MARK YOUR CALENDAR

MARCH 6, 2019
Tucson, AZ

MARCH 27, 2019
Prescott, AZ

APRIL 12, 2019
Tempe, AZ

APRIL 23, 2019
Henderson, NV

STAY INFORMED — VISIT ALZ.ORG/E-NEWS TO SIGN UP FOR OUR WEEKLY E-NEWSLETTER

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Kat Hartley, of Las Vegas, advocates for Alzheimer’s funding

alzheimer’s association®
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WINTER 2019

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Dear Friends,

The advent of the New Year is a time of hope and reflection for me. The calendar changes, and we take stock of the year gone while seeing a wealth of possibilities in a blank year ahead.

Reflecting on 2018, I am encouraged by the progress we have made in empowering and supporting individuals affected by Alzheimer’s disease. Awareness of the disease has grown; government funding for research has increased; and the number of people we have served has expanded. This is work I look forward to building upon in 2019.

Volunteers are the life blood of our organization. The things we each do when volunteering may seem small in the moment: serving meals to the homeless, adopting an angel tree family, advocating with your elected official. Yet, when you step back and see all of these actions working together, they truly make a massive impact in improving lives.

In this newsletter you will read the stories of some of our volunteers. Stories that illustrate their connection to the disease. Stories that show their commitment to the mission. Stories that, perhaps, are not unlike your own. Each person channeled their individual journey into action. From their journey arose a purpose: joining the fight to end Alzheimer’s.

If you’re like me, weighing resolutions for the new year ahead, consider joining this purpose: joining the fight to end Alzheimer’s.

Together, we can change the trajectory and reclaim the future for millions.

Many thanks,

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.
SUPPORT GROUPS

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

CENTRAL AZ

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

PHOENIX
Barrow Neurological Institute
1st Thursday – 7:00 pm

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. Therese Catholic Church
Last Tuesday – 4:00 pm

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

SCOTTSDALE
Grandview Senior Center
1st Monday – 10:00 am

La Casa de Cristo Lutheran Church
2nd Thursday – 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 – 3:30 pm

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

Sun Health Research Institute
Mondays – 1:30 pm
January 7 - April 8
Care Partner & Person w/ Early Stage
Please call 602 528 0545 before attending

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

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

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

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

NORTHERN AZ

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

COTTONWOOD
Verde Valley Presbyterian Church
1st 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
Linenger 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

I AM A HISPANIC WOMAN STRUGGLING IN MY ROLE AS CAREGIVER TO MY MOM. I DON’T FEEL SUPPORTED BY MY FAMILY AND I DON’T KNOW WHAT TO DO. WHAT ADVICE CAN YOU GIVE ME AS I NAVIGATE THESE FAMILIAL CHALLENGES?

The more we recognize the diversity within our community, the more possibilities we have to be culturally competent and responsive when providing services. Generally, many Latino/Hispanic immigrants and families aren’t comfortable sharing their problems with others. Sometimes they don’t even tell other family members.

There are many reasons for taking on the caregiving responsibility all by yourself. Maybe you feel a personal responsibility or feel no one else would be able to provide the care like you can. This often leaves the caregiver feeling isolated or burnt out. The Alzheimer’s Association can assist in “bridging the gap” with support, education, resources and the understanding that you are not alone.

I recently had a phone conversation with a client who was frustrated with her caregiving responsibilities and was noticing to find time for herself. I told her that her well-being was just as important as the well-being of her loved one. There was silence ahead of her emotional reply, “Nobody told me that before.”

As a caregiver, you may feel like the caregiving responsibilities fall to you primarily. This assumption may be causing some of your stress, frustration, and lack of communication with your family. The negative messages in your mind will make the situation worse and more difficult for you and your family.

You are not alone. In my experience, when a family is on the same page, they support each other.

Here are some recommendations: First, focus on health, care, and safety needs of the person with memory loss and not on personal disagreements. Express your feelings to your family members and focus on the present situation.

Be sure to ask for help. You will be surprised how many people want to help, even people outside the family. Take time to enjoy the process of feeling better with less stress: exercise, meditate, relax. You also may want to attend a support group. Participants not only share experiences, they share resources and strategies that may be helpful.

The Alzheimer’s Association Helpline is open 24/7 and Family Care Consultation services are available for you and your family as many times as you need. All these services will contribute positively in your role as a caregiver and assist you and your family in navigating this journey.

ABOUT THE EXPERT

Graciela Mera is a Family Care Consultant located in the Desert Southwest Chapter Central Arizona. Graciela is bilingual, focused on serving diverse communities impacted by dementia in Arizona.

Graciela has a Master’s degree in Sociology from the Universidad Nacional Autonoma de Mexico-UNAM in Mexico City, Mexico. She has utilized her Sociology background in the prevention, education and research arena for over 25 years.

Graciela is also a member of the Isaac Community in Action Coalition, which is focused on youth prevention programs in the Maryvale area.

ASK THE EXPERT

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.

MediAlert® + 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.

PROGRAMS FOR YOU

CarePRO
Multi-week education and skills-based training for care partners.

EPIC
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
I first met the face of Alzheimer’s disease when I was 6 years old. With the exuberance of a young child anticipating gifts, I eagerly went to the train station with my father to greet my traveling grandparents. They had been on a long journey across America. When my grandfather embraced my Dad, he didn’t shine with the usual joyous “Hartley” enthusiasm. Instead, he had a confused look and said, “Sonny boy, sonny boy, Where am I? I don’t know where I am.” My Dad, bewildered at such a question replied, “What do you mean Dad? You’re home! You’re home!” My grandfather at that time was 58 years old. This encounter began my long relationship with Alzheimer’s disease.

His illness, undiagnosed and baffling to all, quickly took my grandfather. Robbed too early of our great patriarch, we recovered as family and resumed with our lives. But, in my 20’s, “It” gradually and insidiously reappeared in the face of my grandmother. Hers, a much different, longer course, ate away generations of financial success, and personality were sequentially taken in a wave of disease denial, deterioration and seaside funerals. Ironically during that period, I worked at the FDA on investigational drugs for Alzheimer’s disease. As fortuitous as that may sound, I helplessly knew there were no Alzheimer’s cures, in the near or distant future secretly hiding within the federal governments’ walls.

In my 30’s, 30’s and 40’s Alzheimer’s disease appeared in hideous batches - attacking the four men my grandparents so lovingly raised. My Uncle and my Dad, very close in age and personality were sequentially taken in a wave of disease denial, deterioration and seaside funerals. Valdosta, lost her mom, Rose, to dementia. Rose received a dual diagnosis of Alzheimer’s disease and Vascular dementia in 2012. It is not uncommon to receive a dual diagnosis. Her mom is one of many family members who have died from the disease. Now, Kathy hopes to help other families navigating a dementia diagnosis.

It has been two years since Kathy Marzec, of Prescott Valley, lost her mom, Rose, to dementia. Rose received a dual diagnosis of Alzheimer’s disease and Vascular dementia in 2012. It is not uncommon to receive a dual diagnosis. Her mom is one of many family members who have died from the disease. Now, Kathy hopes to help other families navigating a dementia diagnosis.

“Something has got to change” I demanded of congress, researchers, care institutions and, even me. We can’t just passively standby and witness future generations wither from this cruel disease. Now at 50, and with other family members facing this “way more than forgetting things” disease, I have returned to the FDA on investigational drugs for Alzheimer’s disease. As fortuitous as that may sound, I helplessly knew there were no Alzheimer’s cures, in the near or distant future secretly hiding within the federal governments’ walls.

In my 40’s, a series of painful, life changing events compelled my need to “do something” positive. After an evening of surfing the web, I began my pathway to healing by volunteering for the Alzheimer’s Association as an advocate. “Go to Congress and tell your story,” they said and so I did.

Being from Nevada, I first found myself in the historic office of Senator Harry Reid. Although nervous and intimidated, the strong voices of my family members began to emerge as I told my story. “Something has got to change!” demanded of congress, researchers, care institutions and, even me. We can’t just passively standby and witness future generations wither from this cruel disease.

In 2013, Kathy began volunteering with the Association shortly after her mom’s diagnosis, committing herself to raising awareness for a cause so close to her heart. Kathy has been a little easier if I had known then what I’ve learned the past 6 years as a volunteer for the Alzheimer’s Association,” says Kathy.

Kathy began volunteering with the Association shortly after her mom’s diagnosis, committing herself to raising awareness for a cause so close to her heart. Kathy has done everything from events to giving educational presentations in the community.

“I will do just about anything to help people who are in the early stages of the disease and caregivers of people at any stage of the disease get through this journey with support. No one should go through this disease alone!”
When I began my advocacy journey, Congress deemed $425 million as enough for Alzheimer’s disease research funding. Not even close. Due to the sea of purple advocates across the country, in the last few years Congress approved historic increases in Alzheimer’s funding. This year, Alzheimer’s funding at NIH will receive $2.3 billion.

Cheers to the many advocates who’ve raised their voices! Advocacy is a way forward to heal losses and help the future of others. I remain committed to my lifetime relationship with Alzheimer’s disease; but now as a fighter.

Katurah “Kat” Hartley, is a Project Manager II for Cleveland Clinic Lou Ruvo Center for Brain Health HealthyBrains Initiative. Kat, a University of NC Tar Heel and Pharmacy graduate, previously worked as a Project Manager at the Food & Drug Administration in the Division of Neuropharmacological Drug products. At the FDA, she was a member of the Alzheimer’s Assessment team and was involved with the development and approval of Alzheimer’s drug products. Her career at Cleveland Clinic Lou Ruvo Center for Brain Health began as a volunteer before becoming a member of the research team. Kat has been an active and passionate advocate for Alzheimer’s research funding and legislation for the Alzheimer’s Association since 2011.

Arizona and Nevada have the second and third fastest growth rates for Alzheimer’s disease in the country. Conquering Alzheimer’s is as much a matter of public policy as scientific discovery, and we need your help to change the future of this devastating disease.

As an advocate, you will be invited to engage public officials and policymakers in a variety of ways, urging their support for critical Alzheimer’s legislation and policy changes at the state and federal levels.

Whether you prefer sending emails to legislators, posting updates to Facebook, or hosting events or even meeting in-person with your elected officials, there are many ways you can make a difference as an Alzheimer’s Association Desert Southwest Chapter Advocate.

If you are interested in learning more about Alzheimer’s advocacy, please contact James Fitzpatrick at 602.528.0545, or jfitzpatrick@alz.org.

Together, we will end Alzheimer’s disease!
On a sunny afternoon back in November 2013, Sandralee Valencia, a lifelong resident of Tucson, watched intently as her father pushed her mother’s wheelchair through Reid Park. Despite the pleasant fall weather, this was more than an ordinary stroll for the Valencia family. They had come to participate in the Walk to End Alzheimer’s and from the sidelines, an onlooker might not have guessed how much the disease had affected their tight-knit unit. “It was the first time I had seen my dad helping my mom in a long time,” says Valencia.

For more than a decade, the roles had been reversed, her mother, Tomasa, had been her father’s primary caregiver since his diagnosis with Alzheimer’s disease in 2001. Earlier that year, in February 2013, the family had made the difficult decision to transfer her father, Juan, to a facility on his recommendation of his doctor. In the many days leading up to the Walk, the Desert Southwest Chapter of the Alzheimer’s Association, had approached her dad’s condition. “At first we felt like we were the only people struggling with this disease. We felt so isolated and helpless,” says Valencia. “We were so grateful to discover we weren’t alone.” Dealing with Alzheimer’s can be frightening and challenging. “As my dad’s condition progressed, we had to learn a new way of communicating with him,” she says. “Everything had changed.”

After losing her mother in 2014, Valencia decided to take time off from her job at the Tucson Indian Center in 2015 to spend more time with her father. Two months later, her father passed away on Thanksgiving evening. Looking back at her experiences with the Alzheimer’s Association, she decided to start volunteering not only in the memory of her father, but of her mother’s as well.

For the past three years, she has spent her Friday mornings putting together pamphlets or running workshops at places like a local RV park and the Tucson Indian Center. She has also become more involved in the planning of the Walk to End Alzheimer’s and headed up this year’s logistics. “The Alzheimer’s Part the Cloud funding also will allow us to advance our work in developing a regenerative therapy for Alzheimer’s,” Dr. Brinton said. “We are excited to start the clinical trial pilot study of allopregnanolone.”

A naturally occurring brain steroid, allopregnanolone promotes the regeneration of brain cells. Dr. Brinton’s research has demonstrated that it can reduce Alzheimer’s pathology in the brain and restore cognitive function.

The pilot study will involve participants in Dr. Brinton’s initial trial of allopregnanolone and will serve as a bridge to a future, larger clinical trial at sites throughout the Southwest.

In Arizona, a 43-percent increase in Alzheimer’s disease is expected by 2025, according to the Alzheimer’s Association. In just 7 years, as many as 200,000 Arizonans age 65 and older will be living with the disease, which disproportionately affects women.

Participation in clinical trials can be difficult for Alzheimer’s patients and their caregivers due to time and travel issues, especially in rural areas.

“The Alzheimer’s Part the Cloud funding also will allow us to determine the feasibility of several innovations to reduce the burden of clinical trial participation and to determine the sensitivity of novel tools to assess the activities of daily living and sleeping patterns,” Dr. Brinton noted.

Dr. Brinton, who joined the UA Health Sciences in May 2016 from the University of Southern California, serves as inaugural director of the UAHS Center for Innovation in Brain Science. She also is a professor of pharmacology and neurology at the UA College of Medicine – Tucson.

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“The Center was created to address the challenge that today, no neurodegenerative disease has a cure,” Dr. Brinton said. “Our team of researchers and clinicians is advancing the power of precision medicine to develop personalized therapeutics for brain disorders caused by disease, genetics, aging or trauma.” Novel, multidisciplinary approaches to Alzheimer’s, Parkinson’s, multiple sclerosis and amyotrophic lateral sclerosis (ALS) are being advanced through the Center’s research, clinical practice interventions, education and community collaborations.

“One therapeutic won’t work for everyone,” Dr. Brinton noted. “In Alzheimer’s and dementia, we need to take precision medicine and develop treatments, therapies or drugs that address the targets in women and men at each stage of these diseases.”

The quest to restore cognitive function for those with Alzheimer’s disease is moving forward in Arizona, thanks to funding from the Alzheimer’s Association.

Robertia Diza Brinton, PhD — a leading neuroscientist in the field of Alzheimer’s disease, the aging female brain and regenerative therapeutics at the University of Arizona Health Sciences in Tucson — is one of six international researchers awarded $1 million, two-year grants by the association in October.

The funding is under the association’s Part the Cloud to RESCUE (REverse, reStore, Cease and UndErstand) Brain Cell Degeneration in Alzheimer’s Disease program, whose goal is to discover effective drugs for people with early stage Alzheimer’s disease and other dementias.

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“One therapeutic won’t work for everyone,” Dr. Brinton noted. “In Alzheimer’s and dementia, we need to take precision medicine and develop treatments, therapies or drugs that address the targets in women and men at each stage of these diseases.”
When we first got the diagnosis, we really didn’t know what would happen when people found out and worried about the stigma. For Valencia, one of the most difficult issues was watching her father’s personality change.

“Growing up, my father was an easy-going man with a great sense of humor,” says Valencia. “He got along with everyone, he always had a joke and everyone loved him.” However, as the disease progressed his personality changed drastically. “He became a person we didn’t even know. It was like a switch had been flipped. He angered easily and would become aggressive,” she says. Changes in mood and personality are among the 10 early signs and symptoms of the disease.

Valencia, who is a part of the Pascua Yaqui tribe, found answers and support which helped change how they approached her dad’s condition. “At first we felt like we were the only people struggling with this disease. We felt so isolated and helpless,” says Valencia. “We were so grateful to discover we weren’t alone.” Dealing with Alzheimer’s can be frightening and challenging. “As my dad’s condition progressed, we had to learn a new way of communicating with him,” she says. “Everything had changed.”

For more than a decade, the roles had been reversed, her mother, Tomasa, had been her father’s primary caregiver since his diagnosis with Alzheimer’s disease in 2001. Earlier that year, in February 2013, the family had made the difficult decision to transfer her father, Juan, to a facility on the recommendation of his doctor. In the many days leading up to the Walk, the Desert Southwest Chapter of the Alzheimer’s Association had been an important part of their journey with the disease.

“My father first started showing early signs when he was 65,” says Valencia. “It began with him having difficulty remembering his route at work as a health aide.” At the beginning, the family was fearful of what would happen when people found out and worried about the stigma. For Valencia, one of the most difficult issues was watching her father’s personality change.

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For the past three years, she has spent her Friday mornings putting together pamphlets or running workshops at places like a local RV park and the Tucson Indian Center. She has also become more involved in the planning of the Walk to End Alzheimer’s and headed up this year’s logistics committee. "It’s definitely work that brings healing," she says. "It puts a smile on my face when I can go in and help because they do so much to empower individuals and families dealing with the disease."

Since her father’s passing, Valencia has formed a team with her best friends, Tiffany, Vivian, and Mary, who walk under the name Rain Walkers for Chico Yuku. "Yuku is our family’s native name which translates to ‘rain’ and my father’s middle name was Francisco, so a lot of people knew him as Chico.” For her, that is exactly how he will be remembered, as the man who bravely served his country in the military, was a devoted father and who taught her the indelible value of kindness in the face of struggle.
When I began my advocacy journey, Congress deemed $425 million as enough for Alzheimer’s disease research funding. Not even close. Due to the sea of purple advocates across the country, in the last few years Congress approved historic increases in Alzheimer’s funding. This year, Alzheimer’s funding at NIH will receive $2.3 billion. Cheers to the many advocates who’ve raised their voices! Advocacy is a way forward to heal losses and help the future of others. I remain committed to my lifetime relationship with Alzheimer’s disease; but now as a fighter.

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Together, we will end Alzheimer’s disease!

► continued from page 4
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My Dad said, after visiting her for what would be the last time, “she resembles a shriveled monkey. She’s 90 pounds, only speaks Hungarian and is tied to the bed time, “she resembles a shriveled monkey. She’s 90 pounds, only speaks Hungarian and is tied to the bed.” My grandfather. Robbed too early of our great patriarch, we ended in a traumatic and horrifying state of “just existing.”

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In my 40’s, a series of painful, life changing events compelled my need to “do something” positive. After an evening of surfing the web, I began my pathway to healing and finding answers for the lack of treatment options. Instead, I helped to bring awareness to this devastating disease.

In 2012, Kathy Marzec, of Prescott Valley, lost her mom, Rose, to dementia. Rose received a dual diagnosis of Alzheimer’s disease and Vascular dementia in 2012. It is not uncommon to receive a dual diagnosis. Her mom is one of many family members who have died from the disease. Now, Kathy hopes to help other families navigating a dementia diagnosis.

“My mother’s journey was a long, difficult one that could have been a little easier if I had known then what I’ve learned the past 6 years as a volunteer for the Alzheimer’s Association,” says Kathy. Kathy began volunteering with the Association shortly after her mom’s diagnosis, committing herself to raising awareness for a cause so close to her heart. Kathy has done everything from events to giving educational presentations in the community.

“I will do just about anything to help people who are in the early stages of the disease and caregivers of people at any stage of the disease get through this journey with support. No one should go through this disease alone!”

HELPING THROUGH EDUCATION

It has been two years since Kathy Marzec, of Prescott Valley, lost her mom, Rose, to dementia. Rose received a dual diagnosis of Alzheimer’s disease and Vascular dementia in 2012. It is not uncommon to receive a dual diagnosis. Her mom is one of many family members who have died from the disease. Now, Kathy hopes to help other families navigating a dementia diagnosis.

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ADVOCACY, continued on page 5
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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.

PEORIA
Payson 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
St. Therese Catholic Church Last Tuesday – 4:00 pm
The Phoenix Baptist Church 1st Wednesday – 3:00 pm
RIO VERDE
Verde Caras 1st Tuesday – 3:00 pm

SCOTTSDALE
Grandes Reflejo Senior Center 1st Monday – 10:00 pm
La Casa de Cristo Lutheran Church 2nd Wednesday – 7:00 pm
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 Health Research Institute Mondays – 1:30 pm
January 7 - April 9 Care Partner & Person w/ Early Stage Please call 602-528-0545 before attending

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
Wisconsin Regional Medical Center 1st Monday – 10:00 am

COTTONWOOD
Verde Valley Presbyterian Church 1st 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
Lingsparger 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

NORTHERN AZ

MESA
Red Mountain Active Adult Center 1st & 3rd Friday – 1:30 pm
Salvation Army Mesa Senior Corp 2nd & 4th Wednesday – 11:00 am
Sunland Village East 3rd Thursday – 1:00 pm

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

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

ALZHEIMER’S ASSOCIATION
CENTRAL AZ

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

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

ARIZONA CITY
Garden Harvest Community Center 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 2nd Monday – 6:00 pm

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

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
Supervision Facilities Baptist Church 1st & 3rd Tuesday – 2:00 pm

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

SUPPORT GROUPS – ASK THE EXPERT

I AM A HISPANIC WOMAN STRUGGLING IN MY ROLE AS CAREGIVER TO MY MOM. I DON’T FEEL SUPPORTED BY MY FAMILY AND I DON’T KNOW WHAT TO DO. WHAT ADVICE CAN YOU GIVE ME AS I NAVIGATE THESE FAMILIAL CHALLENGES?

The more we recognize the diversity within our community, the more possibilities we have to be culturally competent and responsive when providing services. Generally, many Latino/Hispanic immigrants and families aren’t comfortable sharing their problems with others. Sometimes they don’t even tell other family members.

There are always reasons for taking on the caregiving responsibility all by yourself. Maybe you feel a personal responsibility or feel no one else would be able to provide the care like you can. This often leaves the caregiver feeling isolated or burned out. The Alzheimer’s Association can assist in “bridging the gap” with support, education, resources and the understanding that you are not alone.

I recently had a phone conversation with a client who was frustrated with her caregiving responsibilities and was neglecting to find time for herself. I told her that her well-being was just as important as the well-being of her loved one. There was silence ahead of her emotional reply, “Nobody told me that before.”

As a caregiver, you may feel like the caregiving responsibilities fall to you primarily. This assumption may be causing some of your stress, frustration, and lack of communication with your family. The negative messages in your mind will make the situation worse and more difficult for you and your family.

You are not alone. In my experience, when a family is on the same page, they support each other.

Here are some recommendations: First, focus on health, care, and safety needs of the person with memory loss and not on personal disagreements. Express your feelings to your family members and focus on the present situation.

Be sure to ask for help. You will be surprised how many people want to help, even people outside the family. Take time to enjoy the process of feeling better with less stress: exercise, meditate, relax. You also may want to attend a support group. Participants not only share experiences, they share resources and strategies that may be helpful.

The Alzheimer’s Association Helpline is open 24/7 and Family Care Consultation services are available for you and your family as many times as you need. All these services will contribute positively in your role as a caregiver and assist you and your family in navigating this journey.

ABOUT THE EXPERT
Graciela Mera is a Family Care Consultant located in the Desert Southwest Chapter Central Arizona office.

Graciela is bilingual, focused on serving diverse communities impacted by dementia in Arizona.

Graciela has a Master’s degree in Sociology from the Universidad Nacional Autonoma de Mexico-UNAM in Mexico City, Mexico. She has utilized her Sociology background in the prevention, education and research arena for over 25 years.

Graciela is also a member of the Isaac Community in Action Coalition, which is focused on youth prevention programs in the Maryvale area.

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, self-care, support and friendship.

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.

Call US ANY DAY, ANY TIME...

800.272.3900
Dear Friends,

The advent of the New Year is a time of hope and reflection for me. The calendar changes, and we take stock of the year gone while seeing a wealth of possibilities in a blank year ahead.

Reflecting on 2018, I am encouraged by the progress we have made in empowering and supporting individuals affected by Alzheimer’s disease. Awareness of the disease has grown; government funding for research has increased; and the number of people we have served has expanded. This work I look forward to building upon in 2019.

Volunteers are the life blood of our organization. The things we each do when volunteering may seem small in the moment: serving meals to the homeless, adopting an angel tree family, advocating with your elected official. Yet, when you stop back and see all of these actions working together, they truly make a massive impact in improving lives.

In this newsletter you will read the stories of some of our volunteers. Stories that illustrate their connection to the disease. Stories that show their commitment to the mission. Stories that, perhaps, are not unlike your own. Each person channeled their individual journey into action. From their journey arose a purpose: joining the fight to end Alzheimer’s.

If you’re like me, weighing resolutions for the new year ahead, consider joining this fight. As you will read, together, our volunteers are key to us achieving our mission. Together, we can change the trajectory and reclaim the future for millions. Together, we can realize our vision of a world without Alzheimer’s disease.

Many thanks,

Dan Lawler
Executive Director
MARK YOUR CALENDAR

MARCH 6, 2019
Tucson, AZ

MARCH 27, 2019
Prescott, AZ

APRIL 12, 2019
Tempe, AZ

APRIL 23, 2019
Henderson, NV

ANNUAL EDUCATION CONFERENCES

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Kat Hartley, of Las Vegas, advocates for Alzheimer’s funding

alzheimer’s association

DESERT SOUTHWEST CHAPTER

WINTER 2019

602.528.0645
800.272.3900 24-Hour Helpline
800.392.0002 En Español

Change Service Requested

STAY INFORMED – VISIT ALZ.ORG/E-NEWS TO SIGN UP FOR OUR WEEKLY E-NEWSLETTER

follow us: @alzds

alz.org/dsw