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.”
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 answers about whether you have 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.”

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. Sabbath. “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. Sabbath smiles 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.”

“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.”

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.

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

Chapter Office & Central Arizona Region
340 E Palm Lane, Suite 230
Phoenix, AZ 85004
602.528.0545

Southern Arizona Region
1159 N Craycroft Rd
Tucson, AZ, 85712
520.322.6601

Northern Arizona Region
3111 Clearwater Dr, Suite A
Prescott, AZ, 86305
928.771.9257

Southern Nevada Region
5190 S Valley View Blvd, #104
Las Vegas, NV 89118
702.248.2770

The State of Dementia Research
Neurologist Dr. Marwan Sabbagh talks candidly about where the science is headed.
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.

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

Changing the Trajectory

Taking steps to reclaim the future for millions

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

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

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 your prayers, but when you meet her, you like her,” says John Cosden.

John and Judy share their first dance as husband and wife at a rock jetty at Ocean City, MD in the summer of 1967. The couple with their two sons, Geoff and Greg, sitting on a rock jetty at Ocean City, MD in the summer of 1985. John and Judy celebrate their 25th wedding anniversary. This picture taken at a surprise party thrown for them by their sons.

Joe and Judy's practical advice to any married couple is to “cherish the memories.”

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. She was diagnosed with Alzheimer’s disease.

No voices or messages arrived,” 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.

Timeline: John & Judy Cosden

1963
John, 17, and Judy, 15, at a Catholic youth picnic. This photo was taken about 2 weeks after the couple first met on June 7, 1963.

1967
The couple with their two sons, Geoff and Greg, sitting on a rock jetty at Ocean City, MD in the summer of 1985.

1992
John and Judy celebrate their 25th wedding anniversary. This picture taken at a surprise party thrown for them by their sons.

2016
April 2012 trip to London. Photo taken in Trafalgar Square standing at the base of the Admiral Horatio Nelson obelisk.

17 Saturday 2:00 pm
Dementia Conversations
Camp Verde Library
Camp Verde, AZ

26 Monday 9:30 am
Memory Cafe
Tempe Public Library
Tempe, AZ

28 Wednesday 12:30 pm
Dementia Conversations
Tucson Indian Center
Tucson, AZ

12 Tuesday 10:00 am
Holiday Prep & Travel Tips
Alzheimer’s Association Office
Phoenix, AZ

14 Friday 1:30 pm
Healthy Living
Cardio & Aerobic Restaurant
Casa Grande, AZ

15 Saturday 12:30 pm
Dementia Conversations
Good Samaritan Village Towne
Prescott, AZ

17 Monday 10:00 am
Healthy Living
Desert West Senior Center
Phoenix, AZ

19 Wednesday 11:00 am
Dementia Conversations
Good Samaritan Village Towne
Prescott, AZ

19 Wednesday 1:30 pm
Legal & Financial Planning
Casa Coleman Senior Center
Las Vegas, NV

19 Wednesday 3:30 pm
Understanding Alzheimer’s & Dementia
Thrive Wellness Center
San Diego, CA

31 Monday 9:30 am
Memory Cafe
Tempe Public Library
Tempe, AZ
I stare at the heartless handwriting therein...my heart flinches from its sharp scrawl.

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

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 platform, “I promise a recovery that will include all Americans.”

Music and art can enrich the lives of people with Alzheimer’s.

The Handwriting on the Wall

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

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 platform, “I promise a recovery that will include all Americans.”

Music and art can enrich the lives of people with Alzheimer’s.

The Handwriting on the Wall

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

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 platform, “I promise a recovery that will include all Americans.”

Music and art can enrich the lives of people with Alzheimer’s.

The Handwriting on the Wall

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

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 platform, “I promise a recovery that will include all Americans.”

Music and art can enrich the lives of people with Alzheimer’s.

The Handwriting on the Wall

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

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 platform, “I promise a recovery that will include all Americans.”

Music and art can enrich the lives of people with Alzheimer’s.

The Handwriting on the Wall

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

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 platform, “I promise a recovery that will include all Americans.”

Music and art can enrich the lives of people with Alzheimer’s.

The Handwriting on the Wall

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

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 platform, “I promise a recovery that will include all Americans.”

Music and art can enrich the lives of people with Alzheimer’s.

The Handwriting on the Wall

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

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 platform, “I promise a recovery that will include all Americans.”

Music and art can enrich the lives of people with Alzheimer’s.

The Handwriting on the Wall

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

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 platform, “I promise a recovery that will include all Americans.”

Music and art can enrich the lives of people with Alzheimer’s.

The Handwriting on the Wall

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

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 platform, “I promise a recovery that will include all Americans.”

Music and art can enrich the lives of people with Alzheimer’s.

The Handwriting on the Wall

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

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 platform, “I promise a recovery that will include all Americans.”

Music and art can enrich the lives of people with Alzheimer’s.

The Handwriting on the Wall

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

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 platform, “I promise a recovery that will include all Americans.”

Music and art can enrich the lives of people with Alzheimer’s.

The Handwriting on the Wall

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

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 platform, “I promise a recovery that will include all Americans.”

Music and art can enrich the lives of people with Alzheimer’s.

The Handwriting on the Wall

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

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 platform, “I promise a recovery that will include all Americans.”

Music and art can enrich the lives of people with Alzheimer’s.

The Handwriting on the Wall

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

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 platform, “I promise a recovery that will include all Americans.”

Music and art can enrich the lives of people with Alzheimer’s.
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 – 10:00 am

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

- **CHANDLER**
  - Chandler Reg Hospital
  - November 18th – 1:30 pm

- **FLORENCE**
  - Florence Recreation Center
  - 2nd & 4th Thursday – 5:30 pm

- **GILBERT**
  - First United Methodist Church of Gilbert
  - 1st & 3rd Wednesday – 1:00 pm

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

- **GOLD CANYON**
  - Supersition Foothills Baptist Church
  - 1st & 3rd Tuesday – 2:00 pm

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

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

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

  - Mesa Senior Center
  - 4th Friday – 10:00 am

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

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

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

  - Beavertails Campus
  - Every Saturday – 11:00 am

  - Younger Onset & Care Partner
  - September 15 – December 1

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

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

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

  - Golden Gate Community Center
  - 3rd Wednesday – 5:30 pm

  - Spanish Language Group

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

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

  - Granite Reef Senior Center
  - 1st Monday – 10:00 am

  - La Casa de Cristo Lutheran Church
  - 2nd Wednesday – 7:00 pm

  - 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 Saturday – 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**
  - Brookedale Senior Living
  - 3rd Wednesday – 6:00 pm

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

- **KINGMAN**
  - Kingman Regional Medical Center
  - Every Wednesday – 10:00 am

- **LAKEVIEW/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

- **SOUTHERN AZ**

- **CLIFTON**
  - Clifton Public Library
  - 2nd Monday – 1:30 pm

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

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

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

- **MARANA**
  - Wheeler Tuft Abbott Sr Library
  - 4th Wednesday – 10:30 am

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

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

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

- **SOUTHERN NV**

- **BOULDER CITY**
  - Nevada State Veterans Home
  - 4th Tuesday – 1:00 pm

  - Veteran’s Center of Boulder City
  - 2nd & 4th Wednesday – 1:00 pm

- **HENDERSON**
  - Barbara GreerEspen Women’s Care Ctr
  - 4th Tuesday – 4:40 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

### Support Groups (continued)

- **TUCSON**
  - C rising Business Center
  - 1st & 3rd Monday – 10:00 am

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

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

  - Veterans Administration Hospital
  - 2nd Tuesday – 10:30 am

- **VETERANS & SPOUSES**
  - Veterans Administration Hospital
  - 2nd Tuesday – 10:30 am

  - Veteran’s Administration Hospital
  - 2nd & 4th Wednesday – 5:00 pm

  - Younger on set care partners

### ABOUT OUR GROUPS

- Alzheimer’s Association® Desert Southwest Chapter offers a variety of specialized Support Groups. From general community to Veteran’s to Early Stage, our groups are ready to help you along your journey.

- 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

- 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.

- www.alz.org/dsw

- www.azl.org/6sw

Evidence suggests a heart-healthy diet protects the brain.

Regular exercise is beneficial in lowering Alzheimer’s risk.
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**
  - Caliche Adult Day Club
    - 4th Wednesday – 1:00 pm

- **Chandler**
  - Chandler Reg Hospital, Morrison Bldg

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

- **Mesa**
  - Mesa Active Adult Center
    - 2nd & 4th Thursday – 1:00 pm

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

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

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

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

**Northern AZ**

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

- **Flagstaff**
  - Brookdale Senior Living
    - 3rd Wednesday – 10:00 am

- **Cottonwood**
  - Verde Valley Medical Center
    - 1st & 3rd Wednesday – 1:30 pm

- **Coconino**
  - Lingenfelter Center
    - 2nd & 4th Tuesday – 10:00 am

- **Glendale**
  - Desert Mission Methodist Church
    - 2nd & 4th Wednesday – 10:00 am

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

- **Mesa**
  - Mesa Active Adult Center
    - 2nd & 4th Thursday – 1:00 pm

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

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

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

**Southern AZ**

- **Boulder City**
  - Nevada State Veterans Home
    - 4th Tuesday – 1:00 pm

- **Henderson**
  - Barbara Greeneway Women’s Care Ctr
    - 4th Tuesday – 4:30 pm

- **Las Vegas**
  - Alzheimer’s Association Office
    - Fridays – 10:00 am
  - RSVP Early Stage & Care Partner

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

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

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

- **Tucson**
  - Caregiver Support Group
    - 1st & 3rd Monday – 2:00 pm

**Support Groups (continued)**

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

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

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

- **Temppe**
  - Tempe Lutheran Church
    - 2nd Saturday – 2:00 pm

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

- **Flagstaff**
  - Brookdale Senior Living
    - 3rd Wednesday – 10:00 am

- **Cottonwood**
  - Verde Valley Medical Center
    - 1st & 3rd Wednesday – 1:30 pm

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

- **Prescott**
  - Prescott United Methodist Church
    - 2nd & 4th Tuesday – 4:30 pm

- **Sierra Vista**
  - Sierra Vista Library
    - 4th Thursday – 1:30 pm

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

- **Tucson**
  - Caregiver Support Group
    - 1st & 3rd Monday – 2:00 pm

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

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

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

- **Tempe**
  - Tempe Lutheran Church
    - 2nd Saturday – 2:00 pm

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

- **Boulder City**
  - Nevada State Veterans Home
    - 4th Tuesday – 1:00 pm

- **Henderson**
  - Barbara Greeneway Women’s Care Ctr
    - 4th Tuesday – 4:30 pm

- **Las Vegas**
  - Alzheimer’s Association Office
    - Fridays – 10:00 am
  - RSVP Early Stage & Care Partner

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

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

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

- **Tucson**
  - Caregiver Support Group
    - 1st & 3rd Monday – 2:00 pm

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

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

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

- **Tempe**
  - Tempe Lutheran Church
    - 2nd Saturday – 2:00 pm

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

- **Boulder City**
  - Nevada State Veterans Home
    - 4th Tuesday – 1:00 pm

- **Henderson**
  - Barbara Greeneway Women’s Care Ctr
    - 4th Tuesday – 4:30 pm

- **Las Vegas**
  - Alzheimer’s Association Office
    - Fridays – 10:00 am
  - RSVP Early Stage & Care Partner

- **Mesquite**
  - Mesquite Senior Center
    - 2nd Tuesday – 2:00 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.

- **Evidence suggests a heart-healthy diet protects the brain.**
  - www.alz.org/dsw

- **Regular exercise is beneficial in lowering Alzheimer’s risk.**
  - www.alz.org/dsw

**About Our Groups**

Alzheimer’s Association® Desert Southwest Chapter offers a variety of specialized Support Groups. From general community to Veteran’s to Early Stage, our groups are ready to help you along your journey.

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

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 at alz.org/dsw for more information.
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.

I shudder...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.

While John knows what the future holds for his beloved Judy, he is unwavering in his belief that love never dies.

Alzheimer’s accounts for 60-80% of dementia cases.

---

At an interaction, I drive past a man holding a soiled sign, “Homeless...” a cardboard wall for all to see.

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

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

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.”

I shuffle up our sidewalk, pause at the front door; readying my smile, I wince at the paint peeling on the garage’s side wall.

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.”

Music and art can enrich the lives of people with Alzheimer’s.

---

The Handwriting on the Wall

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

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

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

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.”

I shuffle up our sidewalk, pause at the front door; readying my smile, I wince at the paint peeling on the garage’s side wall.

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.”

Music and art can enrich the lives of people with Alzheimer’s.

---

The Handwriting on the Wall

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

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

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

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.”

I shuffle up our sidewalk, pause at the front door; readying my smile, I wince at the paint peeling on the garage’s side wall.

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.”

Music and art can enrich the lives of people with Alzheimer’s.
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.”

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 1965 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.

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 celebrate their 25th wedding anniversary. This picture taken at a surprise party thrown for them by their sons.”

Education can help lower Alzheimer’s risk.

“Educate yourself on Alzheimer’s disease, treatment, and much more. 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.”

Dementia Conversations
Determine whether he had a vocation to be a priest.  “That
No voices or messages arrived,” says John.

Prep in Phoenix for a number of years. In 2010, at age 62, she
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 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.

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 celebrate their 25th wedding anniversary. This picture taken at a surprise party thrown for them by their sons.”

Education can help lower Alzheimer’s risk.

“Educate yourself on Alzheimer’s disease, treatment, and much more. 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.”

**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 your 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.
Volunteer Opportunities

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.

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

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 skill-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

Changing the Trajectory

Taking steps to reclaim the future for millions

Desert Southwest Chapter

Mary Sasowski sits in the reception area of WAX Hair Removal Bar in Las Vegas, waiting for her daughter to finish up with work. “She will usually break out into a song, hug our customers or simply speak in her first language, Polish, to clients checking out,” says Luba Sasowski.

Luba is the only child of Fedor and Mary Sasowski. Fedor passed away when Luba was just 15. “My mother became my closest friend,” admits Luba. “She was an immigrant to this country at the age of 30. She was stubborn, very hard working and the life of any party she joined. She taught me to be strong, independent and always laugh. She is my world and I was hers.”

Fifteen years after Luba’s dad passed away, Luba’s mother, Mary, was diagnosed with dementia. Luba is now 38, her mom is 73. “Her mind is deteriorating in front of my eyes. She seems lost like a child - confused by her familiar surroundings. Dementia was her diagnosis with no known cure. I had to accept that she was never going to be the woman I once strived to become, the woman who is my world, a woman who is now in her own world.”

Luba knows her mom’s fate, but she believes the future can be different for millions of others.

“We at WAX have joined forces with the Alzheimer’s Association® in raising money and awareness for the cause,” says Luba. “There is still so much unknown about these diseases and without that knowledge, a cure can’t be discovered.”

The Alzheimer’s Association® is the largest non-profit funder or research in the world. To date, the Alzheimer’s Association® has awarded in excess of $410 million dollars to more than 2,700 projects.

“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.

Join Luba in the fight to end Alzheimer’s by registering for a Walk to End Alzheimer’s® near you. Visit alz.org/walk to sign up or text “ALZWALK” to 51555.

Your contribution helps ensure the continuation of groundbreaking work in finding treatments and cures for this disease.

Your support also provides programs and services to the 170,000 individuals with Alzheimer’s and their care partners living in our region.

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

Chapter Office & Central Arizona Region
340 E Palm Lane, Suite 230
Phoenix, AZ 85004
602.528.0545

Southern Arizona Region
1159 N Craycroft Rd
Tucson, AZ 85712
520.322.6601

Northern Arizona Region
3111 Clearwater Dr, Suite A
Prescott, AZ 86305
928.771.9257

Southern Nevada Region
5190 S Valley View Blvd, #104
Las Vegas, NV 89118
702.248.2770

The State of Dementia Research

Neurologist Dr. Marwan Sabbagh talks candidly about where the science is headed

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 or in development 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.

“When the disease becomes 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.”

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 for their looking for, the cutting edge research they are 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.
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 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.