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Tim Ramey, of Gold Canyon, speaks candidly about living with Alzheimer’s
Dear Friends,

The 2019 Alzheimer’s Association Facts and Figures Report confirms what we have seen: Alzheimer’s disease continues to propagate. In the United States, Arizona now has the fastest growth rate of Alzheimer’s over the next six years; Nevada has the third fastest growth rate. The number of individuals affected — living with the disease or as care partners — continues to climb. These numbers are staggering.

That is why it has never been more important that we highlight the faces and stories that comprise these numbers. Each of these facts and figures represents a person’s life. Each of these numbers is a unique story that must be told. We are honored to tell some of these stories within this newsletter. Stories of individuals in the early stage of this disease, fighting Alzheimer’s and its stigma in their own unique ways.

Along with these stories comes wonderfully hopeful news! The SPRINT Mind Study is the first randomized clinical trial to demonstrate that intensive medical treatment to reduce blood pressure can significantly reduce the occurrence of mild cognitive impairment (MCI). This study strengthens the evidence that “what is good for the heart is good for the brain,” and is a clear indicator of a promising path to dementia prevention. Additionally, researchers are excited about advancements they’re seeing in Alzheimer’s disease drug development.

Alzheimer’s disease is an epidemic. The Facts and Figures Report shows the enormity of this in black and white. However, what these stories and what this news reinforces to me, is that there is hope on the horizon. The future, for ourselves and our children, is ours to create.

On behalf of the over 170,000 individuals living with Alzheimer’s in our region and the nearly half million care partners, we appreciate your support!

Dan Lawler
Executive Director

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.
I AM A DEMENTIA CAREGIVER IN A RURAL PART OF NORTHERN ARIZONA. I NEED SERVICES, BUT I'M UNABLE TO TRAVEL VERY FAR. HOW CAN THE ALZHEIMER’S ASSOCIATION DESERT SOUTHWEST CHAPTER HELP ME?

We encourage you to call us. A Family Care Consultant will be able to assess your situation and determine what we can do to ensure you receive the services you need.

Our region spans 66,000 square miles. A significant number of older adults live in rural communities. We are committed to reaching every individual, family, care partner, and community in our region impacted by dementia. We provide a number of programs and services: Support groups, community education, care consultation, and much more - across Arizona and southern Nevada.

Our staff, with the help of invaluable volunteers, travels to rural communities for education presentations, home visits with clients, and to connect with other providers in the rural communities so as to be able to make appropriate referrals to the community we serve. We also regularly contact all of our clients to ensure they are receiving the emotional support and guidance they need.

With such a large region to cover, community outreach is critically important to the work that we do. We invite anyone interested in advancing the mission to join our team of volunteers. We are always in need of people willing to be support group facilitators and community educators. Online volunteer training as well as ongoing support is provided to insure success.

We also seek to connect with libraries, hospitals, community centers, and anyone else willing to host services for those without computer access.

Beyond serving families directly, our regional staff connects with local businesses, government agencies, and healthcare providers to build and strengthen each community’s local safety net.

The most important thing for you to know is that you are not alone. While rural areas present challenges, Association staff are available 24-hours a day via phone to assist and support individuals like yourself.

We are continually expanding our online resources as well, to ensure information is only a mouse click away. Additionally, we do have teleconference support groups to engage those who simply cannot attend an in-person meeting due to travel and other constraints.

Alzheimer’s disease doesn’t just impact our senior population — it affects the entire family. To learn more about the Alzheimer’s Association programs and services in your area, please call our Helpline at 800.272.3900 or visit our website at alz.org/dsw.

ABOUT THE EXPERT

Susie James, MSW, is a Family Care Consultant at the Alzheimer’s Association Desert Southwest Chapter’s Northern Arizona Regional Office.

Susie has extensive experience in Social Work. She has worked in the field for over 20 years. She has been with the Association for the past three years.

Susie received her Master of Social Work from Loyola University in Chicago.

PROGRAMS FOR YOU

24-Hour Helpline
Available to provide information, local referrals and support.

Family Care Consultation
Assist individuals & families to better understand, cope & plan for the future.

Support Groups
Regular sessions offer education, socialization and support.

Education Programs
Programs educate and teach skills to provide quality care and planning.

MedicAlert® + Safe Return®
Nationwide help in the location and return of persons who wander.

Early Stage Programs
Activities that engage and empower individuals with Early Stage dementia.

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.

CALL US ANY DAY, ANY TIME... 800.272.3900

alz.org/dsw
“We’re looked upon, I think, as a lower class citizen because we have this,” says 60-year-old Tim Ramey. Tim was diagnosed with Alzheimer’s disease five years ago.

Since driving is difficult for Tim, he participates in the Alzheimer’s Association Desert Southwest Chapter’s biweekly early stage telephone support group.

We recently sat down with Tim to talk openly about the stigma surrounding the disease. “I've had people come up to me and say ‘Hey, do you remember this?’ like they're testing me,” shares Tim. “They're not going through what I’m going through. I hope they never do.”

“I feel that I'm too young to have this, but yet, this is given to me and I gotta accept it and move on. I feel that I have the drive to help other people. Maybe my experiences can help other people.”

Tim lives in Gold Canyon with his wife and 14-year-old son. He remains positive and hopeful for the future. “We do have high hopes that there is a cure. I think positivity will get you through it. I think that the negative will not get you through it. You can walk around with your head down, or you can walk up with your head up,” says Tim. ♥

“How do I feel about it? It's a new normal. Sometimes it's funny. I think you have to look at things funny sometimes. But it's also frustrating,” says 82-year-old Carol Carney.

Carol was diagnosed with Alzheimer’s disease on her 80th birthday. She and Tim attend the same telephone support group. While they’ve never met in person, Carol and Tim are friends bonded in a shared journey.

“Everybody’s life is different. Everybody’s age is different. Everybody’s experiences are different. We can all learn from each other. We can all help each other,” says Carol. “All of us have different challenges to deal with, but some of us, kind of the same [challenges], so we just try to help each other. And that’s what life’s about.”

Carol lives in Phoenix. Her husband passed away a few years ago, but Carol says she is so appreciative of the support she receives from her children and grandchildren. “I’m fortunate, I’m so very lucky.”

“What’s to come?” Carol pauses briefly before continuing. “I don’t know. I don’t worry about it because every day is a new day. I’m going to savor each day as it comes. It doesn't define you. It does not define you.” ♥
VOICES OF ALZHEIMER’S

75-year-old Bob Hallett has been married for 20 years. He has seven children, 17 grandchildren, and one great-grandchild. When Bob was first diagnosed with Alzheimer’s, he says he went through many emotions. “Fear. Tears. What am I gonna do now? Do I tell? Who do I tell?”

“Telling anyone that I had been diagnosed. That was was a big challenge for me,” Bob continues. The first person he says he told was Katie Cruz, Family Care Consultant with the Alzheimer’s Association Desert Southwest Chapter. He was passing the Association’s offices, when he decided to go inside. “I just felt so cared for at the Alzheimer’s Association.”

Bob recalls how he kept the diagnosis to himself for six months. “How do I tell the people that I love? I was really concerned about doing that, so I kept it to myself.”

The first person Bob told was his daughter, a physician. He says he is grateful for the unwavering love and support his family has given him. “While we have Alzheimer’s, I think that we should do everything we can while we still can to acknowledge and express our appreciation to our caregivers.”

Melissa Temple isn’t someone you’d expect to exhibit signs of Alzheimer’s. She’s only 40 years old. “I feel the biggest misconception about Alzheimer’s is that you have to be old in order to have Alzheimer’s symptoms.”

Melissa says she started experiencing symptoms in her 30’s. “It’s a little scary to share your story and to tell people, especially when when the first reaction from most everybody is... ‘There’s no way you can have Alzheimer’s you’re too young.’”

Melissa and her husband live in Casa Grande. They have an 18-year-old daughter. “I wish I could stop it, I wish it wasn’t happening,” says Melissa. “Wishing doesn’t do anything. Action does.”

Melissa says she often feels like her brain is sabotaging her. “A lot of times I start feeling like I’m not really worth anything anymore...I can't contribute. I still want to, you know. I do.”

“I have to figure out how to adapt my life... figure out what I can do to help myself, to help my family deal with it. That’s why I called the Alzheimer’s Association. So I could get those things figured out for myself.”

Melissa Temple, 40, of Casa Grande

Bob Hallett, 75, of Paradise Valley
ALZHEIMER’S ON THE RISE

Findings from the Alzheimer’s Association 2019 Alzheimer’s Disease Facts and Figures report illustrates the burden the disease is having all over the country, and particularly across the Desert Southwest.

Arizona now has the fastest growth rate for Alzheimer’s disease in the country. The number of people 65+ living with Alzheimer’s in Arizona is expected to increase nearly 43% to 200,000 people in the next 6 years.

Nevada has the third fastest growth rate for the disease. There are currently 47,000 individuals 65 and older living with the disease. That number is expected to increase more than 36% by 2025.

Why are Arizona and Nevada disproportionately impacted? Age is the biggest risk factor for Alzheimer’s, so states with a larger senior population would be expected to have a higher rate of Alzheimer’s than younger states. “The projections take into account several factors, but the largest driver by far is age of the population,” says Dr. Keith Fargo, Director of Scientific Programs and Outreach at the Alzheimer’s Association.

The report also reveals an important health assessment seniors are not getting — one that is critical for early detection of Alzheimer’s and other dementias — routine cognitive assessments.

A brief cognitive assessment is a short evaluation for cognitive impairment performed by a health care provider that can take several forms — including asking a patient about cognitive concerns, directly observing a patient’s interactions, seeking input from family and friends or using short verbal or written tests that can be administered easily in the clinical setting. An evaluation of cognitive function is a required component of the Medicare Annual Wellness Visit, but findings show only 1 in 3 seniors are aware these visits should include this assessment.

The report also found however, that among both seniors and primary care physicians there is widespread understanding of the importance of cognitive assessments. In fact, 82% of seniors believe it is important to have their thinking and memory checked, and nearly all primary care physicians consider it important to assess all patients age 65 and older for cognitive impairment.

“Alzheimer’s is a public health crisis in both Arizona and Nevada. We can’t afford to wait,” says Chapter Program & Advocacy Director James Fitzpatrick. “We need to fully address this critical issue and ensure families are receiving an early and accurate diagnosis.”

The Facts and Figures report also reveals a troubling disconnect between seniors and primary care physicians regarding who they believe is responsible for initiating these assessments and discussing concerns.

The survey found that while half of all seniors are aware of changes in their cognitive abilities — including changes in their ability to think, understand or remember — only 40 percent have ever discussed these concerns with a health care provider, and fewer than 1 in 7 seniors report having ever brought up cognitive concerns on their own.

Instead, 93% of seniors say they trust their doctor to recommend testing for thinking or memory problems if needed. Yet fewer than half of primary care physicians say it is their standard protocol to assess all patients age 65 and older for cognitive impairment.

BY THE NUMBERS

In Nevada, there are 47,000 individuals living with Alzheimer’s. There are 151,000 dementia caregivers.

In Arizona, there are 140,000 individuals living with Alzheimer’s. There are 339,000 dementia caregivers.

Full text of the 2019 Alzheimer’s Disease Facts and Figures report, including the accompanying special report, “Alzheimer’s Detection in the Primary Care Setting: Connecting Patients with Physicians,” can be viewed online at alz.org/facts.
BEACON OF HOPE IN RESEARCH

It’s been more than 15 years since the last new Alzheimer’s drug was approved (Namenda in 2002), and while this fact might paint a grim picture for drug development, there is hope on the horizon. In fact, as a researcher, I’ve never been more excited about Alzheimer’s disease drug development.

My optimism stems from years spent researching Alzheimer’s drug pipeline. Each year, the Cleveland Clinic puts out its annual pipeline paper. The paper refers to all of the Alzheimer’s drugs currently in development and being tested in clinical trials. The purpose of the paper is to provide expert insight into the process and learn more from the current landscape, so we can identify impediments and make improvements.

We are currently working on our fourth installment: Alzheimer’s disease drug development: pipeline 2019, which will be published this summer. While we know there is much more work to be done, I am particularly excited because for the first time ever in Alzheimer’s disease research, we are finally seeing drugs effectively hit their targets, giving us positive biomarker results.

The drugs I am referring to are two anti-amyloid immunotherapies: BAN2401 and gantenerumab, which announced positive results at Alzheimer’s Association International Conference (AAIC) last July and are currently in Phase 3 trials. Anti-amyloid treatments aim to eliminate amyloid plaque from the brain. While it’s not confirmed that clearing amyloid from the brain will improve the symptoms of the disease, it’s long been a hypothesis that warrants full investigation.

In trials of people with Alzheimer’s disease, all three of these drugs were shown to effectively reduce amyloid plaque from the brain. In a large number of cases, participants who had a positive amyloid scan at the start of the study and then were treated, had a negative scan by the end of the study. Although we don’t know if this will result in a positive clinical effect, it’s an exciting development to be able to clear amyloid from the brain. As part of one of the largest Alzheimer’s disease clinical trial sites in the country, Cleveland Clinic Lou Ruvo Center for Brain Health has been studying aducanumab since 2016 as part of the EMERGE trial and gantenerumab in the GRADUATE study since 2019.

While there is no expectation that clearing amyloid from the brain will cure patients from Alzheimer’s disease, there is hope that these therapies may more effectively slow the progression of the disease. Slowing symptoms down by a period of two or three years would have a significant impact on quality of life and would represent a monumental achievement in drug development.

As we embark further along the path of discovery and into this exciting time for drug development, I cannot reiterate enough how important clinical trials are in the quest for more effective medications, and urge anyone interested in helping to advance the science of brain disease to consider joining a clinical trial or research study.

As part of our annual pipeline research, we’ve identified slow recruitment of participants to clinical trials as the largest impediment to developing new drugs for Alzheimer’s disease. Clinical trial participants are the true pioneers in medicine and the first person to be cured from Alzheimer’s disease and other dementias will be in a clinical trial.

With the preliminary results of these anti-amyloid immunotherapies, there’s no doubt that this is an exciting time for Alzheimer’s and Dementia research globally, and in our own community. I remain hopeful for what is to come and ask that anyone interested in participating in research or clinical trials to visit ClevelandClinic.org/Nevada.

Aaron Ritter, MD, is the Director of Clinical Trials at Cleveland Clinic Lou Ruvo Center for Brain Health.
WOMEN TACKLING ALZHEIMER’S

Randy and Diane Scheel, of Scottsdale, first met in middle school and married shortly after high school. They were recently featured in a video, and can be seen laughing, shouting, and waving at the camera from a parasail like giddy teenagers in love. Diane Scheel later says, “Life is good,” pauses for a beat and then adds, almost as an afterthought, “even with Alzheimer’s.” She was diagnosed with early-onset, or younger-onset Alzheimer’s seven years ago, at the age of 56. She is now 63.

Inspired by her mom, Tara Lowy has made it her mission to raise funds for research.

“My mom has always loved being outdoors and hiking,” says Tara, a part-time athletic trainer at a high school in Phoenix and a full-time mom to 3-year-old Landon. “She was the one who first showed me that girls could play sports.” Tara has been participating in RivALZ: Blondes vs. Brunettes for the past six years.

Inspired by the lighthearted spirit of age-old rivalries, the mission is to drive awareness and raise funds for the Alzheimer’s Association.

Tara, who played basketball throughout high school and college has always been athletic, but there was a lot to learn going into her first season. “When I first showed up for practice, I didn’t even know what a route was,” she says.

She’s since won MVP and is this year’s event co-chair. Even though the game is in good fun, the players and the coaches still take the lead-up very seriously. “You don’t just get out there and run around,” says Tara. “We start training in February for the game on April 27.”

Most of the women on the field have been directly affected in some way by the disease. Others are there to support friends and the cause. For nearly all of them, the league plays a role in their lives year-round.

“We all look forward to the season, but we hang out together and fundraise throughout the year,” says Tara, who has forged lifelong friendships through her participation. “It’s an amazing sisterhood, and we all have each other’s backs.” One of the women she admires most is a fellow teammate, Melissa, who lost her mother to early-onset Alzheimer’s and has since become a close friend and confidante with whom she meets once a month to discuss how to cope with the disease.

It took about a year for Tara’s mom to be officially diagnosed. With early-onset, it can often be misdiagnosed or tricky to determine. It’s much more common to develop Alzheimer’s after the age of 65. In Tara’s own family, her maternal grandmother was diagnosed with the disease in her mid-80s, several years after Diane’s diagnosis.

After her diagnosis, Diane had to retire from her 30-year career as a dental hygienist and stop driving. Tara says, “She was amazing because she managed to remain upbeat and say things like, ‘Who wants to work?’ and ‘Who wants to drive anyway? People are terrible drivers.’”

In that same playful fashion, with another Blondes vs. Brunettes season about to kick off, the question remains: Who does have more fun? “We definitely have fun, but the brunettes have fun too!” Tara exclaims. Her mom is living proof of the latter.♥

MARK YOUR CALENDAR

DATE & TIME: Saturday, April 27 — 5:00 p.m.

LOCATION: Phoenix College
1202 W Thomas Rd.
Phoenix, AZ 85013

TICKETS: bvbphoenix.org

alz.org/dsw
Worldwide, 50 million people are living with Alzheimer’s and other dementias. Join the Alzheimer’s Association in going purple and raising awareness this June for Alzheimer’s & Brain Awareness Month. The more people know about Alzheimer’s, the more action we inspire.

It’s never too early to start having important conversations with a family member or friend who is exhibiting symptoms, especially given the importance of early detection and diagnosis. Open communication is critical.

“Unfortunately, people often avoid conversations due to denial, fear, anxiety, lack of awareness and difficulty having hard conversations about health issues, particularly with Alzheimer’s or other dementias due to stigma and perceptions associated with the disease,” says Morgen Hartford, Southern Arizona Regional Director for the Alzheimer’s Association Desert Southwest Chapter.

Follow us on social media at @alzdsw to stay tuned in to all the ways you can take action in June. We also encourage you to share your story by using the hashtag #ENDALZ.

We also hope you’ll participate in The Longest Day on June 21. Thousands of participants from around the world come together to fight the darkness of Alzheimer’s through an activity of their choice. Together, they use their passion to raise funds and awareness for the care, support and research efforts of the Alzheimer’s Association. Learn more and sign up at alz.org/tld.

> VOLUNTEERS = MORE SERVICES

As the need for support services for Alzheimer’s disease caregivers continues to grow, our dedicated and passionate volunteers work to meet it.

Thanks to volunteers like Rod Belford and Stacey Taylor, the Desert Southwest Chapter was able to launch a number of new support groups this year, including two in the Las Vegas metro area.

Rod, a transplant from New Jersey, has lived in southern Nevada for 44 years. He has worked in social services for over 20 years, and recently decided to lend his expertise to the Alzheimer’s Association. Rod’s group will begin meeting at Stupak Community Center twice a month.

Stacey Taylor has been working with Las Vegas families for over a decade. She has a passion for seniors, especially those over 90. She enjoys listening, educating, and helping families and patients feel supported. She also stays up to date on new resources in the community and shares them with others in need. Stacey’s group meets monthly at the Doolittle Community Center.

To learn more about volunteer opportunities: alz.org/dsw/volunteer
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.

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

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

ARIZONA CITY
Living Hope Community Church
1st Tuesday – 1:00 pm

CASAGRANDE
Caliche Adult Day Club
4th Wednesday – 1:00 pm

CHANDLER
Chandler Reg Hospital, Morrison Bldg
2nd Thursday – 5:30 pm
Sunset Library
4th Monday - 6:00 pm

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

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
Gold Canyon Community Church
1st & 3rd Tuesday – 2:00 pm

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

MARICOPA
Copper Sky Recreation Center
2nd Wednesday – 10:00 am

MESA
Red Mountain Active Adult Center
1st & 3rd Friday – 2:00 pm
The Citadel (Chapel)
4th Wednesday – 11:00 am
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
1st Thursday - 10:00 am
Deer Valley Community Center
1st & 3rd Wednesday – 4:00 pm
Duet - Partners in Health & Aging
1st & 3rd Tuesday – 12:00 pm
Duet - Partners in Health & Aging
1st & 3rd Thursday – 10:00 am
First United Methodist Church
1st Tuesday – 9:30 am
Golden Gate Community Center
3rd Wednesday – 5:30 pm
Spanish Speakers Support Group
North Phoenix Baptist Church
1st Wednesday – 3:00 pm
St. Theresa’s Catholic Church
Last Tuesday – 4:00 pm

RIO VERDE
Verde Cares
1st Tuesday – 3:00 pm

SCOTTSDALE
Granite Reef Senior Center
1st Monday – 10:00 pm
La Casa de Cristo Lutheran Church
2nd Wednesday – 7:00 pm
4th Wednesday – 10:00 am
Desert Mission Methodist Church
2nd & 4th Wednesday – 10:30 am
Via Linda Senior Center
2nd and 4th Wednesday – 11:30 am

SUN CITY AREA
Sun City Christian Church
Every Thursday – 9:30 am
Sun City Grand Recreation Center
2nd & 4th Thursday – 10:00 am

SUN LAKES
Sun Lakes Methodist Church
2nd & 4th Thursday – 9:00 am
Care Partner & Person w/Dementia

TELEPHONE GROUP
1st & 3rd Tuesday – 1:00 pm
Individuals without a Care Partner

TEMPE
Beautiful Savior Lutheran Church
2nd Saturday – 2:00 pm

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

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

COTTONWOOD
Verde Valley Presbyterian Church
1st & 3rd Tuesday – 10:00 am

CONCHO
Concho Public Library
3rd Wednesday – 2:30 pm

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

KINGMAN
Lingenfelter Center
Every Wednesday – 10:00 am

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

PRESCOTT VALLEY
Prescott Valley Public Library
Every Monday – 10:00 am

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

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.

alzheimer's association®

Programs for You

Regular sessions offer education, understand, cope & plan for the future. Family Care Consultation referrals and support. Available to provide information, local volunteer training as well as ongoing support is provided to support group facilitators and community educators. Online volunteers. We are always in need of people willing to be support and guidance they need. With such a large region to cover, community outreach is our clients to ensure they are receiving the emotional and support they need. We also regularly contact all of the community we serve. Beyond serving families directly, our regional staff connects with local businesses, government agencies, and our clients to ensure they are receiving the emotional and support they need. The Alzheimer’s Association’s mission is to lead the way to end Alzheimer’s and all other dementia. We are continually expanding our online resources as well, with such a large region to cover, community outreach is to the community we serve. We are continually expanding our online resources as well, with such a large region to cover, community outreach is. With such a large region to cover, we are continually expanding our online resources as well, with such a large region to cover.
Dear Friends,

To eliminate Alzheimer's disease through the advancement of research; to empower and support individuals, families, care partners and the public about Alzheimer's disease and other dementias; and to advocate for the needs of those affected by Alzheimer's disease — that is the founding mission of the Alzheimer's Association. Each year, the Association’s Facts and Figures report confirms that the number of people with Alzheimer’s disease continues to propagate. In the United States, Arizona now has the fastest growth rate of Alzheimer’s disease with over the next six years; Nevada has the third fastest growth rate. The number of individuals affected — living with the disease or as care partners — continues to climb. These numbers are staggering.

Along with these stories comes wonderfully hopeful news! The SPRINT Mind Study is the first randomized clinical trial to demonstrate that intensive medical treatment to reduce blood pressure can significantly reduce the occurrence of mild cognitive impairment (MCI). This study strengthens the evidence that “what is good for the heart is good for the brain,” and is a clear indicator of a promising path to dementia prevention. Additionally, researchers are excited about advancements to our understanding of the etiology of Alzheimer’s disease. They’re seeing in Alzheimer’s disease drug development.

Studies like the Wayfinder Study have suggested that some people with early-onset Alzheimer’s disease may have a form of the disease known as Lewy body dementia and may benefit from treatment with cholinesterase inhibitors. The study is now recruiting patients with Lewy body dementia, while the Alzheimer’s Association is studying Lewy body dementia through its Alzheimer’s Association Research Network.

As we look toward the future of research, we are honored to tell some of these stories within this newsletter. Stories of individuals in their own words, stories of the care partners who give of their own time and the researchers taking strides forward. Each of these numbers is a unique story that must be told. We are proud to be part of the nearly half million care partners, we appreciate your support!

On behalf of the over 170,000 individuals living with Alzheimer’s in our region and ourselves and our children, is ours to create.

This year, the Native American Wellness Collaborative hosted a presentation for health care providers about chronic diseases and cultural considerations of diabetes and Alzheimer’s disease. The number of American Indians and Alaska Natives living with Alzheimer’s disease continues to propagate. In Arizona, the Native American Wellness Collaborative is part of the reversal of a dramatic rise in the number of cases of Alzheimer’s disease.

Report confirms what we have seen: Alzheimer’s disease is a growing crisis. Study finds that the number of cases could triple to 11.9 million by 2050. That is why it has never been more important that we highlight the faces and stories that comprise these numbers. Each of these facts and figures represents a person’s life. Each of these numbers is a unique story that must be told. We are honored to tell some of these stories within this newsletter. Stories of individuals in their own words, stories of the care partners who give of their own time and the researchers taking strides forward.

To learn more about how you can get involved to support the fight against Alzheimer’s disease, please visit alz.org/dsw.

SOUTHERN AZ

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

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

GREEN VALLEY / SAHUARITA
Green Valley Community Church
1st Monday – 10:00 pm
Lutheran Church of the Risen Savior
2nd & 4th Wednesday – 10:00 am
September – April

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

NOGALES
Southeast AZ Area Health Education Ctr
2nd Friday – 10:00 am
Spanish language group

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

SAFFORD
SEACUS
2nd Thursday – 1:30 pm

SAN MANUEL
Sun Life Health Care Center
3rd Wednesday – 10:00 am
October – April

SOUTHERN NV

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

HENDERSON
Barbara Greenspan Women’s Care Ctr
4th Tuesday – 4:30 pm

LAS VEGAS
Aging and Disability Services Division
4th Thursday – 10:00 am
Spanish Language Group
Centennial Hills Adult Center
1st & 3rd Monday – 1:00 pm
Doolittle Community Center
4th Saturday – 10:30 am
H2U Mountain View
3rd Tuesday – 10:00 am
Stupak Community Center
1st Tuesday – 6:30 pm
3rd Saturday – 10:00 am

Por Un Arizona Unido
3rd Tuesday – 10:00 am
Spanish language group

TMC Senior Services
2nd Wednesday – 5:00 pm
Younger onset care partners

TMC Senior Services
1st & 3rd Thursday – 10:30 am
Our Saviour’s Lutheran Church
3rd Tuesday – 10:30 am
Care partners & persons with dementia
Veteran’s Administration Hospital
2nd Friday – 3:00 pm
Wheeler Taft Abbott Senior Library
4th Wednesday – 10:30 am

YUMA
American Veterans Post 330
1st & 3rd Friday – 10:30 am

LAUGHLIN
Laughlin Library
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

This listing is subject to change. Please call your regional office or visit our website for more information.

alz.org/dsw
MARK YOUR CALENDAR

FRIDAY, APRIL 12
Alzheimer’s Education Conference
Tempe, AZ

SUNDAY, APRIL 14
Wine to Remember
Tucson, AZ

TUESDAY, APRIL 23
Alzheimer’s Education Conference
Henderson, NV

SATURDAY, APRIL 27
RivALZ: Blondes vs. Brunettes
Phoenix, AZ

SATURDAY, JUNE 8
Wine to Remember
Las Vegas, NV

FRIDAY, JUNE 21
The Longest Day