A Legacy of Love

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 caregiver can take alone. In Emily's family, care was provided by over a dozen family members. Emily was among them.

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

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

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

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

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

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

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

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

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

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

Emily Broughton embraces her grandmother, Barbara, in 2017.
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 flier. 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
602.528.5045

Northern Arizona Region
3118 Cesar Chavez Dr. Suite A Prescott, AZ 86305
928.444.2578

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

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 transformed into a chronic disease— the drugs will either be discovered in tested in Arizona or Las Vegas.”

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

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

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

“The Center is well known in the region and in the world for great care in Alzheimer’s neurodegenerative diseases,” says Dr. Sabbagh. “We have one of the best research portfolios in the country.”

Dr. Sabbagh 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.”

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.”

The Desert Southwest Chapter strives to provide the latest in research information. To learn more information on Alzheimer’s research, visit us online at www.alz.org/research

PHOTO CREDIT: Jérôme Brunet

New study: Lowering blood pressure reduces dementia risk.
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 alz.org/dsw/volunteer.

Volunteers 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.

From home care to assisted living, Cynthia and Jessica saw not only the emotional toll — but the financial toll Alzheimer’s takes on the family.

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

Desert Southwest Chapter

Changing the Trajectory
Taking steps to reclaim the future for millions

Programs for YOU

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

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

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

Education Programs
Programs teach individuals the skills necessary to provide quality care to persons with dementia, and educate everyone about the disease.

MedicAlert® + Safe Return®
National identification and mobilization program that assists in the location and return of persons who wander.

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

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

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

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 and 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 for the 170,000 individuals with Alzheimer’s and their care partners living in our region.
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 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.

Education can help lower Alzheimer’s risk.

Desert Southwest Chapter

Education & Activity Calendar

Class Descriptions

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

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

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

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

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

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

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

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

Over the past six years, John has been steadfast in his devotion to Judy. He has used poetry as a way to express his deep affection, writing “Handwriting on the Wall” in 2014 about Judy’s Alzheimer’s. “I know but do not wish to acknowledge the disease that each day tears at my dearest’s brain, bleeding a shadowy script upon my heart,” writes John.

In June 2018, John retired from Xavier College Prep where he taught for 21 years so that he could focus his efforts on caring for Judy.

“My hope is that no other family will experience the loss of a loved one’s entire personhood because that individual was unfortunately the target of a heartless disease.”

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

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 a Spanish-language sign.

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On the TV, a politician mouths a Spanish-language sign.

The Handwriting on the Wall

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

“...for I am inextricably tied to Judy, entangled in her mussed hair, not only by merely watching her agitated hands rubbing her hair into loosely-formed curl-tangles but also by being ‘trapped’ by 24/7 care in our home, ever close to Judy’s bedside, her incessable ‘prison.’”

John Cosden

By John Cosden

Composed December 2014

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

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

The Handwriting on the Wall

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Composed December 2014

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### Support Groups

**Desert Southwest Chapter**

<table>
<thead>
<tr>
<th>Location</th>
<th>Group Name</th>
<th>Details</th>
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<tbody>
<tr>
<td>Payson</td>
<td>Payson Senior Center</td>
<td>1st &amp; 3rd Wednesday – 1:30 pm</td>
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<tr>
<td>Peoria</td>
<td>Peoria Community Center</td>
<td>2nd &amp; 4th Monday – 10:00 am</td>
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<tr>
<td>Phoenix</td>
<td>Barrow Neurological Institute</td>
<td>2nd Wednesday – 10:00 am</td>
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<tr>
<td>Surprise</td>
<td>Sun City Grand Recreation Center</td>
<td>2nd &amp; 4th Thursday – 10:00 am</td>
</tr>
<tr>
<td>Tempe</td>
<td>Tempe Lutheran Church</td>
<td>2nd Tuesday – 2:00 pm</td>
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<tr>
<td>Wickliffe</td>
<td>RMR Respite Care</td>
<td>1st &amp; 3rd Wednesday – 1:00 pm</td>
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<tr>
<td>Bullhead City</td>
<td>Western AZ Regional Medical Center</td>
<td>1st Monday – 10:00 am</td>
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<tr>
<td>Cottonwood</td>
<td>Verde Valley Medical Center</td>
<td>1st &amp; 3rd Wednesday – 10:00 am</td>
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<tr>
<td>Flagstaff</td>
<td>Brookdale Senior Living</td>
<td>3rd Wednesday – 6:00 pm</td>
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<tr>
<td>Kingman</td>
<td>Barlow Neurological Institute</td>
<td>2nd &amp; 4th Tuesday – 10:00 am</td>
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<tr>
<td>Lakeside</td>
<td>Sabina at White Mountains Senior Living</td>
<td>2nd Monday – 1:30 pm</td>
</tr>
<tr>
<td>Prescott</td>
<td>Prescott United Methodist Church</td>
<td>Every Monday – 10:00 am</td>
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<tr>
<td>Tucsan</td>
<td>Arizona State Veterans</td>
<td>2nd Tuesday – 2:00 pm</td>
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**Support Groups (continued)**

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<thead>
<tr>
<th>Location</th>
<th>Group Name</th>
<th>Details</th>
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<tbody>
<tr>
<td>Tucsan</td>
<td>Civano Business Center</td>
<td>1st &amp; 3rd Monday – 2:00 pm</td>
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<tr>
<td>Grace Health &amp; Healing Clinic</td>
<td>1st &amp; 3rd Saturday – 9:00 am</td>
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<tr>
<td>Our Saviour’s Lutheran Church</td>
<td>3rd Tuesday – 10:30 am</td>
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<tr>
<td>Pima Council on Aging Offices</td>
<td>2nd &amp; 4th Wednesday – 2:30 pm</td>
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<tr>
<td>Por Undas Un Arizona Unido</td>
<td>3rd Tuesday – 10:00 am</td>
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<tr>
<td>Spanish Language Group</td>
<td>TMC Senior Services</td>
<td>2nd Wednesday – 1:00 pm</td>
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<tr>
<td>Senior Action</td>
<td>3rd Tuesday – 10:30 am</td>
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<tr>
<td>TMC Senior Services</td>
<td>1st &amp; 3rd Thursday – 10:30 am</td>
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<tr>
<td>Veteran’s Administration Hospital</td>
<td>2nd Thursday – 3:00 pm</td>
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<tr>
<td>American Veterans Post 330</td>
<td>1st &amp; 3rd Friday – 10:30 am</td>
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**SOUTHERN AZ**

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<thead>
<tr>
<th>Location</th>
<th>Group Name</th>
<th>Details</th>
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<tbody>
<tr>
<td>Phoenix</td>
<td>Desert Southwest Chapter</td>
<td>2nd &amp; 4th Monday – 10:00 am</td>
</tr>
<tr>
<td>Tucson</td>
<td>Alzheimer’s Association Office</td>
<td>Fridays – 10:00 am</td>
</tr>
<tr>
<td>RSVP Early Stage &amp; Care Partner</td>
<td>Alzheimer’s Association Office</td>
<td>4th Thursday – 10:00 am</td>
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<tr>
<td>Alzheimer’s Association Office</td>
<td>3rd Wednesday – 10:00 am</td>
<td></td>
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<tr>
<td>H2O Mountain View</td>
<td>3rd Tuesday – 10:00 am</td>
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**SOUTHERN NV**

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<thead>
<tr>
<th>Location</th>
<th>Group Name</th>
<th>Details</th>
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<tbody>
<tr>
<td>Las Vegas</td>
<td>Alzheimer’s Association Office</td>
<td>4th Tuesday – 4:30 pm</td>
</tr>
<tr>
<td>Henderson</td>
<td>Barbara Greenway Women’s Care Ctr</td>
<td>4th Tuesday – 4:30 pm</td>
</tr>
</tbody>
</table>

**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.

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**Evidence suggests a heart-healthy diet protects the brain.**

**Regular exercise is beneficial in lowering Alzheimer’s risk.**
### Support Groups

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#### CENTRAL AZ

<table>
<thead>
<tr>
<th>Location</th>
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<tbody>
<tr>
<td>AHWATUKEE</td>
<td>Mountain View Lutheran Church 1st Saturday – 10:00 am</td>
</tr>
<tr>
<td>ANTHEM</td>
<td>Anthem Civic Building 4th Saturday – 10:00 am</td>
</tr>
<tr>
<td>ARIZONA CITY</td>
<td>Golden Harvest Cowboy Church 1st Tuesday – 1:00 pm</td>
</tr>
<tr>
<td>CASA GRANDE</td>
<td>Caliche Adult Day Club 4th Wednesday – 10:00 am</td>
</tr>
<tr>
<td>CHANDLER</td>
<td>Chandler Reg. Hospital Morrison Bldg 2nd Thursday – 5:30 pm</td>
</tr>
<tr>
<td>FLORENCE</td>
<td>Dorothy Nolan Senior Center 2nd Thursday – 10:00 am</td>
</tr>
<tr>
<td>GILBERT</td>
<td>First United Methodist Church of Gilbert 1st &amp; 3rd Friday – 1:30 pm</td>
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<tr>
<td>GLENDALE</td>
<td>Sarah’s Place at Glencroft Every Tuesday – 2:30 pm</td>
</tr>
<tr>
<td>GOLD CANYON</td>
<td>Superstition Foothills Baptist Church 1st &amp; 3rd Tuesday – 2:00 pm</td>
</tr>
<tr>
<td>GOODYEAR</td>
<td>Christ Evangelical Lutheran Church 1st &amp; 3rd Monday – 3:00 pm</td>
</tr>
<tr>
<td>MARICOPA</td>
<td>Copper Sky Recreation Complex 2nd Wednesday – 10:00 am</td>
</tr>
<tr>
<td>MESA</td>
<td>Mesa Active Adult Center 2nd &amp; 4th Tuesday – 10:00 am</td>
</tr>
<tr>
<td>SUN CITY</td>
<td>Red Mountain Active Adult Center 1st &amp; 3rd Friday – 2:00 pm</td>
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#### NORTHERN AZ

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<thead>
<tr>
<th>Location</th>
<th>Details</th>
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<tbody>
<tr>
<td>BULLHEAD CITY</td>
<td>Western AZ Regional Medical Center 1st Monday – 10:00 am</td>
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<tr>
<td>COTTONWOOD</td>
<td>Verde Valley Medical Center 1st &amp; 3rd Wednesday – 10:00 am</td>
</tr>
<tr>
<td>FLAGSTAFF</td>
<td>Broombale Senior Living 3rd Wednesday – 6:00 pm</td>
</tr>
<tr>
<td>KINGMAN</td>
<td>Longboat Center Every Tuesday – 10:00 am</td>
</tr>
<tr>
<td>LAKEWOOD / SHOW LOW</td>
<td>Sobrena at White Mountains Senior Living 2nd Monday – 1:30 pm</td>
</tr>
<tr>
<td>PRESCOTT</td>
<td>Prescott United Methodist Church Every Monday – 10:00 am</td>
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<tbody>
<tr>
<td>PRESCOTT VALLEY</td>
<td>Susan J Humes Adult Day Center Every Monday – 10:00 am</td>
</tr>
<tr>
<td>SEDONA</td>
<td>Sedona Methodist Church 1st &amp; 3rd Tuesday – 9:30 am</td>
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<tbody>
<tr>
<td>TUCSON</td>
<td>Cawino Business Center 1st &amp; 3rd Monday – 2:00 pm</td>
</tr>
<tr>
<td>LAUGHLIN</td>
<td>American Legion Post #60 3rd Thursday – 10:30 am</td>
</tr>
<tr>
<td>MESQUITE</td>
<td>Mesquite Senior Center 2nd Tuesday – 2:00 pm</td>
</tr>
<tr>
<td>PAHRUMP</td>
<td>Nye Communities Coalition 2nd &amp; 4th Wednesday – 10:00 am</td>
</tr>
<tr>
<td>SUMMERLIN</td>
<td>Desert Vista Community Center 1st &amp; 3rd Wednesday – 10:00 am</td>
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Evidence suggests a heart-healthy diet protects the brain.

Regular exercise is beneficial in lowering Alzheimer’s risk.
**Desert Southwest Chapter**

"...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."

John Cosden writing — November 4, 2017

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

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

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

On a singular day, I drive past a man holding a soiled sign, “Homeless...” a cardboard wait for all to see.

At work, I hear a colleague intone a platitude, “Let’s keep the Hair in Hanukkah.”

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

Handwriting dotted those lost flakes?

The Handwriting on the Wall

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

Alzheimer’s accounts for 60–80% of dementia cases.
“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,” says John. John and Judy were engaged in 1966 and married the following year. “God does not always answer the other,” says John.

John and Judy quickly discovered they shared the same love of fishing and boating. “I got her hooked,” says John. In 1968, they set sail for the Fallasburg area of Michigan, where they 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 have two sons, Greg and Geoff; and two grandchildren, Alexander and Annelise. They’ve celebrated decades of holidays, birthdays and anniversaries and enjoyed 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.

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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
John and Judy share their first dance as husband and wife at their wedding reception on September 16, 1967.

1985
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.

JUDY continued on page 5

Education can help lower Alzheimer’s risk.

Alzheimer’s typically progresses in three stages.

DECEMBER
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

11 Tuesday 12:30 pm Effective Communication Strategies Chino Valley Library Chino Valley, AZ
12 Wednesday 10:00 am Holiday Prep & Travel Tips Alzheimer’s Association Office Phoenix, AZ
14 Friday 3:00 pm Healthy Living Murphy Wellness Library Tucson, AZ
14 Friday 3:30 pm Memory Cafe Camp Verde Public Library Camp Verde, AZ
15 Saturday 2:00 pm Effective Communication Strategies Camp Verde Community Library Camp Verde, AZ
17 Monday 10:00 am Healthy Living Desert West Senior Center Phoenix, AZ *Spanish language
19 Wednesday 11:00 am Dementia Conversations Good Samaritan Village Tower Prescott, AZ
19 Wednesday 11:00 am Legal & Financial Planning Cora Coleman Senior Center Las Vegas, NV
19 Wednesday 1:30 pm Understanding Alzheimer’s & Dementia Thrive A Wellness Center San Ramon, CA
31 Monday 9:30 am Memory Cafe Tempe Public Library Tempe, AZ

Class Descriptions

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

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

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

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

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

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

NOTE: Listings are subject to change.

Please contact your Regional Office to RSVP for individual classes.

Visit alz.org/dsw for all educational opportunities and regular updates to these calendar listings.
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 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.

“If both girls are aware 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.

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

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

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

Education Programs
Programs teach individuals the skills necessary to provide quality care to persons with dementia, and educate everyone about the disease.

MedicAlert® + Safe Return®
National identification and mobilization program that assists in the location and return of persons who wander.

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

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

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

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

End Alzheimer’s® Desert Southwest Chapter
Changing the Trajectory
Taking steps to reclaim the future for millions

Mary Sasowski 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 customs 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 and 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/dsw 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 for 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.

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

alz.org/dsw
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 flier. 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

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.

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

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

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

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

New study: Lowering blood pressure reduces dementia risk.

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.

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

Dr. Sabbagh says he believes we’re moving away from a diagnosis of exclusion for Alzheimer’s— and moving toward guidelines for early and accurate diagnosis.

Marwan Sabbagh, MD
Las Vegas, NV

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

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

“Patients can get the very best care their looking for, the cutting edge research their looking for - and the best resources, all in the Desert Southwest region of the U.S.”
A Legacy of Love
Woman honors grandmother by raising Alzheimer’s awareness

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

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

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

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

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

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

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

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

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

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

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

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

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

Emily Broughton embraces her grandmother, Barbara, in 2017.