STAY INFORMED AND HELP US GO GREEN – VISIT ALZ.ORG/E-NEWS TO SIGN UP FOR OUR E-NEWSLETTER

JOIN THE FIGHT
WALK TO END ALZHEIMER’S

OCTOBER 13, 2018
WEST VALLEY
GREEN VALLEY

OCTOBER 27, 2018
LAS VEGAS
YUMA

NOVEMBER 3, 2018
PHOENIX
VERDE VALLEY

NOVEMBER 10, 2018
TUCSON

REGISTER: ALZ.ORG/WALK

FALL 2018
DESERT SOUTHWEST CHAPTER

A Legacy of Love
Woman honors grandmother by raising Alzheimer’s awareness

The impact Alzheimer’s disease has on a family is profound, the effects of which transcend generations. Emily Broughton, of Scottsdale, was just 17 years old when her grandma was diagnosed with the disease. It was a diagnosis that, in many ways, changed the course of Emily’s life.

“Alzheimer’s is a very scary and life altering disease,” says Emily. “But as with any difficult situation, my family relied on humor, love and each other to make it through.”

When it comes to Alzheimer’s care and support, it’s not a journey a care partner can take alone. In Emily’s family, care was provided by over a dozen family members. Emily was among them.

“The role of caregiving was exhausting,” admits Emily. “No amount of money or love could change the fact that caregiving is a physically and mentally exhausting job. Between eight grandkids, three children and two spouses we had someone with my grandma nearly every hour of the day.”

During this time, Emily says her family relied heavily on the Alzheimer’s Association for help, resources, care, and support.

“The Alzheimer’s Association not only provided my family, and many others, with resources, but companionship and reassurance that we were doing all we could do out of love for our loved one in the face of a relentless disease.”

Emily’s family kept Barbara at home as long as they could. After careful consideration, and amidst safety concerns, they would ultimately decide to transition her to a nursing home. “You would think that moving a loved one into a nursing home would ease the anxiety of caring for a person with Alzheimer’s, but it doesn’t,” Emily explains. “When a person is diagnosed with Alzheimer’s they lose the ability to speak up for themselves— so at this time— we became her advocates.”

Emily’s grandmother lost her Alzheimer’s fight on Christmas Day 2017, seven years after being diagnosed. “I slept alongside her in her hospital bed on her last night on earth and held her hand as she took her final breath. As much as my heart breaks that she is no longer with me, I have so much comfort in knowing she no longer has to suffer.”

“For the past 24 years I have spent each and every Christmas morning with my grandma,” adds Emily. “I truly believe that she wanted to spend this last Christmas alongside the ones who meant everything to her. Although grandma won’t be here with me physically, I know that every Christmas morning I will reflect on these special memories.”

Emily is now a social worker—a career path she chose in honor of her grandmother. “My profession allows me to use my experience to assist professionals, care partners and individuals living with Alzheimer’s. It’s hard to understand the impact this disease has on a person, a family, I want to make a difference.”

Emily is continuing her family’s legacy of love by helping others. She has been involved in Alzheimer’s Association caregiver support groups and is a Walk to End Alzheimer’s committee member. She is committed to do anything she can to help raise Alzheimer’s awareness.

“The support and connection I have received is unbelievable. I am so glad I have the opportunity to fight alongside the Alzheimer’s Association so that someday no one else will have to suffer through this disease.”

Emily Broughton embraces her grandmother, Barbara, in 2017.
Dr. Marwan Sabbagh, MD
Las Vegas, NV
Executive Director

Dear Friends,

It’s that time of year again: Walk to End Alzheimer’s® season. Hopefully you have already seen information about the Walk — a PSA, a billboard, a poster or flyer. Perhaps you’ve even received a call or email asking you to sign up (again) and help us advance our mission. Each year, more and more people answer this call. More and more people join the movement. They join the Walk.

That is because the Walk to End Alzheimer’s® is more than a fundraising event. The Walk to End Alzheimer’s® is the transcendent event for our cause. It brings together people who are united in our mission and touches all of our core pillars: advocacy, awareness, information, programs, services, and research. The Walk is the biggest provider of funding and resources to continue our critical work.

In this newsletter you will read stories of why people walk. Stories that may sound familiar to you; even sharing some aspects of your own personal journey. These stories, as well as your own, and countless others, showcase why we walk. We each travel a different path to the Walk, but we walk the Walk together.

The Walk enables us to continue providing quality, comprehensive services to individuals affected by Alzheimer’s and their care partners. The Walk activates young advocates who help affect change with state and federal officials. The Walk advances research, led by world-class researchers right here in our Chapter.

The Walk touches all of this and so much more. Join me and sign up today. Create a Walk team and show your strength; show your dedication; show your commitment to our vision. Join the Walk and help us realize a world without Alzheimer’s.

Many Thanks,

Dan Lawler
Executive Director

Desert Southwest Regional Offices
Please contact the Regional Office in your area for any help

<table>
<thead>
<tr>
<th>Chapter Office &amp; Central Arizona Region</th>
<th>Southern Arizona Region</th>
<th>Northern Arizona Region</th>
<th>Southern Nevada Region</th>
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<tbody>
<tr>
<td>340 E Palm Lane, Suite 230 Phoenix, AZ 85004</td>
<td>1159 N Craycroft Rd Tucson, AZ 85712</td>
<td>928.771.9257</td>
<td>602.528.0545</td>
</tr>
<tr>
<td>602.528.0545</td>
<td>520.322.6601</td>
<td>928.719.2570</td>
<td>702.248.2770</td>
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<td>Phoenix, AZ</td>
<td>Tucson, AZ</td>
<td>Prescott, AZ</td>
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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 & southern Nevada.

Letter From the Executive Director

When it comes to dementia care and research, Dr. Marwan Sabbagh is among the very best. A renowned neurologist and member of the Alzheimer’s Association® Desert Southwest Chapter Board, Dr. Sabbagh has over 25 years of experience in the field.

“Dr. Sabbagh explains that for the past 15 years, research has been focused on amyloid and whether science can stop the production. ‘This year, even compared to last year, you’re seeing a new set of drugs, a new set of ideas, a new set of targets – things we never thought of before. So the idea is that we’re really transforming Alzheimer’s from an amyloid specific to a broadly based approach.’

‘Dr. Sabbagh says he believes we’re transforming Alzheimer’s from an amyloid specific to a broadly based approach. ’

One avenue of particular interest to researchers: biomarkers. A biomarker is a measure of disease or human condition. "Can you imagine if a blood test gave you an elevated indicator for Alzheimer’s? Those are the kinds of things being tested in Arizona and southern Nevada," reveals Dr. Sabbagh.

Beyond research, Dr. Sabbagh emphasizes the importance of utilizing free programs and services offered locally. "The Desert Southwest Chapter is a great resource in the community. A great place to get care, to get knowledge."

"Patients can get the very best care their looking for, the cutting edge research their looking for - and the best resources, all in the Desert Southwest region of the U.S."

Dr. Marwan Sabbagh outside Lou Ruvo Center for Brain Health in Las Vegas. PHOTO CREDIT: Jérôme Brunet

New study: Lowering blood pressure reduces dementia risk.
Every volunteer contributes to our ability to serve the community. With your help, we are able to advance our mission and increase our reach.

We are currently in great need of volunteers to assist in these areas:

**Support Group Facilitators**
Help facilitate support groups that provide emotional, educational and social support to those impacted by Alzheimer’s or another dementia.

**Speakers’ Bureau**
Provide presentations about Alzheimer’s, other dementias and memory loss as well as the Alzheimer’s Association to audiences including senior centers, health fair attendees, community organizations, clubs, congregations and schools.

**Special Events**
Assist with the execution of the Walk to End Alzheimer’s®. Day of volunteer tasks include, but are not limited to, assisting with registering, greeting and ushering participants, setting merchandise, and decorating the event venue.

**Communications**
Assist with efforts to promote the organization’s programs and support services, fundraising events, advocacy and public policy work and general awareness of the Alzheimer’s Association®. Specific duties will be performed under the guidance of Communications staff and include social media and writing/copy editing.

For more information or to fill out a Volunteer Interest Form, please go to alz.org/dsw/volunteer.

**Cousins for the Cause**
Cynthia Jeong and Jessica Valencia are young advocates.

The cousins also realized that most kids their age know very little about Alzheimer’s disease. So when it was time for Cynthia to do her senior project for high school, she decided to do her project on the economic impact the disease will have on their generation. She called her project, “The Financial Implications of Alzheimer’s Disease.” Cynthia wanted to find a subject that would draw the attention of her peers.

“Both girls are aware that by the time they are in their 30’s, Alzheimer’s disease will have a crippling effect on our economy,” says Cynthia Valencia. Jessica and Cynthia continue to advocate for the cause. Jessica plans to do her senior project on Alzheimer’s disease, as well. Both girls will again participate in Arizona’s advocacy day in February — and hope to join the 2019 Alzheimer’s Impact Movement Advocacy Forum in Washington DC.

Cynthia Valencia shares this about her daughter: “Jessica’s opening statement to her local and state officials has always been ‘We feel that we are a voice for our generation.’”

**ADVOCATES NEEDED**
Make your voice heard by joining with thousands of Alzheimer’s advocates nationwide. Help us achieve our vision of a world without Alzheimer’s. For more information on how to become an Alzheimer’s Association® Desert Southwest Chapter advocate, visit alz.org/dsw.

**For more information about our programs and services please call:**
800.272.3900

**Women are at the epicenter of the Alzheimer’s crisis.**

**Volunteer Opportunities**

**Changing the Trajectory**
Taking steps to reclaim the future for millions

**Programs for YOU**

**24 Hour Helpline**
Trained staff and volunteers are available to provide information, referrals and support.

**Family Care Consultation**
Staff assist individuals with dementia and their families to better understand, cope & plan for the future.

**Support Groups**
Regular group sessions offer education and support to persons with dementia and their care partners.

**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®**
National identification and mobilization program that assists in the location and return of persons who wander.

**Early Stage Programs**
Activities that engage, encourage and empower individuals to fully utilize their strengths.

**CarePRO**
Intensive multi-week education and skills-based training for care partners.

**2019 Alzheimer’s Impact Movement Advocacy Forum**
• Registration: October 15, 2018
• Event: February 4, 2019

**National Headquarters**
Alzheimer’s Association®
2281 Congress Park Drive
Irvine, CA 92612

**Arizona Alzheimer’s Association Desert Southwest Chapter**
3816 N. 45th Ave, Suite 104, Phoenix, AZ 85019

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Nearly every state has a State Alzheimer’s Disease Plan.

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Love Through The Ages
Husband’s poetic devotion to his wife, diagnosed with Alzheimer’s in 2012

“When you meet her, you like her. When you get to know her, you love her,” says John Cosden of his wife, Judy. The couple has been married 51 years — and while some things tarnish with time, John’s undying love for Judy has not.

Let’s rewind to the beginning of this love story. It’s 1962. John, in his junior year of high school, was trying to determine whether he had a vocation to be a priest. “That entire year I prayed for some sign that I should be a priest. No voices or messages arrived,” says John.

That is, John says, until the summer of 1963. A few months before John entered his senior year, he met Judy Drager — and his whole world changed. “I was smitten by her cuteness and her unpretentious demeanor.”

But in the Spring of 2012, John and Judy’s world was turned upside down. The couple sensed something was wrong, and headed to see a doctor. Judy underwent a series of tests over the course of several days, including an MRI. About two weeks after Judy’s initial consultation, the couple received devastating news. Judy was diagnosed with Mild Cognitive Impairment (MCI). In the years that followed, MCI turned into Alzheimer’s disease.

John and Judy quickly discovered they shared the same deep-seated faith and family values — and soon fell in love. “We not only loved each other, we genuinely liked each other,” says John. John and Judy were engaged in 1966 and married the following year. “God does not always answer the questions we ask; He sends His answer. Judy was the girl who would be united with me in a beautiful, long marriage. It’s our love story.”

John and Judy have two sons, Greg and Geoff; and two grandchildren, Alexander and Annelise. They’ve celebrated decades of holidays, birthdays and anniversaries and created countless memories. Judy worked at Xavier College Prep in Phoenix for a number of years. In 2010, at age 62, she retired. According to John, Judy had two uneventful and quite enjoyable retirement years.

In 1992, Judy, 15, at a Catholic youth picnic. This photo was taken about 2 weeks after the couple first met on June 7, 1963.

Timeline: John & Judy Cosden

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<td>The couple with their two sons, Geoff and Greg, sitting on a rock jetty at Ocean City, MD in the summer of 1985.</td>
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Education can help lower Alzheimer’s risk.

Desert Southwest Chapter

Education & Activity Calendar

Class Descriptions

Dementia Conversations
Learn tips and information on how to have honest and caring conversations with family members about issues relating to Alzheimer’s disease and dementia.

Effective Communication Strategies
Explore how communication takes place when someone has Alzheimer’s, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help connect and communicate at each stage of the disease.

Healthy Living
Learn the latest research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, using hands-on tools to help you incorporate these into a plan for healthy aging.

Know the 10 Signs
Learn the facts and warning signs of Alzheimer’s disease and the need for early detection, information about drug therapy, enrolling in clinical studies, and planning for the future.

Legal & Financial Planning
If you or someone you know is affected by Alzheimer’s disease or dementia, the time for legal and financial planning is now. Learn what legal and financial issues to consider and how to put plans in place.

Understanding Alzheimer’s & Dementia
Alzheimer’s disease is not a normal part of aging. If you or someone you know is affected by Alzheimer’s disease or dementia, it’s time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more.

NOTE: Listings are subject to change
Please contact your Regional Office to RSVP for individual classes.
Visit alz.org/dsw for all educational opportunities and regular updates to these calendar listings.

JUDY continued on page 5
I know but do not wish to acknowledge
agitated hands rubbing her hair into loosely-formed curl-tangles but also by being ‘trapped’ by 24/7 care in our home, ever close to Judy’s bedside, her inescapable ‘prison.’”

John Cosden writing — November 4, 2017

Her inescapable ‘prison’... Cruelly, its message screaks into my received devastating news. Judy was diagnosed with Mild Cognitive Impairment (MCI). In the years that followed, MCI turned into Alzheimer’s disease. Today, Judy is in the late stage of the disease. “Alzheimer’s has cruelly cut-off the sweet, friendly, caring, compassionate, giving person that she was all her life,” says John.

Over the past six years, John has been steadfast in his devotion to Judy. He has used poetry as a way to express his deep affection, writing “Handwriting on the Wall” in 2014 about Judy’s Alzheimer’s.

At work, I hear a colleague intone matter-a-factly, “Hear about the rumored merger?... layoffs likely.”

On the radio, a sportscaster quips, about a player’s injury, “Another concussion... his playing days may be over.”

On the TV, a politician mouths an election platitude, “I promise a recovery that will include all Americans.”

The Handwriting on the Wall

At an intersection, I drive past a man holding a soiled sign, "Homeless..." a cardboard sign for all to see.

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On a singular day, I sit with my wife in a neurologist’s office amused - in spite of my tenseness - by a cartoon on his wall of a blurred photo-copied Han Solo wielding a light saber with a caption above him: “Let’s keep the Han in Hanukkah.”

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Late... well after sunset alone bracing myself at a kitchen counter, I prepare her morning meds. As I drop each pill into its amber chamber, a three-inch high one inch in diameter plastic cylinder, thud after thud thumps into my thoughts. Impossibly I pray, “How does Love say goodbye?”

By John Cosden

Composed December 2014

Alzheimer’s accounts for 60–80% of dementia cases.
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 800.272.3900 or visit our website for more information.

Central AZ

AHwatukee
Mountain View Lutheran Church
1st Saturday – 10:00 am

Anthem
Anthem Civic Building
4th Saturday – 10:00 am

Arizona City
Golden Harvest Cowboy Church
1st Tuesday – 1:00 pm

Casa Grande
Catholic Adult Day Club
4th Wednesday – 1:00 pm

Chandler
Chandler Reg Hospital, Morrison Bldg
2nd Thursday – 5:30 pm

Florence
Dorothy Nolan Senior Center
2nd Thursday – 5:30 pm

Gilbert
First United Methodist Church of Gilbert
1st & 3rd Friday – 1:30 pm

Glendale
Sarah’s Place at Glencroft
Every Thursday – 2:30 pm

Gold Canyon
Superintendency Foothills Baptist Church
1st & 3rd Tuesday – 2:00 pm

Goodyear
Christ Evangelical Lutheran Church
1st & 3rd Monday – 3:00 pm

Marcopolo
Copper Sky Recreation Complex
2nd Wednesday – 10:00 am

Mesa
Mesa Active Adult Center
2nd & 4th Tuesday – 1:00 am
Red Mountain Active Adult Center
1st & 3rd Friday – 2:00 pm
Sunland Village East
3rd Thursday – 1:00 pm

Sun Lakes
Sun Lakes Methodist Church
2nd & 4th Thursday – 9:00 am
Every Stage & Care Partner

Surprise
Sun City Grand Recreation Center
2nd & 4th Thursday – 10:00 am

Tempe
Tempe Lutheran Church
2nd Thursday – 2:00 pm
Changing Hands Bookstore
Last Friday – 6:30 pm

Wickenburg
R&R Respite Care
1st & 3rd Wednesday – 1:00 pm

Northern AZ

Bullhead City
Western AZ Regional Medical Center
1st Monday – 10:00 am

Cottonwood
Verde Valley Medical Center
1st & 3rd Wednesday – 10:00 am

Flagstaff
Brookdale Senior Living
3rd Wednesday – 6:00 pm
San Francisco de Asis Catholic Church
2nd & 4th Tuesday – 10:00 am

Kingman
Lingerie Center
Every Wednesday – 10:00 am

Lake Havasu City
Show Low
Sahuarita at White Mountains Senior Living
2nd Monday – 1:30 pm

Prescott
Prescott United Methodist Church
Every Monday – 10:00 am
Veterans Administration Hospital
Every Friday – 1:30 pm
Veterans & Spouses

Support Groups (continued)

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Desert Southwest Chapter

Prescott Valley
Susan J Rheem Adult Day Center
Every Monday – 10:00 am

Sedona
Sedona Methodist Church
1st & 3rd Tuesday – 9:30 am

Clifton
Clifton Public Library
3rd Friday – 2:30 pm

Duncan
Duncan Senior Center
2nd Thursday – 2:30 pm

Green Valley
Green Valley Community Church
1st Monday – 10:00 am
Lutheran Church of the Rock Savor
2nd & 4th Wednesday – 10:00 am

ValleymREAK Church
1st & 3rd Thursday – 1:00 pm

Marana
Wheelie Tuff Abbot Sr Library
4th Wednesday – 10:30 am

Nogales
South Arizona Area Health Education Center
2nd Friday – 10:00 am
Spanish Language Group

Or Oro Valley
Rancho Vistoso Community Center
Last Tuesday – 4:00 pm
Oro Valley Public Library
1st & 3rd Thursday – 1:30 pm

Safford
Seacue
2nd Thursday – 1:30 pm

Sierra Vista
Sierra Vista Library
4th Thursday – 10:30 am

Tucson
Arizona State Veterans Home
2nd Tuesday – 2:00 pm

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 800.272.3900 or visit our website for more information.

Southern AZ

Boulder City
Nevada State Veterans Home
4th Tuesday – 1:00 pm
Senior Center of Boulder City
2nd & 4th Wednesday – 1:00 pm

Henderson
Barbara Greenpeace Women’s Care Ctr
4th Thursday – 4:30 pm

Las Vegas
Alzheimer’s Association Office
Fridays – 10:00 am
RSVP Early Stage & Care Partner
Alzheimer’s Association Office
4th Thursday – 10:00 am
Spanish Language Group
H2U Mountain View
3rd Tuesday – 10:00 am

Southern NV

Laughlin
American Legion Post #60
3rd Thursday – 10:30 am

Mesquite
Mesquite Senior Center
2nd Tuesday – 2:00 pm

Pahrump
Nye Communities Coalition
2nd & 4th Wednesday – 10:00 am

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

About Our Groups

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All our support groups are facilitated by trained individuals. It’s a place to:
• Exchange practical information
• Discuss problems and solutions
• Talk through challenges
• Share feelings and concerns
• Learn about available resources

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Evidence suggests a heart-healthy diet protects the brain.

Regular exercise is beneficial in lowering Alzheimer’s risk.
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**CENTRAL AZ**

**AH瓦TUEE**
Mountain View Lutheran Church
1st Saturday – 10:00 am

**ANThEM**
Anthem Civic Building
4th Saturday – 10:00 am

**ARIZONA CITY**
Golden Harvest Cowboy Church
1st Tuesday – 1:00 pm

**CASA GRANDE**
Cahite Adult Club
4th Wednesday – 1:00 pm

**CHANDLER**
Chandler Reg Hospital, Morrison Bldg
2nd Thursday – 5:30 pm

**FLORENCE**
Dorothy Nolan Senior Center
2nd Thursday – 10:00 am

**GILBERT**
First United Methodist Church of Gilbert
1st & 3rd Friday – 10:00 am

**GLENDALE**
Sarah’s Place at Glencroft
Every Thursday – 2:30 pm

**GOLD CANYON**
Superintendent Footlight Baptist Church
1st & 3rd Tuesday – 2:00 pm

**GOODYEAR**
Christ Evangelical Lutheran Church
1st & 3rd Monday – 10:00 am

**MARICOPA**
Capri Sky Recreation Complex
2nd Wednesday - 10:00 am

**MESA**
Mesa Active Adult Center
2nd & 4th Thursday – 10:00 am

Red Mountain Active Adult Center
1st & 3rd Friday – 2:00 pm

Sunland Village East
3rd Thursday – 1:00 pm

**PAYSON**
Payson Senior Center
1st & 3rd Wednesday – 1:30 pm

**PEORIA**
Peoria Community Center
2nd & 4th Monday – 10:00 am

**PHOENIX**
Barrow Neurological Institute
2nd Wednesday – 10:00 am

Beauteous Campus
Every Saturday – 11:00 am

Younger Onset Care Partner
August 15 - December 1

Deer Valley Community Center
1st & 3rd Wednesday – 4:00 pm

Duet Partners in Health and Aging
1st & 3rd Tuesday – 12:00 pm

1st & 3rd Thursday – 10:00 am

St. Therese’s Catholic Church
Last Tuesday – 4:00 pm

Golden Gate Community Center
1st & 3rd Wednesday – 10:30 am

Spanish Language Group

**RIO VERDE**
Rio Verde
1st Tuesday – 3:00 pm

**SCOTTSDALE**
Desert Mission Methodist Church
2nd & 4th Wednesday – 10:30 am

Grande Reef Senior Center
1st Monday – 10:00 am

La Casa de Cristo Lutheran Church
2nd & 4th Wednesday – 7:00 pm

4th Wednesday – 1:00 am

Via Linda Senior Center
2nd and 4th Wednesday – 11:30 am

**SUN CITY**
Sun City Christian Church
Every Thursday – 9:30 am

Sun Health Research Institute
Every Monday – 1:30 pm

Early Stage & Care Partner
September 10 - November 26

**SUN LAKES**
Sun Lakes Methodist Church
2nd & 4th Thursday – 9:00 am

Early Stage & Care Partner

**SURPRISE**
Sun City Grand Recreation Center
2nd & 4th Thursday – 10:00 am

**TEMPE**
Tempe Lutheran Church
2nd & 4th Thursday – 2:00 pm

Changing Hands Bookstore
Last Friday – 6:30 pm

**WICKENBURG**
R&R Respite Care
1st & 3rd Wednesday – 1:00 pm

**NORTHERN AZ**

**BULLHEAD CITY**
Western AZ Regional Medical Center
1st Monday – 10:00 am

**COTTONWOOD**
Verde Valley Medical Center
1st & 3rd Wednesday – 10:00 am

**FLAGSTAFF**
Brookdale Senior Living
3rd Wednesday – 6:00 pm

San Francisco de Assisi Catholic Church
2nd & 4th Tuesday – 10:00 am

**KINGMAN**
Lingerlee Center
Every Wednesday – 10:00 am

**LAKESIDE / SHOW LOW**
Sobriety at White Mountains Senior Living
2nd Monday – 1:30 pm

**PRESCOTT**
Prescott United Methodist Church
Every Monday – 10:00 am

Veterans Administration Hospital
Every Friday – 1:30 pm

Veterans & Spouses

**PREScott VALLEY**
Susan J Rheem Adult Day Center
Every Monday – 10:00 am

**SEDONA**
Sedona United Methodist Church
1st & 3rd Tuesday – 9:30 am

**SOUTHERN AZ**

**CLIFTON**
Clifton Public Library
3rd Friday – 2:30 pm

**DUNCAN**
Duncan Senior Center
2nd Thursday – 2:30 pm

**GREEN VALLEY**
Green Valley Community Church
1st Monday – 1:00 pm

Lutheran Church of the Risen Savior
2nd & 4th Wednesday – 10:00 am

Valley Presbyterian Church
1st & 3rd Thursday – 10:00 am

**MARANA**
Whiskey Tuft Abbott Library
4th Wednesday – 10:30 am

**NOGALES**
Southwest Arizona Area Health Education Center
2nd & 4th Friday – 10:00 am

Spanish Language Group

**ORO VALLEY**
Rancho Vistoso Community Center
Last Tuesday – 4:00 pm

**PIMA**
Oro Valley Public Library
1st & 3rd Thursday – 1:30 pm

**SAFFORD**
Seacrest
2nd & 4th Thursday – 1:30 pm

**SIERRA VISTA**
Sierra Vista Library
4th Thursday – 10:30 am

**TUCSON**
Arizona State Veterans Home
2nd Tuesday – 2:00 pm

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Support Groups (continued)

### DESERT SOUTHWEST CHAPTER

**TUCSON**
Civano Business Center
1st & 3rd Monday – 2:00 pm

Grace Health & Healing Clinic
1st & 3rd Saturday – 9:00 am

Our Saviour’s Lutheran Church
3rd Tuesday – 10:30 am

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

Por Undas Un Araflona Unido
3rd Tuesday – 10:00 am

Spanish Language Group

TMc Senior Services
2nd Wednesday – 5:00 pm

Younger onset care partners

**LAUGHLIN**
American Legion Post #60
3rd Thursday – 10:30 am

**MESQUITE**
Mesquite Senior Center
2nd Tuesday – 2:00 pm

**PAHRUMP**
Nye Communities Coalition
2nd & 4th Wednesday – 10:00 am

**SUMMERLIN**
Desert Vista Community Center
1st & 3rd Wednesday – 10:00 am

Evidence suggests a heart-healthy diet protects the brain.

Regular exercise is beneficial in lowering Alzheimer’s risk.
I know but do not wish to acknowledge... for I am inextricably tied to Judy, entangled in her mussed hair, not only by merely watching her the disease that each day tears at my dearest’s brain, bleeding a shadowy script upon my heart. agitated hands rubbing her hair into loosely-formed curl-tangles but also by being ‘trapped’ by 24/7 care in our home, ever close to Judy’s bedside, her inescapable ‘prison.”

received devastating news. Judy was diagnosed with Mild Cognitive Impairment (MCI). In the years that followed, MCI turned into Alzheimer’s disease.

Today, Judy is in the late stage of the disease. “Alzheimer’s has cruelly cut-off the sweet, friendly, caring, compassionate, giving person that she was all her life,” says John.

Over the past six years, John has been steadfast in his devotion to Judy. He has used poetry as a way to express his deep affection, writing “Handwriting on the Wall” in 2014 about Judy’s Alzheimer’s.

In June 2018, John retired from Xavier College Prep where he taught for 21 years so that he could focus his efforts on caring for Judy. “My hope is that no other family will experience the loss of a loved one’s entire personhood because that individual was unfortunately the target of a heartless disease.”

While John knows what the future holds for his beloved Judy, he is unwavering in his belief that love never dies.
“When you meet her, you love her. When you get to know her, you love her,” says John Cosden of his wife, Judy. The couple has been married 51 years — and while some things tarnish with time, John’s undying love for Judy has not.

Let’s rewind to the beginning of this love story. It’s 1962. John, in his junior year of high school, was trying to determine whether he had a vocation to be a priest. “That entire year I prayed for some sign that I should be a priest. No voices or messages arrived,” says John.

That is, John says, until the summer of 1963. A few months before John entered his senior year, he met Judy Drager — and his whole world changed. “I was smitten by her cuteness and her unpretentious demeanor.”

John and Judy quickly discovered they shared the same deep-seated faith and family values — and soon fell in love. “We not only loved each other, we genuinely liked each other,” says John. John and Judy were engaged in 1966 and married the following year. “God does not always answer the way you ask,” says John. But in the Spring of 2012, John and Judy’s world was turned upside down. The couple sensed something was wrong, and headed to see a doctor. Judy underwent a series of tests over the course of several days, including an MRI. About two weeks after Judy’s initial consultation, the couple received devastating news. Judy was diagnosed with Mild Cognitive Impairment (MCI). In the years that followed, MCI turned into Alzheimer’s disease.

John and Judy have two sons, Greg and Geoff, and two grandchildren, Alexander and Annelise. They’ve celebrated decades of holidays, birthdays and anniversaries and created countless memories. Judy worked at Xavier College Prep in Phoenix for a number of years. In 2010, at age 62, she retired. According to John, Judy had two uneventful and quite enjoyable retirement years.

Education can help lower Alzheimer’s risk. Alzheimer’s typically progresses in three stages.

Education can help lower Alzheimer’s risk.
Cousins for the Cause

Cynthia Jeong and Jessica Valencia are young advocates.

The cousins also realized that most kids their age know very little about Alzheimer's disease. So when it was time for Cynthia to do her senior project for high school, she decided to do her project on the economic impact the disease will have on their generation. She called her project, “The Financial Implications of Alzheimer’s Disease.” Cynthia wanted to find a subject that would draw the attention of her peers.

“Both girls are aware that by the time they are in their 30’s, Alzheimer’s disease will have a crippling effect on our economy,” says Cynthia Valencia.

Cynthia and Jessica continue to advocate for the cause. Jessica plans to do her senior project on Alzheimer’s disease, as well. Both girls will again participate in Arizona’s advocacy day in February — and hope to join the 2019 Alzheimer’s Impact Movement Advocacy Forum in Washington DC.

Cynthia Valencia shares this about her daughter: “Jessica’s opening statement to her local and state officials has always been ‘We feel that we are a voice for our generation.’”

ADVOCATES NEEDED

Make your voice heard by joining with thousands of Alzheimer’s advocates nationwide. Help us achieve our vision of a world without Alzheimer’s.

For more information on how to become an Alzheimer’s Association® Desert Southwest Chapter advocate, visit alz.org/dsw.

Volunteer Opportunities

Every volunteer contributes to our ability to serve the community. With your help, we are able to advance our mission and increase our reach.

We are currently in great need of volunteers to assist in these areas.

Support Group Facilitators

Help facilitate support groups that provide emotional, educational and social support to those impacted by Alzheimer’s or another dementia.

Speakers’ Bureau

Provide presentations about Alzheimer’s, other dementias and memory loss as well as the Alzheimer’s Association to audiences including senior centers, health fair attendees, community organizations, clubs, congregations and schools.

Special Events

Assist with the execution of the Walk to End Alzheimer’s. Day of volunteer tasks include, but are not limited to, assisting with registering, greeting and ushering participants, selling merchandise, and decorating the event venue.

Communications

Assist with efforts to promote the organization’s programs and support services, fundraising events, advocacy and public policy work and general awareness of the Alzheimer’s Association®. Specific duties will be performed under the guidance of Communications staff and include social media and writing/copy editing.

For more information or to fill out a Volunteer Interest Form, please go to alz.org/dsw/volunteer.

Women are at the epicenter of the Alzheimer’s crisis.

Changing the Trajectory

Taking steps to reclaim the future for millions

24 Hour Helpline

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

Family Care Consultation

Staff assist individuals with dementia and their families to better understand, cope & plan for the future.

Support Groups

Regular group sessions offer education and support to persons with dementia and their care partners.

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®

National identification and mobilization program that assists in the location and return of persons who wander.

Early Stage Programs

Activities that engage, encourage and empower individuals to fully utilize their strengths.

CarePRO

Intensive multi-week education and skills-based training for care partners.

EPIC

A multi-week workshop series for both people with early memory loss and their care partner together.

For more information about our programs and services please call:

800.272.3900

End Alzheimer’s® near you. Visit alz.org/dsw to sign up or text “ALZWALK” to 51555.

Changing the trajectory of millions of lives.

It can’t be discovered.”

“Since there is currently no cure for Alzheimer’s or dementia, we all need to pitch in and aid research in the quest to cure this disease,” says Luba. Luba knows her mom’s fate, but she believes the future can be different for millions of others.

“The world. To date, the Alzheimer’s Association® has awarded in excess of $410 million dollars to more than 2,700 projects.”

For more information or to fill out a Volunteer Interest Form, please go to alz.org/dsw.

Nearly every state has a State Alzheimer’s Disease Plan.

alz.org/dsw

alz.org/dsw
One avenue of particular interest to researchers: biomarkers. A biomarker is a measure of disease or human condition. "Can you imagine if a blood test gave you a marker of Alzheimer’s? Those are the kinds of things being tested in Arizona and southern Nevada," reveals Dr. Sabbagh.

Beyond research, Dr. Sabbagh emphasizes the importance of utilizing free programs and services offered locally. "The Desert Southwest Chapter is a great resource in the community. A great place to get care, to get knowledge. Patients can get the very best care their looking for, the cutting edge research their looking for - and the best resources, all in the Desert Southwest region of the U.S."

THE DESERT SOUTHWEST CHAPTER STRIVES TO PROVIDE THE LATEST IN RESEARCH INFORMATION.

When it comes to dementia care and research, Dr. Marwan Sabbagh is among the very best. A renowned neurologist and member of the Alzheimer’s Association® Desert Southwest Chapter Board, Dr. Sabbagh has over 25 years of experience in the field.

"The Desert Southwest is a vanguard of cutting edge research, cutting edge clinical trials, imaging studies and therapeutics," says Dr. Sabbagh. "I very strongly believe— whatever the disease becomes and whether it's transformed into a chronic disease— the drugs will either be discovered in or tested in Arizona or Las Vegas."

Dr. Sabbagh recently joined the Cleveland Clinic Lou Ruvo Center for Brain Health in Las Vegas. He succeeds Dr. Jeffrey Cummings, who is transitioning into a new, advisory role. Dr. Sabbagh comes to Las Vegas from Phoenix, where he spent 18 years at Barrow Neurological Institute.

"When I moved to Arizona, the research infrastructure and the whole enterprise of Alzheimer’s was very underdeveloped. The entire region has grown in the past 18 years."

Cleveland Clinic Lou Ruvo Center for Brain Health opened in 2009. U.S. News & World Report recently ranked it the number two hospital in the country and number four in neurology and neurosurgery.

"The Center is well known in the region and in the world for great care in Alzheimer’s neurodegenerative diseases," says Dr. Sabbagh. "We have one of the best research portfolios in the country." Dr. Sabbagh states as he says, "My goal in life is to work myself out of a job."

Dr. Sabbagh explains that for the past 15 years, research has been focused on amyloid and whether science can stop the production. "This year, even compared to last year, you're seeing a new set of drugs, a new set of ideas, a new set of targets - things we never thought of before. So the idea is that we're really transforming Alzheimer's from an amyloid specific to a broadly based approach."

Dr. Sabbagh says he believes we're moving away from a diagnosis of exclusion for Alzheimer’s— and moving toward guidelines for early and accurate diagnosis. One avenue of particular interest to researchers: biomarkers. A biomarker is a measure of disease or human condition. "Can you imagine if a blood test gave you an elevated indicator for Alzheimer’s? Those are the kinds of things being tested in Arizona and southern Nevada," reveals Dr. Sabbagh.

Beyond research, Dr. Sabbagh emphasizes the importance of utilizing free programs and services offered locally. "The Desert Southwest Chapter is a great resource in the community. A great place to get care, to get knowledge. Patients can get the very best care their looking for, the cutting edge research their looking for - and the best resources, all in the Desert Southwest region of the U.S."

Dr. Marwan Sabbagh outside Lou Ruvo Center for Brain Health in Las Vegas. PHOTO CREDIT: Jérôme Brunet

New study: Lowering blood pressure reduces dementia risk.
The impact Alzheimer’s disease has on a family is profound, the effects of which transcend generations. Emily Broughton, of Scottsdale, was just 17 years old when her grandma was diagnosed with the disease. It was a diagnosis that, in many ways, changed the course of Emily’s life.

“Alzheimer’s is a very scary and life altering disease,” says Emily. “But as with any difficult situation, my family relied on humor, love and each other to make it through.”

When it comes to Alzheimer’s care and support, it’s not a journey a care partner can take alone. In Emily’s family, care was provided by over a dozen family members. Emily was among them.

“The role of caregiving was exhausting,” admits Emily. “No amount of money or love could change the fact that caregiving is a physically and mentally exhausting job. Between eight grandkids, three children and two spouses we had someone with my grandma nearly every hour of the day.”

During this time, Emily says her family relied heavily on the Alzheimer’s Association for help, resources, care, and support.

“The Alzheimer’s Association not only provided my family, and many others, with resources, but companionship and reassurance that we were doing all we could do out of love for our loved one in the face of a relentless disease.”

Emily’s family kept Barbara at home as long as they could. After careful consideration, and amidst safety concerns, they would ultimately decide to transition her to a nursing home.

“You would think that moving a loved one into a nursing home would ease the anxiety of caring for a person with Alzheimer’s, but it doesn’t,” Emily explains. “When a person is diagnosed with Alzheimer’s they lose the ability to speak up for themselves— so at this time— we became her advocates.”

Emily’s grandmother lost her Alzheimer’s fight on Christmas Day 2017, seven years after being diagnosed. “I slept alongside her in her hospital bed on her last night on earth and held her hand as she took her final breath. As much as my heart breaks that she is no longer with me, I have so much comfort in knowing she no longer has to suffer.”

“For the past 24 years I have spent each and every Christmas morning with my grandma,” adds Emily. “I truly believe that she wanted to spend this last Christmas alongside the ones who meant everything to her. Although grandma won’t be here with me physically, I know that every Christmas morning I will reflect on these special memories.”

Emily is now a social worker—a career path she chose in honor of her grandmother. “My profession allows me to use my experience to assist professionals, care partners and individuals living with Alzheimer’s. It’s hard to understand the impact this disease has on a person, a family. I want to make a difference.”

Emily is continuing her family’s legacy of love by helping others. She has been involved in Alzheimer’s Association caregiver support groups and is a Walk to End Alzheimer’s committee member. She is committed to do anything she can to help raise Alzheimer’s awareness.

“The support and connection I have received is unbelievable. I am so glad I have the opportunity to fight alongside the Alzheimer’s Association so that someday no one else will have to suffer through this disease.”

Emily Broughton embraces her grandmother, Barbara, in 2017.

Emily Broughton embraces her grandmother, Barbara, in 2017.