to raise awareness and support for families in Arizona and Southern Nevada that have been affected by Alzheimer's disease.

As always, all of the Desert Southwest Chapter Walks will take place during the fall:

Prescott

Saturday, October 2, 2010
Downtown Courthouse Plaza

West Valley - Sun City

Saturday, October 23, 2010
Beardsley Recreation Center

Verde Valley - Sedona

Saturday, October 30, 2010
TEQUA, The Village of Oak Creek

Las Vegas

Saturday, November 6, 2010
Fashion Show Mall

Tucson

Saturday, November 6, 2010
Gene C. Reid Park

Phoenix

Saturday, November 13, 2010
Wesley Bolin Plaza

For more information on becoming a sponsor, a team captain or finding out how to register as an individual, contact the regional office in your area or visit www.alz.org/dsw and click on the Special Events tab.

We look forward to seeing you in the Fall!

New Study: Race Matters

African Americans and Hispanics are at a Greater Risk of Developing Alzheimer's Disease



According to the 2010 Alzheimer's Disease Facts and Figures, published by the Alzheimer's Association, African-Americans are about two times more likely and Hispanics are about one and one-half times more likely than their White counterparts to have Alzheimer's and other dementias.

Although Whites make up the great majority of the more than five million people with Alzheimer's and other dementias, African-Americans and Hispanics are at higher risk for developing the disease.

There are no known genetic factors that can explain the greater prevalence of Alzheimer's and other dementias in African-Americans and Hispanics. On the other hand, conditions, such as high blood pressure and diabetes, which are known risk factors for Alzheimer's and other dementias in all groups, are more common in African-Americans and Hispanics.

The Association's new report points out that these health and socioeconomic factors probably contribute to the greater prevalence of Alzheimer's and other dementias in African-Americans and Hispanics.

High blood pressure and diabetes are potentially modifiable conditions. Better management of these conditions could help to reduce the prevalence of Alzheimer's and other dementias. Since high blood pressure and diabetes are more common in African-Americans and diabetes is

more common in Hispanics, effective treatment for these potentially modifiable conditions could be especially beneficial for these groups.



Research shows African Americans and Hispanics are more likely to develop AD

Socioeconomic disparities, such as lower income, translate into reduced access to health care and therefore, reduced opportunities to avoid or better manage high blood pressure and diabetes that, in turn, increase Alzheimer risk.

Although African-Americans and Hispanics are more likely to have Alzheimer's and other dementias, the report reveals that both are less likely to have a formal diagnosis of their condition. National data show that African-Americans and Hispanics with Alzheimer's and other dementias are less likely to report that a doctor has told them they have a "memory related disease".

Research shows that many African-American and Hispanic family members recognize the value of having a diagnosis; but long delays often occur between family members' recognition of symptoms of cognitive impairment and the scheduling of a medical evaluation.

Delays in diagnosis mean that African-Americans and Hispanics are not getting treatment in the earlier stages of the disease, when the available treatments are more likely to be effective which also means they are not getting the opportunity to make legal, financial and care plans while they are still capable.



Alzheimer's Behaviors

Tips on Coping with Unpredictable Behaviors

Some individuals with Alzheimer's become anxious or aggressive. Others repeat certain questions and gestures. Many misinterpret what they see or hear.



These types of reactions can lead to misunderstandings and frustrations, particularly between the person with dementia and the care partner. It is important to understand that the person is not acting that way on purpose.

Here are a few ways to respond to some commonly seen Alzheimer's behaviors.

Aggression

Think about what happened right before the reaction that may have triggered the behavior. Try not to concentrate on specific details; rather, look for the feelings behind the words. Be positive and reassuring by speaking slowly in a soft tone. Examine the person's surroundings, and adapt them to avoid other similar situations. Use music, massage or exercise to help soothe the person. The immediate situation or activity may have unintentionally caused the aggressive response, try something different.

Anxiety or Agitation

Find out what may be causing the anxiety, and try to understand. Use calming phrases and let the individual know you're there for him or her. Try using art, music or other activities to help the person relax. Also, decrease noise and distractions, or move to another place. He or she may be looking for something to do like taking a walk, or going for a car ride.

Confusion

Although being called by a different name or not being recognized can be painful, try not to make your hurt apparent. Don't overwhelm the person with lengthy statements and reasons,

instead, clarify with a simple explanation. Use photographs and other thought-provoking items to remind the person of important relationships and places. Also, avoid explanations that sound like scolding. Alzheimer's causes your loved one to forget, but your support and understanding will continue to be appreciated.

Repetition

Try to find out if there is a specific cause for the behavior, and rather than reacting to what the person is doing, think about how he or she is feeling. Reassure the person with a calm voice and gentle touch. The individual may simply be bored and need something to do so provide structure and engage the person in a pleasant activity. If the person repeatedly asks the same questions, offer reminders by using notes, clocks, calendars or photographs.

Suspicion

Listen to what is troubling the person and try to understand that reality, then be reassuring and let the person know you care. Allow the individual to express ideas and acknowledge his or her opinions. Share your thoughts with the individual, but keep it simple so you don't overwhelm the person with lengthy explanations. Engage the individual in an activity, or ask for help with chores. If the person is often searching for a specific item such as a wallet, have several available.

Sign Up For Our E-Newsletter



Sign up now for our monthly e-newsletter. Receive updates on upcoming events, support groups and education sessions as well as the latest information for individuals with Alzheimer's disease and their care partners.

Send your name and email address to Dawn Boeck, Development Assistant at dawn.boeck@alz.org.

Supporting Education



Across the Chapter, March and April saw our annual Caregiver Education Conferences. Hundreds of family and professional caregivers attended, learning the latest information on caring for individuals with dementia.

We want to thank some of our sponsors for supporting these conferences.

Valedictorian



Summa cum Laude

Yavapai Prescott Indian Tribe

Join Our Online Community



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

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

Education Program Calendar



May 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Check with your Regional Office or visit www.alz.org/dsw for regular updates to the Education Program Calendar, and for the remainder of the year's schedule.					1 African American Mini-Conference Contact 602.528.0545
3	4	5	6	7 Legal & Financial Planning Avondale - 10:00 am Support Group Facilitator Training Part 1 of 2 Tucson - 1:00 pm RSVP 520.322.6601	8 CarePRO Workshop Tucson - 10:00 am RSVP 520.322.6601
10 Communication and AD Glendale - 2:00 pm	11	12	13 Managing Caregiver Stress Tucson - 1:00 pm	14 Support Group Facilitator Training Part 2 of 2 Tucson - 1:00 pm RSVP 520.322.6601	15
17 Effective Communication Strategies Phoenix - 10:00 am	18	19 Maintain Your Brain Gilbert - 2:00 pm	20	21 Alzheimer's Consortium Annual Conference Glendale - 8:00 am Maintain Your Brain Sun City - 9:00 am	22 CarePRO Workshop Tucson - 10:00 am RSVP 520.322.6601
24	25	26	27	28 Caring for the Caregiver Chandler - 10:00 am	29



June 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 CarePRO Workshop Tucson - 10:00 am RSVP 520.322.6601
7	8 Alzheimer's 101 Avondale - 12:00 pm	9	10 Maintain Your Brain Tucson - 10:30 am	11 Latino Mini-Conference Phoenix - 8:30 am RSVP to Sandra Gonzalez 602.528.0545	12
14	15	16 In Home Safety & Fall Prevention Gilbert - 2:00 pm	17	18 Legal & Financial Planning Sun City - 10:00 am	19 Caregiver Mini Conference & Health Expo Nogales -9:00 am to Noon RSVP 520.287.4722
21 Caring for the Caregiver Glendale - 10:00 am	22 CarePRO Workshop Tucson - TBD RSVP 520.322.6601	23	24	25 Behavior Strategies Chandler - 10:00 am	26
28 In Home Safety Phoenix - 10:00 am	29	30 CarePRO Workshop Tucson - TBD RSVP 520.322.6601			

Education Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3
5	6 CarePRO Workshop Tucson- TBD RSVP 520.322.6601	7	8 Understanding Dementia Tucson - 1:30 pm	9	10
12	13	14 CarePRO Workshop Tucson - TBD RSVP 520.322.6601	15	16	17
19	20 CarePRO Workshop Tucson - TBD RSVP 520.322.6601	21	22	23	24
26	27	28 CarePRO Workshop Tucson - TBD RSVP 520.322.6601	29	30	



July 2010



Par for the Course

Alzheimer's Golf Tournament is in Full Swing

The Desert Southwest Chapter Southern Nevada Region is pleased to announce the 6th Annual Alzheimer's Association Memorial Golf Tournament.

We are fortunate enough again this year to be hosting this terrific event at the Aliante Golf Club in north Las Vegas on June 5, 2010.



Supporting a great cause while golfing - What a great way to spend the day!

The proceeds from the tournament support the Southern Nevada Respite Assistance program. This program gives families in Southern Nevada the vital help and support they need as they care for their loved ones who have Alzheimer's disease.

Support the Alzheimer's Association by becoming a sponsor, playing in the tournament and/or donating raffle prizes. Registration is \$85.00 per person which includes green fees, cart, range balls, lunch, shirts and an entry for the grand prize.

For more information or to register, contact Luis Carrillo, Southern Nevada Regional Director, at 702.248.2770 or luis.carrillo@alz.org

Save the Date



3rd Annual Latino Mini-Conference

May 14, 2010
Phoenix, AZ

6th Annual Memorial Golf Tournament

June 5, 2010
Aliante Golf Club
North Las Vegas, NV

Caregiver Mini-Conference

June 19, 2010
Nogales, AZ

Beauty of a Bonzer

September 25, 2010
Phoenix, AZ

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



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

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

Male Caregivers

St Clements of Rome Church
3rd Thursday - 10:00 am

Sun City Grand

Sun City Grand Rec Center - Cimarron Ctr
2nd Thursday - 10:00 am

Sun City West

Ongoing Early Stage Group
Shepherd of the Hills Methodist Church
1st Tuesday - 6:30 pm

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

Male Caregivers

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

Sun Lakes

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

Surprise

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

Tempe

Escalante Community Center
2nd Saturday - 2:00 pm

Wickenburg

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

Northern Arizona

Bullhead City

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

Cottonwood

Cottonwood Library
Call for dates and times

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

Support Groups *(continued)*



There is no cost for attending and no commitment to come back – just a family of friends who care. This listing is subject to change. Please call your regional office or visit our website for more information.

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

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

Loyalton of Flagstaff
3rd Wednesday - 6:00 pm

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

Lingenfelter Center, Chapel
Every Wednesday - 10:00 am

Lake Havasu City
Prestige Assisted Living
3rd Wednesday - 10:00 am

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

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

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

Prescott Valley
Prescott Valley Methodist Church
Every Monday - 10:00 am

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

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

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

Southern Arizona

Tucson
Encore Senior Village
3rd Wednesday - 4:00 pm

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Sierra Vista
Sierra Vista Public Library
4th Thursday - 10:30 am

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

Emerald Springs
3rd Saturday - 10:00 am

Southern Nevada

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

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

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

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

Whitney Senior Center
3rd Saturday - 11:00 am

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

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

Telephone Support Groups



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

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

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

Talking AD with Our Legislators

A record sixteen people representing the Desert Southwest Chapter flew to Washington, DC to attend the 2010 Alzheimer's Action Summit March 7-9. We were fortunate to have in our group two people with early stage Alzheimer's disease, who were able to tell their stories first hand.

Two days of meetings, training, and an inspirational candlelight tribute rally at the Lincoln Memorial culminated in a day spent on Capitol Hill. Our advocates visited a total of fifteen legislative offices, including all four Arizona and Nevada senate offices and all eleven Arizona and Nevada house offices.

The purpose of these visits was to increase legislator awareness of Alzheimer's disease and related dementias and ask for their support of three pending bills that would increase spending on research, improve care for persons with dementia, and provide better coordination of care, program, and research efforts.

Our group's advocacy did not end when we left Washington. Thanks to persistent and focused follow-up by our advocates, two Arizona representatives, Raul Grijalva (district 7) and Harry Mitchell (district 5), signed on as co-sponsors of the National Alzheimer's Project Act (NAPA).

This bill would create an inter-agency advisory council charged with developing a National Alzheimer's Disease Plan to address dementia-related research, care, services, and programs at the federal level.

If you would like more information on becoming an advocate, contact Cathy Griner, Director of Program and Advocacy, at 602-528-0545 x 209 or cathy.griner@alz.org.

Reform Legislation Helps

Healthcare Reform Addresses Needs of Individuals with Alzheimer's

Congress has included significant provisions in the final healthcare reform legislation to address the health concerns of a growing Alzheimer population. Several provisions in the final measure would deliver substantial benefits to the more than 5 million Americans with Alzheimer's and other dementias and to their care partners.



A critical part of the reform addresses coordinated care. Many with Alzheimer's are also managing multiple chronic conditions, like heart disease or diabetes. Cognitive impairment complicates the management of these other conditions, resulting in more hospitalizations, longer hospital stays, and higher costs than for those with identical conditions excluding Alzheimer's disease. Medicare costs are three times higher and Medicaid costs are nine times higher for individuals with Alzheimer's disease.

The legislation also addresses individuals with younger-onset Alzheimer's — those under the age of 65 — who have a difficult time getting and keeping private health insurance. Currently, almost 29% of individuals with younger-onset Alzheimer's have no health insurance. The new legislation would make health insurance available, with guaranteed renewability, to those with pre-existing conditions.

These various provisions will benefit the growing number of Alzheimer families but ultimately solving the Alzheimer crisis will require investment in research to develop effective treatments to prevent, stop or cure the disease.

While healthcare reform is not designed to address this challenge, it does include a program called the

Cures Acceleration Network. This \$500 million research program is aimed at developing treatments and cures for high need diseases, such as Alzheimer's, with an emphasis on bridging the gap between laboratory discoveries and actual treatments.

A few of the elements in the final legislation that begin to address some of the growing concerns of the Alzheimer's community are:

- The creation of a national voluntary insurance program, known as the CLASS Act, which provides benefits for long-term care services and support, such as respite care, home care aides and accessible transportation. This new insurance program will help individuals with Alzheimer's disease to remain as independent as possible within their homes for as long as they can.
- Creating a new demonstration project, known as the Innovation Center, to examine ways to promote care coordination in the Medicare program, including for individuals with Alzheimer's and other dementias.
- Establishing a Medicare pilot program to provide transitional care to seniors at a high risk, including those with cognitive impairment, of re-entering a hospital.



Living with Dementia

Know the Stages of Alzheimer's Disease

Experts have studied common patterns of symptom progression that occur in many individuals with Alzheimer's disease and developed several methods of "staging" based on these patterns.

Staging systems provide frames of reference for understanding how the disease may unfold. It is important to note that not everyone will experience the same symptoms or progress at the same rate.

We have noted symptoms that correspond to the widely used general divisions of early, moderate and late stage categories.

In addition to these stages is a rapidly growing category of Young Onset. Many people with Young Onset are in their 40s and 50s. Up to 10% of people with Alzheimer's have Young Onset. In the US, that's about 400,000 people.

Young Onset is a diagnosis of the disease when the person is younger than 65. Most people with Young Onset have the common type of Alzheimer's, which is not directly linked to genes. Doctors do not know why symptoms appear at a young age in these cases.

Early Stage Alzheimer's can be diagnosed in some, but not all, individuals with these symptoms. Friends, family, or co-workers begin to notice deficiencies. Problems with memory or concentration may be measurable in clinical testing or during a medical interview. Common difficulties include:

- Decreased knowledge of recent occasions or current events.
- Impaired ability to perform challenging mental arithmetic and decreased capacity to perform complex tasks.

- Reduced memory of personal history.
- The individual may seem subdued and withdrawn in socially or mentally challenging situations.

During **Moderate Stage**, major gaps in memory and deficits in cognitive function emerge. Some assistance with day-to-day activities becomes essential. At this stage, individuals may:

- Be unable to recall such important details as their current address or phone number.
- Become confused about where they are or about the date, day or season.
- Have trouble with less challenging mental arithmetic.
- Need help choosing proper clothing for the season or the occasion.
- Usually retain substantial knowledge about themselves and know their name, the names of their spouse and children.
- Usually require no assistance with eating or using the toilet.

Late Stage is the final stage of the disease when individuals lose the ability to respond to their environment, the ability to speak and, ultimately, the ability to control movement.

Individuals need help with eating and toileting. People lose the ability to walk without assistance or sit without support, and the ability to hold their head up. Reflexes become abnormal, muscles grow rigid and swallowing is impaired.

If you have questions or need help, contact our 24-hour Helpline, 1.800.272.3900.

MED-SAC Membership



Marwan Sabbagh - MD, FAAN - Co-Chair

Zaven Khachaturian - PhD - Co-Chair

Geoffrey L Ahern - MD, PhD

Leslie Baxter - PhD

Charles B Bernick - MD

Larry Cohen - PhD, JD

Donald J. Connor - PhD, PhD

David W Coon - PhD

Stephen S Flitman - MD

Ana T Fuentesilla - MD

Gary Grove - MD, FAPA

Matthew Huentelman - PhD

Sandra Ann Jacobson - MD

Alfred Kaszniak - PhD

Louis C Kirby - MD

Marc Lato - MD

Gary Martin - PhD

Steven Rapcsak - MD

Wallace Reed - MD

Eric Reiman - MD

Joseph Rogers - PhD

Gary Salzman - MD

Jiong Shi - MD, PhD

Upinder Singh - MD, CMD, AGSF, FACP

Pierre Tariot - MD

Bryan Woodruff - MD

Roy Yaari - MD

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

Give of Yourself – Volunteer.

Volunteer Opportunities are Available throughout Arizona and Southern Nevada

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

Helpline Volunteer

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

Support Group Facilitator

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

Community Education

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

Memory Walk Team Captain

Organize a team of walkers for Memory Walk 2010! Encourage your friends, family and coworkers in supporting the largest fundraiser for the Alzheimer's Association in Arizona and Southern Nevada.

Speaker's Bureau

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

Clerical and Office

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

Advocacy

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

Prescott, AZ
928.771.9257

Phoenix, AZ
602.528.0545

Sun City, AZ
623.815.2494

Tucson, AZ
520.322.6601

Las Vegas, NV
702.248.2770

MOVE our cause forward

Volunteers truly make our Association run – Thank You!

Address Service Requested



602.528.0545
800.272.3900 24 Hour Helpline
800.392.0022 En Español

1028 E McDowell Road
Phoenix, AZ 85006

alzheimer's association
desert southwest chapter

NON PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
PHOENIX, AZ
PERMIT #4909