

alzheimer's association™ desert southwest chapter

Southern Nevada Region

Quarter 3

VOLUNTEER NEWSLETTER

January 2011

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Southern Nevada Region
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Family Care Consultant

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Caregiver Conference 2011

The Desert Southwest Chapter Southern Nevada Region is delighted to announce the 8th Annual Southern Nevada Caregiver Education Conference set for **April 27th, 2010**. This annual intensive educational program provides the latest information in Alzheimer's care and research, for both professional and family caregivers.

Registration for this conference is \$35.00 for family caregivers and \$50.00 for professionals. There is an additional \$10.00 charge for professionals seeking C.E.U.'s. Our registration fees cover the cost of

putting on the event, the speakers and the informational text that each registrant receives. However, if you are a family caregiver unable to pay the fee, please check with our regional office, as scholarships are available.

For more information, or to sign up for the conference, please contact Christine Terry, Program Manager at 702.248.2770 or christine.terry@alz.org

Please call now! Space is limited!

Date: Wednesday, April 21, 2010

Time: 8:00 am to 4:45 pm

Location: Texas Station Casino
2101 Texas Star Lane
North Las Vegas, NV 89032

National Alzheimer's Project Act Passes



On January 4, 2011, President Obama signed into law the National Alzheimer's Project Act (NAPA).

Alzheimer's is a national crisis, affecting Americans across all walks of life and

across all regions of the country. And the crisis is only going to get worse with an increase in the number developing the disease and the subsequent cost of care.

The Act will:

Launch a campaign within the federal government to overcome Alzheimer's disease.

Create a National Alzheimer's Disease Plan.

Update and report the National Plan to Congress annually.

Establish an inter-agency Advisory Council that will coordinate and evaluate all federal efforts on Alzheimer's research, care, institutional services, and home- and community-based programs.

Accelerate the development

of treatments that would prevent, halt, or reverse the course of Alzheimer's.

Ensure the inclusion of racial populations at higher risk for developing the disease.

Peggy Gutting

Family Care Consultant

Volunteer Opportunity

Using a community based health promotion program (Promotora), the Desert Southwest Chapter of the Alzheimer's Association is looking for an energetic individual(s) to provide educational outreach, help in identifying needs and advocacy in Pahrump, Nevada.

The goal of this position is to optimize care in the understanding of Alzheimer's disease for the patients and caregivers as well as to identify the needs and identify barriers which may prevent access to services.

If you or someone you know is interested in this volunteer opportunity, please contact Monica Liriano, Family Care Consultant, Program Coordinator at (702)-248-2770

monica.liriano@alz.com.

5190 S. Valley View Blvd
Suite 104, Las Vegas Nevada
89118,

Volunteers!



Nevada CarePRO, Please Join Us

The CarePRO program is now taking applicants for upcoming sessions. Funded by the Federal Administration on Aging, our Chapter is contracted to provide this free service to caregiver's.

with disease and communicate better with loved ones suffering from memory loss.

Designed by David W. Coon, PhD, an ASU professor who is one of the nation's leading experts on caregiver support, the program is part of a nationwide effort to provide evidence based skills to caregivers.



Each CarePRO series engages seven to ten caregivers in education about dementia and its impact on families. Caregivers are trained in ways to manage stress and techniques to help them cope

Please see flyer insert for further details and contact information.

Thank You for a Successful Memory Walk 2010



Memory Walk is the Desert Southwest Chapter's largest fundraiser. Funds from the Memory Walk help support local programs and services in Southern Nevada as

well as the latest research in treating and preventing Alzheimer's disease.

"I cannot thank everyone here in the community enough for their support," shared Mr. Carrillo. "They are truly making a positive difference in the lives of thousands of their friends, neighbors and loved ones."

The Las Vegas Memory Walk has grown considerably since its inception. To reflect this growth and our work towards a world without Alzheimer's, the Memory Walk is being re-branded for 2011 to the

Walk to End Alzheimer's.

"We are excited about this new name, the Walk to End Alzheimer's," explained Luis. "It is exciting to highlight this goal and know that we are making progress towards its reality. As a key part of our mission, we come together to help those affected and to help bring an end to this terrible disease."

The Alzheimer's Association Las Vegas Walk to End Alzheimer's will be Saturday, November 5, 2011. The Walk is one of the few indoor Walks in the Nation, held inside of the Fashion Show Mall in Las Vegas. Bring your family and friends and show your support to help those affected by Alzheimer's disease.

Dan B. Lawler

Director of Development

To sign up for the 2011 Walk to End Alzheimer's, visit www.LasVegasMemoryWalk.org or call our Regional Office at 702-248-2770.

5.3

million people
have Alzheimer's

10.9

million unpaid
caregivers

7th

leading cause
of death

172

billion dollars
in annual costs

Thank you to everyone who participated in the 2010 Las Vegas Memory Walk! With the help of hundreds of volunteers and thousands of walkers, the Memory Walk raised over \$75,000!

"We are so honored and amazed by the community support we receive!" raved Luis Carrillo, Southern Nevada Regional Director. "Times are tough right now, yet people are still dedicated to helping our mission. It is because of everyone involved that we are able to help so many people in need."

January-April 2011 Caregiver Education Sessions

As a non-profit health advocacy organization, the Alzheimer's Association, 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 Southern Nevada.

Education seminars and workshops to build awareness and increase knowledge regarding Alzheimer's disease and related dementias, and dementia care and support is one of several ways that the Alzheimer's Association is able to provide support to family caregivers and professionals.

The following is a description of the education sessions being offered by the Alzheimer's Association Southern Nevada office in January- April 2011. There is no charge to participants.

For more information or to request training, please contact Christine Terry, Program Manager, at (702) 248-2770; or email to Christine.Terry@alz.org.

Please RSVP for all education programs as seating may be limited

January 2011

January 11, 2:00 pm - 4:00 pm

Mesquite , NV Outreach

Location: Highland Manor, 272 Pioneer Blvd. Mesquite, NV. 89027

Description: Chris Terry, from the Alzheimer's Association, will be visiting the Caregiver support group at Highland Manor. Information regarding Alzheimer's and related dementias will be provided as well as strategies for coping with dementia and caregiving for loved ones. Participants will be encouraged to ask questions and share experiences via open discussion. Educational materials, to include; books on caregiving, brochures and fact sheets will be available for caregivers to take.

January 13, 10:00 am - 11:00 am, **Maintain Your Brain**

Location: Cambridge Rec. Center

3930 Cambridge St. Las Vegas, NV. 89119

Description: What can you do to keep your brain healthy and active? How can you re-

duce your risk of getting a brain disease, such as; Alzheimer's disease? Find out in this workshop.

January 27, 1:00 - 3:00 pm, **Communication: A Meeting of the Minds or of the Hearts?**

Location: Barbara Greenspun Women's Care Center, 100 N. Green Valley Pkwy. Suite 330 Henderson, NV. 89074

Description: Identify and practice communication skills that help to establish and/or strengthen relationships with people who have dementia.

February 2011

February 2, 12 pm-1 pm, **What It's Like?: The World Through the Eyes of Someone With Alzheimer's Disease**

Location: Cleveland Clinic Lou Ruvo Center for Brain Health, 888 W. Bonneville Avenue Las Vegas, Nevada 89106

Description: Through a series of interactive activities, participants will get a glimpse of what it is like to have Alzheimer's disease and will learn about some of the experiences and concerns that people with Alzheimer's encounter.

February 7, 9 am-1 pm, **Training for Dignity Part II of an 8 hour Dementia Care Training**

Location: Willow Creek Memory Care, 3890 North Buffalo Dr. Las Vegas, NV. 89129

Description: **Part II will cover the last 4 modules of an 8 module series.** Participants will learn about best practices for quality dementia care via the following modules: 5) *Helping with Hygiene and Personal Care*; 6) *Sexuality and Intimacy in Long-Term-Care Settings*; 3) *Activity Programming and*; 4) *Caring for Caregivers*. This program is currently certified for C.E.U.'s through the following Nevada State Boards: Social Work, and Long-Term Care Administration.

February 10, 12:00 pm - 4:00 pm, **Training for Dignity Part I of an 8 hour Dementia Care Training**

Location: Aegis of Las Vegas, 9100 West Desert Inn Road Las Vegas, NV. 89117

Description: **Part I will cover the first 4 modules of an 8 module series.** Participants will learn about best practices for quality dementia care via the following modules: 1) *Alzheimer's Disease and Related Disorders, an Overview*; 2) *Communication and the Influence of Staff Behavior*; 3) *Key Ingredients for Managing Dementia Behavior and*; 4) *Strategies for Success: Do you know your ABC's?* This program is currently certified for C.E.U.'s through the following Nevada State Boards: Social Work, and Long-Term Care Administration.

February 11, 10:00 am - 12:00 pm, **Communication & Behavior**

Location: Visiting Angels, 1701 N. Green Valley Pkwy. Ste. 9A Henderson, NV. 89074

Description: Identify and practice communication skills that help to establish and/or strengthen relationships with people who have dementia. Learn how to interpret behaviors and explore creative techniques useful when responding to behaviors exhibited by people with dementia.

February 17, 12:00 pm - 4:00 pm, **Training for Dignity Part II of an 8 hour Dementia Care Training**

Location: Aegis of Las Vegas, 9100 West Desert Inn Road Las Vegas, NV. 89117

Description: **Part II will cover the last 4 modules of an 8 module series.** Participants will learn about best practices for quality dementia care via the following modules: 5) *Helping with*

Hygiene and Personal Care; 6) *Sexuality and Intimacy in Long-Term-Care Settings*; 3) *Activity Programming and*; 4) *Caring for Caregivers*. This program is currently certified for C.E.U.'s through the following Nevada State Boards: Social Work, and Long-Term Care Administration.

January-April 2011 Caregiver Education Sessions Cont:

February 2011 Cont:

February 25, 10:00 am - 12:00 pm, Communication & Behavior

Location: Visiting Angels, 1701 N. Green Valley Pkwy. Ste. 9A Henderson, NV. 89074

Description: Identify and practice communication skills that help to establish and/or strengthen relationships with people who have dementia. Learn how to interpret behaviors and explore creative techniques useful when responding to behaviors exhibited by people with dementia.

February 28, 2 pm-6 pm, Training for Dignity Part II of an 8 hour Dementia Care

Location: Willow Creek Memory Care, 3890 North Buffalo Dr. Las Vegas, NV. 89129

Description: Part II will cover the last 4 modules of an 8 module series. Participants will learn about best practices for quality dementia care via the following modules: 5) *Helping with Hygiene and Personal Care*; 6) *Sexuality and Intimacy in Long-Term-Care Settings*; 3) *Activity Programming and*; 4) *Caring for Caregivers*. This program is currently certified for C.E.U.'s through the following Nevada State Boards: Social Work, and Long-Term Care Administration.

March 2011

March 2, 11:30 am - 12:00 pm Understanding Memory Loss

Location: Spring Valley Hospital, 5400 S. Rainbow Blvd. Las Vegas, NV. 89118

Description: Learn about the differences between "normal" aging and dementia.

March 4, 10:00 am - 12:00 pm Communication & Behavior

Location: Visiting Angels, 1701 N. Green Valley Pkwy. Ste. 9A Henderson, NV. 89074

Description: Identify and practice communication skills that help to establish and/or strengthen relationships with people who have dementia. Learn how to interpret behaviors and explore creative techniques

useful when responding to behaviors exhibited by people with dementia.

March 22, 1:00 am - 3:00 pm Choosing the Right Care

Location: The Barbara Greenspun Women's Care Center, 100 N. Green Valley Pkwy. Suite # 330 Henderson, NV. 89074

Description: Do you need some assistance with caring for your loved one with dementia? Learn about the different care options available in your community.

March 25, 10:00 am - 11:30 am

Coffee Talk: Caregiver discussion group

Location: Alzheimer's Association Southern Nevada office, 5190 S. Valley View Blvd. Ste. 104

Las Vegas, Nevada 89118

Description: *Coffee Talk* is an ongoing Caregiver Social/Discussion group, beginning in March 2011. The group will be held on the last Friday of the month from 10-11:30 am. A discussion topic of the groups' choosing will be featured for each meeting, with fresh coffee provided.

April 2011

March 6, 10:00 am - 1:00 pm Pahrump Education & Outreach

Location: Pahrump Valley Senior Center, 1370 West Basin Pahrump, NV. 89060

Description: Chris Terry, from the Alzheimer's Association, will be visiting the Pahrump Senior center. There will be an education session from 10 am - 11 am, followed by time for individual, one-to-one meetings. Information regarding Alzheimer's and related dementias will be provided as well as strategies for coping with dementia and caregiving for loved ones. Participants will be encouraged to ask questions and share experiences via open discussion. Educational materials, to include; books on caregiving, brochures and fact sheets will be available for caregivers to take.

April 8, 10:00 am - 12:00 pm Communication & Behavior

Location: Visiting Angels, 1701 N. Green Valley Pkwy. Ste. 9A Henderson, NV. 89074

Description: Identify and practice communication skills that help to establish and/or strengthen relationships with people who have dementia. Learn how to interpret behaviors and explore creative techniques useful when responding to behaviors exhibited by people with dementia.

April 12, 1:00 pm -3pm

Legal & Financial Planning

Location: The Barbara Greenspun Women's Care Center, 100 N. Green Valley Pkwy. Suite # 330 Henderson, NV. 89074

Description: Learn about the documents needed and financial considerations for future care planning.

April 29, 10:00 am - 11:30 am, Coffee Talk: Caregiver discussion group

Location: Alzheimer's Association Southern Nevada office, 5190 S. Valley View Blvd. Ste. 104

Las Vegas, Nevada 89118

Description: *Coffee Talk* is an ongoing Caregiver Social/Discussion group, beginning in March 2011. The group will be held on the last Friday of the month from 10-11:30 am. A discussion topic of the groups' choosing will be featured for each meeting, with fresh coffee provided.

Please RSVP for all education programs as seating may be limited .

For more information or to request training, please contact Christine Terry, Program Manager, at (702) 248-2770; or email to Christine.Terry@alz.org.

Please note that educational seminars and workshops are subject to change without notice. Please call our office prior to attending. (702) 248-2770

alzheimer's association™ desert southwest chapter

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Southern Nevada Region

The Desert Southwest Chapter of the Alzheimer's Association is a charitable organization incorporated in the State of Arizona and governed by a local board of directors. While we are an affiliate of the National Alzheimer's Association based in Chicago, all our work is devoted to providing service and support to Alzheimer's patients, family members and caregivers throughout Arizona and Southern Nevada.

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 Vision A world without Alzheimer's disease.

Our Purpose To empower and support individuals, families, care partners and communities affected by dementia in Arizona and southern Nevada.

Announcements

SAVE THE DATE!



**7th Annual
Alzheimer's Association
Memorial Golf
Tournament
Saturday, June 4, 2011**

For further information or questions,
please contact Luis Carrillo, Re-
gional Director at (702) 248-2770 or
luis.carrillo@alz.org

JOIN US IN MAKING A DIFFERENCE IN OUR COMMUNITY

We are looking for helpline
volunteers and clerical
volunteers to help us in
the office. If you are inter-
ested or know someone
who might be interested,
please call

Andrea Starks at
(702) 248-2770 or email
Andrea.starks@alz.org

¿Cómo puedo ayudar?

Aporta tu tiempo como voluntario

¡Nuestros voluntarios
son esenciales!
Las oportunidades in-
cluyen recibir
entrenamiento para
ayudar en programas
como Helpline (Línea de
Ayuda) o Grupos
de Apoyo, ser asistente
de oficina, promoción
multicultural y en la
comunidad, y participar
activamente en co-
mités.

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