

Support Group Scoop

OCTOBER 2009

VOLUME 1, ISSUE 2

An Electronic News Letter for Support Group
Leaders of the

alzheimer's association
desert southwest chapter

Southern Arizona Region

3003 S. Country Club Rd., Ste 209

Tucson AZ 85713

520-322-6601

www.alz.org

Leaders: Please share this information at your meetings and ask anyone who would like to participate in this new program to give us a call to register.

CarePRO Training for Caregivers

A collaborative team that includes the Alzheimer's Association Desert Southwest Chapter, Arizona State University (ASU), The Department of Economic Security (DES) and Pima Council on Aging is pleased to announce a new program – Care Partners Reaching Out (**CarePRO**) – that will offer skill-building workshops for persons caring for loved ones who are coping with dementia such as Alzheimer's Disease and related disorders.

CarePRO is being launched on a pilot basis using a grant funded from the Alzheimer's disease Supportive Services Program. A second grant application was just recently approved to allow **CarePRO** to become a statewide project!

Each **CarePRO** session will engage caregivers in workshops that provide education about dementia and its impact on families.

Caregivers will be trained in ways to manage stress and techniques to help them

communicate better with loved ones suffering from memory loss. The program also includes personalized telephone "coach" calls that help caregivers implement the skills introduced in the workshops.

David W. Coon, PhD, an ASU professor who is one of the nation's leading experts on caregiver support, designed the program based on research done at Stanford University.

On October 14, Dr. Coon is offering a preview session of the program for all Alzheimer's Association **Support Group Leaders** and PCOA staff. This will enable us to better promote the program and to help improve the quality of life for caregivers, persons with dementia and their families. This will be an evening meeting, **please save the date: Oct. 14, 6PM at PCOA, 8467 E. Broadway. Please RSVP.**

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Education and Support Programs

Pictured (L to R) Jacquelyn Feller, Rita Henry, Arlene Schneider, Tari Muir, Bruce Bagley, Deb McCarty, Debra Anderson, Janice Holloway and in front, Susan Schoeppach.

We reported in the last newsletter that we trained 7 new support group leaders and each of them is participating in our Education and Support Program!

We have 6 new support groups:

Sierra Vista Library - facilitated by Janice Holloway and Tami Kremer,

North Minster Presbyterian Church - facilitated by Bruce Bagley,

Green Valley Friends In Deed - facilitated by Deb McCarty,

Oro Valley Library - facilitated by Tari Muir,

Rincon Congregational Church - facilitated Rita Henry and Debra Anderson.

Claire's Café in Catalina facilitated by Don Dittman and Arlene Schneider.

Susan Schoeppach is co-facilitating at Northwest Oro Valley Hospital and Arlene Schneider co-facilitates at Rancho Vistoso - Sun City. Jacquelyn will be helping with the Memories In the Making Program. (See p. 5-6 for detailed Support Group listings.)

Congratulations and sincere thanks to each of you! We are indeed "on the move" to educate and support our community.

Thanks All Around! Yuma Support Groups



Pictured: Connie Whitener (upper)
Margaret Sparks (lower)

Debra Anderson visited the Alzheimer's Association support groups in Yuma to thank our leaders, Connie Whitener and Margrette Sparks.

Connie is retiring after 10 years of service to the group. We thank you, Connie for your service!

Margrette Sparks really took us by surprise when she stepped up and offered to lead both groups! Wow! What a gift! Thanks so much, ladies!



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Education and Support Program Resources

We now have the HBO Project tapes available. Please stop by and pick up a set for your rolling resource library.

The National Institute on Aging has produced a new edition of "Caring for a Person with Alzheimer's Disease." This is a great resource and also available to each support & education group.

Anytime you need replacement supplies for your rolling resource libraries, please let Debra Anderson know so we can keep you stocked up and prepared when someone needs a book, brochure or some other information.

We will soon have a new supply of Coach Broyles books. They are free of charge to caregivers and you may stock your libraries and give to your new participants as they join your group.

Another publication, "How to Increase Attendance and Encourage Participation in Your Support Group" is a great resource! Call or email Debra at the office if you are interested in receiving a copy. Debra.anderson@alz.org

Do you know what services the Alzheimer's Association provides?

- ▶ Care Consultation
- ▶ Helpline/Information and Referral
- ▶ Education & Support Groups
- ▶ Education Programs
- ▶ Medic Alert Plus Safe Return

Please share this information at your meetings and hand out the *Support Along the Way* brochures.

Thank you for helping the Alzheimer's Association to promote our programming and services in order to improve the lives of caregivers and those who are living with Alzheimer's Disease and related dementias.

Resources available for you to share with your Support Groups

Save The Date..... OCTOBER 17, 2009

alzheimer's association

memory walk '09®

Nationally presented by

Genworth Financial 

Support Group

Important Dates & Reminders

- October 2 – Memories in the Making (first of four consecutive Fridays) 10 am -12 pm
- October 6 – CarePRO classes begin – 12:30 – 3:00 pm
- October 8 – “Building a Tool Box” Workshop for Clergy & Health Ministry staff
- October 17 – MEMORY WALK at Reid Park
- November 3 – Yuma Caregiver’s Conference

The Alzheimer’s Association is a community based 501c3 non-profit charitable organization funded by private donations and grants. Our major fundraiser is our annual Memory Walk event. Join us on October 17 at Reid Park.

The reports we ask you to fill out and return help us in applying for grants. We appreciate your support in both areas of fundraising and helping us with the reporting process.

In this season of Thanksgiving,
WE GIVE THANKS FOR YOU!
 Thanks so much for all that you do to help us realize our vision and mission.

You make a difference in the lives of so many who are caring for loved ones living with Alzheimer’s Disease and related dementias.

Have a safe and blessed Holiday season!

Our vision is a world without Alzheimer’s.

The Desert Southwest Chapter’s purpose is to equip, energize and ultimately empower individuals, families and communities to provide compassionate and effective dementia care and support in Arizona and Southern Nevada.

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Education Calendar and Education & Support Program List

Northwest Tucson

Clare Bridge of Oro Valley
10175 N. Oracle Road
2nd Tuesday, 10:00 am to 11:00 am
Contact Karen Ring 520-544-4300 or
Carol Helming 520-297-1453

Rancho Vistoso – Sun City
Desert Oasis Building
4650 N. Sun City Blvd. (call for
directions) Last Tuesday of the month,
4:00 pm to 5:00 pm
Contact Diane Dial at 551-0388 or
Arlene Schneider at 520-825-2039

Santa Catalina Villas/La Rosa Health
Care 7500 N. Calle Sin Envidia, 3rd floor
(call for directions) 2nd Monday, 4:00
pm to 5:00 pm Contact Cindy O'Connell
520-730-3132 or Sandy Qureshi 520-
877-9343

Northwest Oro Valley Hospital
1551 E. Tangerine Road 1st & 3rd
Tuesday, 3:00 pm – 4:30 pm. Contact
Don Dittman at 520-544-6109 or Susan
Schoeppach 520-219-9578.

Catalina

Claire's Café 16140 N Oracle Rd.
2nd Tuesdays 11:00 am-12noon
Contact Arlene Schneider at 520-825-
2039 or Don Dittman at 520-544-6109.

East Tucson

Pima Council on Aging
8467 E. Broadway Blvd.
2nd & 4th Wednesday, 2:30 pm to 4:00 pm
Contact Sheila Harvey 520-790-1780

The Place at Tanque Verde
9050 E. Tanque Verde Road
2nd Tuesday, 5:00 pm to 6:00 pm
Contact Dennis Scalpone at 520-749-9200

Rincon Congregational United Church of
Christ 122 N. Craycroft Road
2nd and 4th Tuesday Evenings at 7:00 pm
Contact Debra Anderson at 520-322-6601

Central Tucson

Encore Senior Village
2675 N. Wyatt Drive
3rd Wednesday, 4:00 pm to 5:00 pm
Contact John Lawson or Terri Waldman
at 520-320-7505

Northminster Presbyterian Church
2450 E. Ft. Lowell Road
1st & 3rd Wednesdays 1:00 pm to 2:30 pm
Contact B. Bagley 520 -319 -1043

Sierra Vista

Sierra Vista Public Library
2600 E. Tacoma, Sierra Vista, AZ
4th Thursdays 10:30 am – 12 Noon
Contact Janice Holloway 520-323-2335 or
Debra Anderson 520-322-6601. Tami
Kremer, facilitator to be.



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Green Valley

Prestige Assisted Living
1175 S. Abrego Drive
2nd Tuesday, 12:00 pm to 1:30 pm
Contact Lora Babb or Becky Mason at 520-648-5583, Lunch provided by Prestige. Respite care is available for your loved one.

Friends In Deed,
301 W. Camino Casa Verde
Green Valley, AZ 2nd Wednesday at 10 am. Contact Deb McCarty, 520-393-0822.

Casa de Esperanza
780 S. Park Centre Avenle, Green Valley, AZ 2nd Tuesday, 2:00 pm to 3:30 pm Contact Cindy Campbell at 520-625-2273

Yuma

Copper Hills House
12234 N. Frontage Road. Yuma, AZ
1st & 3rd Friday, 10:30 am to Noon
Contact Margrette Sparks at 928-342-0425.

Emerald Springs
1475 S. 46th Avenue, Yuma, AZ
3rd Saturday, 10:00 am to 11:30 am
Contact Margrette Sparks at 928-342-0425.

Safford

Mt. Graham Regional Medical Center
1600 S. 20th Avenue, Safford, AZ. 4th Thursday, 1:30 pm to 2:30 pm. Contact Mary Hartung at 928-428-1040. Or Shari Sutorka 928-428-0776.

Early-Stage Alzheimer's Groups

Green Valley

Prestige Assisted Living
Early Stage Support Group
1175 S. Abrego Drive, Green Valley, AZ
4th Tuesday, Noon to 1:00 pm
Contact Jackie Stewart at 520-648-5583 for your reservation. Light lunch is provided
(This meeting consists of 2 separate concurrent groups. One group is for individuals diagnosed with Alzheimer's disease or a related dementia and the other group is for the family caregiver. Both groups meet in the same area of the facility. It is important that the individual who is diagnosed be in the **early stages** of Alzheimer's disease or a related dementia and not a more progressive stage.)

Tucson

Grace Health & Healing Clinic
7340 E. Speedway Blvd, Tucson, AZ
1st Saturday of the month, 9:00 am to 10:30 am
Contact Felipe J _acome at 520-322-6601
Continental breakfast provided
(This group is a time-limited educational support group for recently-diagnosed individuals and their family caregivers.)

Bilingual Support Group

The Alzheimer's Association
3003 S. Country Club Rd. Ste 209
1st Thursday 3 pm – 4 pm
Last Thursday, 4 pm – 5 pm
Contact Ana Miranda at 520-322-6601.

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Southern Arizona Region Programs are intended primarily for family caregivers & professionals and are held at our office at 3003 S. Country Club Road, Suite 209 Tucson, Arizona 85713 unless otherwise indicated.

Please call to confirm and R.S.V.P. at 322-6601 or 1-800-272-3900

Tuesdays, October 6, 20, November 3, 17 & December 1, **Care PRO Class** 12:30 - 3 PM
Second Session: Thursdays Nov. 5, 19, Dec10,17 & 31 call for details.

Thursday, October 8, 8 am to 12:00 pm RSVP Interfaith Community Services, 520-297-6049
“What’s In Your Toolkit? Build a Faith Community Toolkit for Support of Caregivers: A workshop designed for clergy, chaplains and congregational health ministry staff.

Tuesday, October 13, 7:00 pm **Education and Support Program** – “10 Warning Signs” Rincon Congregational United Church of Christ, 122 N. Craycroft Rd. Tucson, AZ.

Saturday, October 17, 8:30 am **Memory Walk** at Reid Park. Register online:
www.tucsonmemorywalk.org

Thursday, October 22, 10:30 am **Sierra Vista Education and Support Program.** Sierra Vista Library – 2600 E. Tacoma Sierra Vista, AZ

Tuesday October 27, 7:00 pm **Education and Support Program** – “Partnering with Your Doctor” Rincon Congregational United Church of Christ, 122 N. Craycroft Rd. Tucson, AZ

Tuesday, November 3, **Yuma Collaborative Caregiver Conference “In the Moment”** guest speaker, Karen Stobbe. Radisson Hotel 1501 S. Redondo Center Dr. Yuma, AZ. Presented by Western Arizona Council of Governments Area Agency on Aging and Alzheimer’s Association Desert Southwest Chapter. For Registration information, call Cat Trobaugh, 928-753-6247.

Friday November 6, 13, 20, & December 4, 10 am to 12 Noon **Memories in the Making** - Tucson Museum of Art, 140 N. Main Ave. RSVP 322-6601. A creative arts program for people with dementia (Pre-registration screening is required before attending)

Monday, November 9, 10:30 am call Cynthia 520-625-2273 to RSVP.
Reducing Caregiver Stress - Education Series at Casa de Esperanza 780 S. Park Centre Ave. Green Valley, AZ

Tuesday November 10, 7:00 pm **Education and Support Program** – “Compassionate Communication” Rincon Congregational United Church of Christ, 122 N. Craycroft Rd.

Thursday, November 19, 10 am **Sierra Vista Education and Support Program.** Sierra Vista Library – 2600 E. Tacoma Sierra Vista, AZ

November 24, 7:00 pm **Education and Support Program** – “Dealing with Difficult Behaviors” Rincon Congregational United Church of Christ, 122 N. Craycroft Rd.