As a dementia caregiver, Carol represents the unsung heroes we fight for every day. As a volunteer, she leads that same fight. Feature story on page 8.
<table>
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<th><strong>NM CHAPTER ADVISORY BOARD</strong></th>
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<tr>
<td>Tracy Ayers</td>
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<td>President</td>
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<td>Brad Cates</td>
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<td>Vice President</td>
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<td>Sharon Deal</td>
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<td>Member</td>
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<td>Daniel Faulkner</td>
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<td>Member at Large</td>
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<td>Mary Galvez</td>
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<td>Carol I. Schaffer</td>
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<td>Past President</td>
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<td>Kiran Bhaskar</td>
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<td>Member</td>
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<td>David Bruner</td>
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<td>Dr. Lena Ernst</td>
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<td>Adrian Rodriguez</td>
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<td>Steve Shaw</td>
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**MISSION STATEMENT**

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.

**VISION**

A world without Alzheimer’s disease.

**NEW ADDRESS!**

6731 Academy RD. NE | Albuquerque, NM 87109 | (505) 266-4473

Note our Mailing Address is also 6731 Academy RD. NE, Albuquerque, NM 87109 (No PO Box)
We do not call dementia caregivers the “unsung heroes” for nothing. It’s a title they’ve earned in so many ways, not the least of which is the uncommon strength, compassion and selfless dedication they demonstrate, day in and day out, in the face of this public health crisis that, for them, has hit home.

As a volunteer instructor, I get to work directly with these amazing people when I teach the free “Skills for Dementia Caregiving” course. It’s no secret that being an unpaid family caregiver for a loved one with dementia is the toughest job in the world. It’s a strain in so many ways: mentally, physically, financially and emotionally.

When an exhausted family caregiver, under tremendous stress, finally reaches out to us for help, the last thing they want to talk about is education. That is, until they find out that classes like “Skills for Dementia Caregiving” can give them real, practical tools to help manage their situation. It can provide them with an understanding of the disease; help them to increase their skills and confidence; reduce their stress and teach them communication styles for dealing with challenging behaviors and equally important, to remind them to take care of their own health needs too.

As I write this, I’m teaching a “Skills” course every Wednesday. There are fifteen caregivers in it and every single day after class they express how truly grateful they are for the information and often repeat the phrase, “you don’t know what you don’t know!”

The toll on the family caregiver is just one of the many ways that Alzheimer’s disease has become a public health crisis. I can tell you first hand that this training has proven to be an extremely helpful resource. We know it works because caregivers never hesitate to tell us what a positive improvement it’s made on their lives. If you, or someone you know, could benefit from taking “Skills for Dementia Caregiving”, don’t wait any longer to reach out: (505) 266-4473.

Thank you,
Tracy Ayers

This last July, I had the honor of taking on the role of Executive Director for the New Mexico Chapter. For those of you I haven’t had the opportunity to meet in person yet, allow me to share with you that I have never seen an organization surrounded by such extraordinary community support. People really appreciate the work of the Alzheimer’s Association, and it shows in our volunteerism. So before I go any further: “Thank You!”

This was my first Walk season. This year, our chapter held eight Walk to End Alzheimer’s events across the state, along with a Caregiver Conference and a whole host of other fundraising and educational endeavors. It was an amazing experience, with a long list of revelations and observations to build upon as we prepare for the next wave of activity. One realization was undeniable, and that is that we simply could not achieve the full scope of our work in the community without the help of dedicated volunteers.

Whether they are Event & Committee Volunteers, Support Group Facilitators, Board Members, Community Educators, Advocates, or in other key roles, whether they are working in the office or in the field, their compassion inspires us all. They work hard, never hesitating to go the extra mile, all the while treating the people we serve with respect and kindness.

Volunteers strengthen our impact, extend our reach, and make us better and more effective as an organization. If you are driven to change the course of this crisis; if like so many of us, dementia has touched your family; if you are inspired to make a positive change in our state and in our world - then I encourage you to join our cause as a volunteer. You can make a difference in the fight to end Alzheimer’s disease. Call us at (505) 266-4473. We are currently seeking volunteer Board Members and Event Committee Members for Walk, Gala and Golf.

Thank you,
Tim Sheahan
The bad news is that Alzheimer’s disease is the nation’s most under-recognized threat to public health. The good news is that our nationwide advocacy program is rapidly changing that, which is why we are excited to announce the dates of the 2020 Advocacy Forum in our Nation’s Capitol.

Today, Alzheimer’s is the nation’s 6th leading cause of death and it is also America’s most expensive disease, costing an estimated $290 billion in 2019, with all stats set to skyrocket if left uncheck. The only thing that could significantly change this trajectory is a breakthrough in research: the discovery of a prevention, treatment or cure. That is why it is of the utmost importance that our elected leaders in Washington continue increasing the federal investment in research, along with care and support programs that can help families who are already affected by this crisis.

Our next big push to motivate our leaders into making this disease a national priority kicks off on March 22nd in Washington D.C., where thousands of volunteer advocates will come together at the Alzheimer’s Association Advocacy Forum.

Attendees get exclusive, in-depth analysis of the federal priorities of the Alzheimer’s Association and its D.C.-based advocacy arm, Alzheimer’s Impact Movement (AIM). Last year, we petitioned Congress to increase Alzheimer’s research funding by $350 million at the National Institutes of Health.

On the final day of the Forum, our volunteer advocates met with each of their state’s Senators and Representatives at their Capitol offices to ask for their support. The hard work paid off. The total $2.8 billion in research funding made available in the last budget bill included the full $350 million increase.

It’s a fact, the effectiveness of our advocacy strongly correlates with the growing participation at the Forum. It’s also a fact that, because of research, we know more about Alzheimer’s today than ever before. But because there is no cure, our advocacy must march on.

Our chapter is calling on all New Mexicans to join us in attending the 2020 Alzheimer’s Association Advocacy Forum. To learn more, please contact our Public Policy Director, Tommy Hernandez at (505) 266-4473 Ext 1601 or tjhernandez@alz.org.
Your support fuels our mission and brings us one step closer to a world without Alzheimer’s disease.

Walk to End Alzheimer’s – Across New Mexico

THANK YOU TO OUR ELITE & PREMIERE SPONSORS!

15th Annual Caregiver Conference - Albuquerque
Your donations fuel our mission to provide free services to NM families affected by Alzheimer’s and help further the research that will end this crisis forever.

We could not do this without you. Your generosity is appreciated!

For a list of DONORS who have contributed from Dec. 1st, 2018 through Sept. 30th, 2019, visit our website at this link:

[alz.org/newmexico/donate](http://alz.org/newmexico/donate)
WE’VE MOVED!

Our Albuquerque Office has a new location, it’s:
6731 Academy RD. NE
Albuquerque, NM 87109
(Between San Mateo and Wyoming, across from the Arroyo Del Oso Golf Course)
Same phone #: (505) 266-4473

*IMPORTANT! ...please note that this new address is also our new mailing address.

Thank you!

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Annual Report

ALZHEIMER’S ASSOCIATION, NM CHAPTER
STATEWIDE IMPACT FY19  JULY 1, 2018 -  JUNE 30, 2019

- We maintained 5 BRANCH OFFICES
- We distributed 6,512 INFORMATION PACKETS
- We delivered 4,488 caregiver training hours to 884 CAREGIVERS through our “Skills for Dementia Caregiving” course
- We delivered 1,494 hours of education to 1,351 FAMILY CAREGIVERS through additional programs
- We provided caregiver support groups to 780 HOURS of education to 750 professionals
- We delivered 2,185 PARTICIPANTS in 379 sessions
- We maintained 760 PARTICIPANTS
- We distributed 807 CARE CONSULTATIONS to caregivers and persons living with the disease
- We answered 4,080 HELPLINE & ASSISTANCE CALLS
Carol Birks is an inspiration. She is a highly motivated force of nature, full of life and good humor, who embodies two of the most essential figures of the Alzheimer’s story. As a dementia caregiver, she represents the unsung heroes the Alzheimer’s Association fights for every day. And as a volunteer, she leads that same fight.

Carol first began volunteering for the Alzheimer’s Association, NM Chapter in 2016 and rapidly emerged as one of the chapter’s most dedicated and dependable volunteers; visible, vocal and tireless in all activities to help fight this disease.

“Carol is always on the frontlines, at our Walks, at our conferences, meeting with physicians and engaging the community,” says Lorey Esquibel (Operations Director, Alzheimer’s Association, NM Chapter). “She’s out there in the public letting those who need our help know that resources are available.”

Carol’s exceptional efforts earned her a Community Hero Award at the Albuquerque Caregiver Conference in 2018. It was only a couple of years before that when Carol first started to notice that her mother, Mary, was having pronounced memory issues. Carol was pretty sure she recognized the symptoms. Not only did she have a background as a medical technologist, she had been a caregiver for her grandmother who passed away from dementia several years before.

Carol decided to sign up for Skills for Dementia Caregiving in 2017, a caregiver educational course offered at the chapter where she volunteered. Behaviors described in the class echoed what was happening with her mother. Eventually, all suspicions were confirmed when her mother was diagnosed with vascular dementia with Alzheimer’s disease. “In my heart I knew,” recalls Carol, “it’s a loss, it is a great loss. I was fortunate to have been volunteering at the Association so I knew some tips on dealing with behaviors. For instance, I never pointed out to her that she was asking the same question over and over again.”

It was important to Carol that Mary not feel isolated socially after the diagnosis. Her mother has always been one of her best friends, someone she could talk to about anything and everything. As the disease progressed, there was a perceptible shift in their dynamic. “A lot of
Caregivers have a rough time handling that role reversal. It’s something that just happens, you are now the ‘parent’ and she is now the ‘child.’ It is my job to make sure she is safe and taken care of, that she’s eating, that she gets to her doctor appointments, that her bills are paid, that she doesn’t forget to take her medicine. But the core of our relationship has not changed. We still have a lot of fun together. We love to go out and get our hair and nails done, go for a drive and get sodas.”

Carol knows she’s not alone on this journey. She is thankful to her sisters for always being there to take care of their mother’s finances, and grateful to Mary’s invaluable doctor, Janice Knoefel, MD and her team at the UNM Memory and Aging Center. She also credits the Alzheimer’s Association, NM Chapter as a valuable resource. The important skills the classes provided her not only helped her care for her mother, but also gave her perspective. “It gave me practical tools for day-to-day dementia care,” says Carol. “One of the things I took from class was to embrace our sense of humor. Keeping humor in our life is really important for my Mom and me. We laugh all the time.”

Unfortunately, not all family caregivers know about resources like Skills for Dementia Caregiving and other caregiver educational classes, support groups, the Respite Reimbursement program, etc. “Caregiver stress is all too common for families facing Alzheimer’s,” says Tina De La Luz (Program Director, Alzheimer’s Association, NM Chapter). “Often family caregivers become so overwhelmed by taking care of someone else that they neglect their own physical, mental and emotional well-being, putting their own health at risk. Each situation is different and each family adapts to the responsibility of caregiving differently, which naturally changes as the disease progresses and the needs of their loved one changes.”

At many junctures in this journey, decisions will have to be made about what options and arrangements are best and most practical for all involved, especially the person living with the disease. In Carol’s case, the family decision was to enter Mary into an assisted living facility, where professional, comprehensive care could be administered around the clock. They were reasonably confident that their decision was the best and most compassionate one, given the circumstances, but it did not fully alleviate the stress.

“It’s a new kind of stress. The stress now is: am I doing the right thing? How much should be shared with her about financial arrangements or family issues? Should I be telling her more, should I be telling her less?” says Carol. “It’s so hard to do this and allow your loved one to keep their dignity and their pride.”
In many ways, Carol feels like volunteering has provided her with something of value. “The people who work at the chapter are my respite. I get friendship, I get socialization, I get support. I get education. And I feel safe here. When I have strong doubts about things that my family or I are doing with my mother, I get a lot of reassurance that we’re on the right path.”

“Seeing how hard everyone works here gives me hope,” says Carol. “Hope for the future, hope that we’re going to find that first survivor holding that white flower. Volunteering has connected me to a lot of resources and allowed me to help get those resources to others. That’s the reward for me… to let caregivers out there know there is help… and there is hope.”

To volunteer or learn more about “Skills for Dementia Caregiving” and other free resources for caregivers, call (505) 266-4473 or visit alz.org/newmexico.

“Alzheimer’s disease takes a devastating toll – not just on those with the disease, but on entire families. In our own state 41,000 New Mexicans are living with Alzheimer’s disease and there are 108,000 unpaid dementia caregivers, many of whom are family members,” says Tim Sheahan (Executive Director, Alzheimer’s Association, NM Chapter). “People who aren’t familiar with Alzheimer’s disease need to know there is no tougher job than being a caregiver for a loved one with dementia.”

“I want caregivers to not be so hard on themselves,” says Carol. “I want them to realize they are human also. This is an incredibly hard journey and everyday won’t be perfect as a caregiver.”

Carol encourages anyone who feels passionate about ending this disease to volunteer at the Alzheimer’s Association. “The more people we have volunteering… coming in and seeing what this disease is, how many people have it, how it’s affecting families and how much it’s costing America… the better. We need volunteers going out into the world and spreading the word that you are not alone.”
EVENT HIGHLIGHTS

SW Regional Walk  (Las Cruces, 9/7/2019)

Young Park in Las Cruces was the site of one of our most successful Walks of the season. The community showed up in full force and it could not have been a more gorgeous day. Returning emcee Jessica Nevarez (KTSM-9 News) motivated the crowd while cheerleaders from Las Cruces High School kept spirits soaring.

Photo by Orbital Bay

NW Regional Walk  (Farmington, 9/14/2019)

The Northwestern Regional Walk was once again hosted in Farmington’s beautiful Berg Park. Stalwart emcees Leonard and Vangie Neal (Neal Agency Auctioneers) of Aztec, NM, lent both reverence and energy to the occasion, while a generous outpouring of community support arrived in the form of a steady stream of youth volunteers.

SE Regional Walk  (Roswell, 9/21/2019)

Fine folks from all over SE New Mexico met at Pioneer Plaza in Roswell, traveling from as far as Clovis and Hobbs. Community support was abundant, and local radio KBIM 94.9 provided their top talent to grace the stage, including on-air personalities Luke & Naomi and General Manager Darryl Burkfield. City Councilor Steve Henderson delivered the proclamation and shared a touching story about his personal family connection to the disease.

NE Regional Walk  (Santa Fe, 9/28/2019)

A brand new location hosted the Northeastern NM Walk on this brisk fall morning in the state’s capitol. Walkers gathered at the NM School for the Deaf to participate in the colorful promise garden ceremony and hear the hopeful message expressed by guest emcees Leonard and Vangie Neal (Neal Agency Auctioneers). Supporters cheered as Mayor Alan Webber proclaimed “Walk to End Alzheimer’s Day” in Santa Fe.

Greater Albuquerque Regional Walk  (Albuquerque, 10/19/2019)

The state’s largest walk continues to grow bigger and better each year! Celebrity emcee Brittany Hope (Reporter, KOAT Action 7 News) returned to the stage this season to lead the ceremony and inspire Burqueños at Hoffmantown Church. Moving moments included a tender reading of Karen McKinnon’s dementia-themed poem, “Moving My Mother.”

Photo by Jim Myers

15th Annual Caregiver Conference  (Albuquerque, 11/2/2019)

An informative address from keynote speaker Dr. Janice Knoefel (UNM Memory & Aging Center) highlighted this day of presentations designed to educate and improve the experience of the family caregiver – as well as health care professionals. Participants were also treated to an address by Secretary Katrina Hotrum-Lopez (NM Aging and Long-term Services Dept.), pictured. Long-term care, legal issues, stress reduction for caregivers and Alzheimer’s disease in native communities were among the vital session topics.

Photo by Elixir Images

And a BIG SHOUT-OUT to all who participated in our 2019 Community Walks in GALLUP (8/24), TRUTH OR CONSEQUENCES (9/21) and HOBBS (10/26)!
Skills for Dementia Caregiving is a multi-session, evidence-based educational program designed to help caregivers feel more confident and competent in their caregiving skills. It has also been shown to reduce caregiver stress by identifying risks and learning self-care strategies. These classes are offered to caregivers at no charge, and all curriculum materials are provided at no cost.

Cuidando Con Respeto
A two-day linguistic and cultural translation of Skills for Dementia Caregiving.

Tina De La Luz, Program Director
tdelaluz@alz.org, 1 (800) 272-3900
6731 Academy RD. NE, Albuquerque, NM 87109

January 14 – February 18, 10:00am-12:00pm (Tuesdays)
Skills for Dementia Caregiving
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

January 14 – February 18, 5:30pm-7:30pm (Tuesdays)
Skills for Dementia Caregiving
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

January 16 – February 20, 10:00am-12:00pm (Thursdays)
Skills for Dementia Caregiving
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

March 10 – April 14, 10:00am-12:00pm (Tuesdays)
Skills for Dementia Caregiving
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

March 10 – April 14, 5:30pm-7:30pm (Tuesdays)
Skills for Dementia Caregiving
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

March 12 – April 16, 10:00am-12:00pm (Thursdays)
Skills for Dementia Caregiving
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

May 5 – June 9, 10:00am-12:00pm (Tuesdays)
Skills for Dementia Caregiving
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

May 5 – June 9, 5:30pm-7:30pm (Tuesdays)
Skills for Dementia Caregiving
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

May 7 – June 11, 10:00am-12:00pm (Thursdays)
Skills for Dementia Caregiving
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

Beth Hamilton, NE Regional Manager
behamilton@alz.org, 1 (800) 272-3900
San Juan Center for Independence
1204 San Juan Blvd., Farmington, NM 87401

January 7 - February 11, 10:00am–12:00pm (Tuesdays)
Skills for Dementia Caregiving
San Juan Center for Independence
1204 San Juan Blvd., Farmington, NM 87401

February 2, 10:00am-2:00pm
Skills for Dementia Caregiving - 4 Hour Workshop Version
San Juan Center for Independence - Gallup
635 West Main St, Suite 200, Gallup, NM 87301

March 3 – April 7, 10:00am–12:00pm (Tuesdays)
Skills for Dementia Caregiving
San Juan Center for Independence
1204 San Juan Blvd., Farmington, NM 87401

April 28 – June 2, 10:00am-12:00pm (Tuesdays)
Skills for Dementia Caregiving - 4 Hour Workshop Version
San Juan Center for Independence
1204 San Juan Blvd., Farmington, NM 87401

May 14, 10:00am-2:00pm
Skills for Dementia Caregiving - 4 Hour Workshop Version
Zuni Senior Center
1212 Zuni Blvd., Zuni, NM 88069

Alexis Ramirez
Programs Volunteer Case Manager
alarmirez@alz.org, 1 (800) 272-3900
San Juan Center for Independence
1204 San Juan Blvd., Farmington, NM 87401

January 7 – February 11, 2:00pm-4:00pm (Tuesdays)
Skills for Dementia Caregiving
San Juan Center for Independence
1204 San Juan Blvd., Farmington, NM 87401

March 3 – April 7, 2:00pm-4:00pm (Tuesdays)
Skills for Dementia Caregiving
San Juan Center for Independence
1204 San Juan Blvd., Farmington, NM 87401

May 5 – June 9, 2:00pm-4:00pm (Tuesdays)
Skills for Dementia Caregiving
San Juan Center for Independence
1204 San Juan Blvd., Farmington, NM 87401

Sasha Patton, SE Regional Manager
sapatton@alz.org, 1 (800) 272-3900
San Juan Center for Independence
1204 San Juan Blvd., Farmington, NM 87401

January 7 – February 11, 2:00pm-4:00pm (Tuesdays)
Skills for Dementia Caregiving
San Juan Center for Independence
1204 San Juan Blvd., Farmington, NM 87401

March 3 – April 7, 2:00pm-4:00pm (Tuesdays)
Skills for Dementia Caregiving
San Juan Center for Independence
1204 San Juan Blvd., Farmington, NM 87401

May 5 – June 9, 2:00pm-4:00pm (Tuesdays)
Skills for Dementia Caregiving
San Juan Center for Independence
1204 San Juan Blvd., Farmington, NM 87401

Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109
educational classes

January – June 2020

Tina De La Luz, Program Director
tdelaluz@alz.org, 1 (800) 272-3900
6731 Academy RD. NE
Albuquerque, NM 87109

February 19, 12:00pm-1:00pm
Legal Issues for Caregivers-What You Should Know
Presented by Don Pinnock, JD
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

February 3, 1:00pm-2:30pm
Introduction to Support Group
Presented by Barbara Michels (Author, The Alzheimer’s Journey)
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

February 1, 1:00pm-2:30pm
Alzheimer’s Research Update
Presented by Dr. Lena Ernst, Ph.D.
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

February 19, 12:00pm-1:00pm
Stress Busting-Minimizing Stress for Caregivers
Presented by Dr. Sharon Lewis
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

June 10, 12:00pm-1:00pm
Choosing and Paying for Long Term Care
Presented by Tracy Ayers, Advisory Board President Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

June 11, 11:30am-1:30pm
Legal Issues for Caregivers-What You Should Know
Presented by Don Pinnock, JD
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

June 17, 12:00pm-1:00pm
Coping with Late Stage Alzheimer’s Disease
Presented by Dr. Kiran Bhaskar, Ph.D. & Nikki Maphis, BA
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

June 4, 12:00pm-1:00pm
Developing and Executing a Care Plan for People Living with Dementia Disease
Presented by Dr. Lena Ernst, Ph.D.
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

March 18, 12:00pm-1:00pm
Alzheimer’s Clinical Trials & Research
Presented by Andy Riddle, Albuquerque Neuroscience, Inc. Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

April 1, 10:00am-2:30pm
Communications and Behaviors
Presented by Dr. Kieran Bhaskar, Ph.D. & Nikki Maphis, BA
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

April 9, 1:30pm-2:30pm
Legal Issues for Caregivers-What You Should Know
Presented by Don Pinnock, JD
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

April 15, 12:00pm-1:00pm
Developing and Executing a Care Plan for People Living with Dementia Disease
Presented by Dr. Lena Ernst, Ph.D.
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

May 6, 10:00am-2:30pm
Basics of Alzheimer’s Disease
Presented by Barbara Michels (Author, The Alzheimer’s Journey)
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

April 15, 12:00pm-1:00pm
Developing and Executing a Care Plan for People Living with Dementia Disease
Presented by Dr. Lena Ernst, Ph.D.
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

May 4, 10:00am-2:30pm
Introduction to Support Group
Presented by Barbara Michels (Author, The Alzheimer’s Journey)
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

May 14, 1:30pm-2:30pm
Legal Issues for Caregivers-What You Should Know
Presented by Don Pinnock, JD
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

May 20, 12:00pm-1:00pm
Coping with Late Stage Alzheimer’s Disease
Presented by Dr. Janice Knodell, MD
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

June 1, 10:00am-2:30pm
Introduction to Support Group
Presented by Barbara Michels (Author, The Alzheimer’s Journey)
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

June 3, 10:00am-2:30pm
Communications and Behaviors
Presented by Dr. Kieran Bhaskar, Ph.D. & Nikki Maphis, BA
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

June 11, 11:30am-1:30pm
Legal Issues for Caregivers-What You Should Know
Presented by Don Pinnock, JD
Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

June 17, 12:00pm-1:00pm
Choosing and Paying for Long Term Care
Presented by Tracy Ayers, Advisory Board President Alzheimer’s Association, NM Chapter
6731 Academy RD. NE, Albuquerque, NM 87109

Beth Hamilton, NE Regional Manager
behamilton@alz.org 1 (800) 272-3900
New office location, call for directions! Santa Fe, NM

January 15, 10:00am-1:00pm
Basics of Alzheimer’s Disease
St. John the Baptist Catholic Church
1501 Osage Ave, Santa Fe, NM 87505

February 11, 10:00am-2:00pm
Basics of Alzheimer’s Disease
Las Vegas Carnegie Public Library
500 National Ave, Las Vegas, NM 87701

March 25, 10:00am-1:00pm
Know the 10 Warning Signs
St. John the Baptist Catholic Church
1501 Osage Ave, Santa Fe, NM 87505

April 7, 10:00pm-2:00pm
Basics of Alzheimer’s Disease
Taos Retirement Village
44 Camino de la Placita #24, Taos, NM 87571

May 5, 2:00pm-3:00pm
Know the 10 Warning Signs
Las Vegas Carnegie Public Library
500 National Ave, Las Vegas, NM 87701

June 26, 10:00am-1:00pm
Basics of Alzheimer’s Disease
St. John the Baptist Catholic Church
1501 Osage Ave, Santa Fe, NM 87505

CALENDAR KEY
Skills for Dementia Caregiving
Multi-session course which helps caregivers develop practical skills in caring for their loved one and themselves.

Cuidando Con Respeto
Two-day linguistic and cultural translation of Skills for Dementia Caregiving.

Basics of Alzheimer’s Disease
Overview, warning signs, risk factors and scope of the disease.

Know the 10 Warning Signs
Identifying early warning signs of Alzheimer’s & dementia.

Living with Alzheimer’s: For Caregivers
Describes different stages of Alzheimer’s, and assists in preparedness.

Conversations About Dementia
Various presentations on Alzheimer’s disease and related topics.
SOUTHWESTERN EDUCATIONAL CLASSES

Alexis Ramirez
Programs Volunteer Case Manager
alramirez@alz.org, 1 (800) 272-3900
1155 S. Telshor, Ste. 202
Las Cruces, NM 88011

**January 4, 10:00pm-12:00pm**
Basics of Alzheimer’s Disease
1204 San Juan Blvd., Farmington, NM 87401

**February 1, 10:00pm-12:00pm**
Basics of Alzheimer’s Disease
San Juan Center for Independence, Gallup
101 South Park Ave., Aztec, NM 87410

**March 2, 10:00pm-12:00pm**
Basics of Alzheimer’s Disease
San Juan Center for Independence
101 South Park Ave., Aztec, NM 87410

**April 1, 10:00pm-12:00pm**
Basics of Alzheimer’s Disease
San Juan Center for Independence
101 South Park Ave., Aztec, NM 87410

**May 2, 10:00pm-12:00pm**
Basics of Alzheimer’s Disease
San Juan Center for Independence
101 South Park Ave., Aztec, NM 87410

**June 1, 10:00pm-12:00pm**
Basics of Alzheimer’s Disease
San Juan Center for Independence
101 South Park Ave., Aztec, NM 87410

**July 1, 10:00pm-12:00pm**
Basics of Alzheimer’s Disease
San Juan Center for Independence
101 South Park Ave., Aztec, NM 87410

**August 1, 10:00pm-12:00pm**
Basics of Alzheimer’s Disease
San Juan Center for Independence
101 South Park Ave., Aztec, NM 87410

**September 1, 10:00pm-12:00pm**
Basics of Alzheimer’s Disease
San Juan Center for Independence
101 South Park Ave., Aztec, NM 87410

**October 1, 10:00pm-12:00pm**
Basics of Alzheimer’s Disease
San Juan Center for Independence
101 South Park Ave., Aztec, NM 87410

**November 1, 10:00pm-12:00pm**
Basics of Alzheimer’s Disease
San Juan Center for Independence
101 South Park Ave., Aztec, NM 87410

**December 1, 10:00pm-12:00pm**
Basics of Alzheimer’s Disease
San Juan Center for Independence
101 South Park Ave., Aztec, NM 87410

**CALENDAR KEY**

**Skills for Dementia Caregiving**
Multi-session course which helps caregivers develop practical skills in caring for their loved one and themselves.

**Cuidando Con Respeto**
Two-day linguistic and cultural translation of Skills for Dementia Caregiving.

**Basics of Alzheimer’s Disease**
Overviews warning signs, risk factors and scope of the disease.

**Know the 10 Warning Signs**
Identifying early warning signs of Alzheimer’s & dementia.

**Living with Alzheimer’s For Caregivers**
Describes different stages of Alzheimer’s, and assists in preparedness.

**Conversations About Dementia**
Various presentations on Alzheimer’s disease and related topics.
ADVOCACY DAY AT THE ROUNDHOUSE
Wednesday, February 5th, 2020. The State Capitol Building aka “The Roundhouse”, Santa Fe. This important day of advocacy is a time for addressing public policy issues that affect families facing Alzheimer’s. Event time: 9am-11am. Citizens around the state are invited to attend the press conference at 9am. Contact Tommy Hernandez (Public Policy Director) at (505) 266-4473 Ext 1601 or tjhernandez@alz.org.

ADVOCACY FORUM
March 22nd, 23rd, 24th, 2020. Washington, D.C.. The nation’s premier Alzheimer’s disease advocacy event. Join more than 2,000 advocates from across the country in the nation’s capital for an inspiring three day event filled with networking, training and education as we advance policies to improve the lives of all individuals affected by dementia. Contact Tommy Hernandez (Public Policy Director) at (505) 266-4473 Ext 1601 or tjhernandez@alz.org.

FORGET ME NOT GALA
Saturday, April 4th, 2020. Sheraton Albuquerque Uptown. Time TBD. For tickets and sponsorship information contact Amber Jaramillo at asjaramillo@alz.org or Nicolette Garcia at nsgarcia@alz.org, or call (505) 266-4473.

THE UNFORGETTABLE GOLF CLASSIC
Monday, May 18th, 2020. Tanoan Country Club. The Alzheimer’s Association’s annual charity tournament is great golf for a great cause. Admission includes free breakfast, lunch, cart rental, prizes and more. Best of all, you’ll be helping families in New Mexico facing Alzheimer’s disease. Reserve tickets now! Contact Amber Jaramillo at (505) 266-4473 or asjaramillo@alz.org.

THE LONGEST DAY
Saturday, June 20th, 2020. Worldwide. Start your own DIY fundraiser to honor a loved one and raise funds for much-needed research. It’s never too soon to do something you love for someone you love. Contact Nicolette Garcia at (505) 266-4473, nsgarcia@alz.org or sign up online at alz.org/tld

3RD ANNUAL ELEPHANT BUTTE POKER RUN
June, Date TBD, 2020, Sierra Del Rio Golf Course, Elephant Butte Lake State Park. A day of sun, fun, food and prizes as participants try to put together a winning poker hand cruising the beautiful waters of Elephant Butte Lake. Contact Tracy Ayers at (505) 269-4556 for registration information.
NEED A BREAK?
Caring for a loved one with dementia can be overwhelming. Learn more about our Respite Reimbursement Program that helps caregivers take a much-needed break by reimbursing some costs of respite services. This program is dependent on grant funding and reimbursements are available pending fund availability.
Contact Lorey Esquibel, Operations Director at (505) 266-4473, lesquibel@alz.org.

Start a Walk to End Alzheimer's team today & fundraise all year long! Take the first step at alz.org/walk.

Remember to follow us online!
Check out our website at www.alz.org/newmexico

USE THESE HASHTAGS WHEN YOU POST TO SOCIAL MEDIA:
• #ENDALZ • #Walk2EndAlz