

## CARE & SUPPORT

# PROGRAM CALENDAR

January - March 2024

**FEATURING:** Free classes and caregiver education.

iStock™

Credit: Drazen Zigic

Additional class opportunities are being added continuously!  
For the latest info, contact us at: [nmprograms@alz.org](mailto:nmprograms@alz.org) or 1 (800) 272-3900.



**Real world solutions addressing questions that arise in the various stages of dementia and Alzheimer's disease.**

- CARING IN THE EARLY STAGE
- CARING IN THE MIDDLE STAGE
- CARING IN THE LATE STAGE

**It's what you need to know, what to plan for, and what to do along the way.**

**Browse this schedule or contact us for the latest on a class that's just right for you.**

New opportunities are added regularly:

Email: [nmprograms@alz.org](mailto:nmprograms@alz.org)

Phone: 1 (800) 272-3900.



iStock  
Credit: PeopleImages

**WE OFFER SUPPORT GROUPS FOR CAREGIVERS, INDIVIDUALS LIVING WITH THE DISEASE AND MORE, INCLUDING SPANISH-LANGUAGE AND LGBTQ+.**

## SUPPORT GROUPS

Support groups provide a sense of connection and peace of mind by providing a safe environment for sharing common experiences.

**Visit:** [https://www.alz.org/newmexico/helping\\_you/support\\_groups\\_\(1\)](https://www.alz.org/newmexico/helping_you/support_groups_(1))

**Or email us at:** [nmsupportgroups@alz.org](mailto:nmsupportgroups@alz.org)



# NM Chapter classes

## Understanding Alzheimer's and Dementia

**Virtual: Thursday, January 4th, 12pm-1pm**

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

**In Person: Thursday, February 1st, 10am-11am**

Loma Colorado Library

755 Loma Colorado Blvd. NE Rio Rancho, NM 87144

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

**In Person: Friday, February 16th, 4pm-5pm**

Alzheimer's Association Albuquerque office

6731 Academy Rd. NE Albuquerque, NM 87109

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

**Virtual: Friday, February 23rd, 4pm-5pm**

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

**Online-On Demand anytime:**

[www.alz.org/training](http://www.alz.org/training) Look For Understanding Alzheimer's and Dementia

## Effective Communication Strategies

**Virtual: Thursday, January 11th, 12pm-1pm**

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

**Virtual: Friday, January 26th, 11am-12pm**

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

**In Person: Saturday, February 10th, 10am-11am**

Alzheimer's Association. Santa Fe office

1409 Luisa Street Suite F Santa Fe, NM 87505

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

**In Person: Friday, February 16th, 3pm-4pm**

Alzheimer's Association Albuquerque office

6731 Academy Rd. NE Albuquerque, NM 87109

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

**Virtual: Thursday, February 22nd, 4pm-5pm**

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

**Virtual: Tuesday, March 19th, 11am-12pm**

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

**Virtual: Saturday, March 30th, 3pm-4pm**

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

**Online-On Demand anytime:**

[www.alz.org/training](http://www.alz.org/training) Look For Effective Communication Strategies

## 10 Warning Signs of Alzheimer's

**Virtual: Friday, January 12th, 5pm-6pm**

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

**Virtual (Español) Saturday, February 10th, 1pm-2pm**

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.  
(Class is in Spanish)

**Virtual: Friday, March 22nd, 5pm-6pm**

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

**Online-On Demand anytime:**

[www.alz.org/training](http://www.alz.org/training) Look For 10 Warning Signs

## Healthy Living for Brain and Body

**Online-On Demand anytime:**

[www.alz.org/training](http://www.alz.org/training) Look For Healthy Living for Brain and Body

## Managing Money

**Virtual: Friday, January 12th, 3pm-4pm**

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

**Virtual: Wednesday, February 21st, 10am-11:30am**

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

**Online-On Demand anytime:**

[www.alz.org/training](http://www.alz.org/training) Look For Managing Money

## An Overview of the Dementia World

**In Person: Tuesday, January 16th, 2pm-3:30pm**

Alzheimer's Association Albuquerque office

6731 Academy Rd. NE Albuquerque, NM 87109

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

**In Person: Tuesday, February 20th, 2pm-3:30pm**

Alzheimer's Association Albuquerque office

6731 Academy Rd. NE Albuquerque NM, 87109

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

**In Person: Tuesday, March 19th, 2pm-3:30pm**

Alzheimer's Association Albuquerque office

6731 Academy Rd. NE Albuquerque NM, 87109

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

## Dementia Conversations

**In Person: Friday, March 29th, 1:30pm-2:30pm**

Broadmoor Senior Center

3241 Broadmoor Blvd. NE Rio Rancho NM 87144

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

**Online-On Demand anytime:**

[www.alz.org/training](http://www.alz.org/training) Look For Dementia Conversations

## Understanding Dementia Behaviors

**In Person: Tuesday, January 16th, 5pm-6:30pm**

Alzheimer's Association Santa Fe office

1409 Luisa Street Suite F Santa Fe, NM 87505

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

**Virtual: Friday, January 26th, 3pm-4pm**

To register email: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call 1 (800) 272-3900.

**Online-On Demand anytime:**

[www.alz.org/training](http://www.alz.org/training) Look for Understanding Dementia Behaviors



## **Caring in the Early Stage**

### **In Person: Tuesday, January 16th, 1pm-3:30pm**

Raymond Sanchez Senior Center  
9800 4th St. NW Albuquerque, NM 87114  
To register email: nmprograms@alz.org or call 505.266.4473

### **Virtual: Thursday, January 18th, 1pm-4pm**

To register email: nmprograms@alz.org or call 505.266.4473

### **In Person: Friday, February 2nd, 9am-11:30am**

Barelas Senior Center  
714 7th St. SW Albuquerque, NM 87102  
To register email: nmprograms@alz.org or call 505.266.4473

### **Virtual: Wednesday, February 7th, 6pm-8:30pm**

To register email: nmprograms@alz.org or call 505.266.4473

### **Virtual: Thursday, February 8th, 1pm-4pm**

To register email: nmprograms@alz.org or call 505.266.4473

### **In Person: Tuesday, March 5th, 12pm-2pm**

Alzheimer's Association, Santa Fe office  
1409 Luisa Street Suite F Santa Fe, NM 87505  
To register email: nmprograms@alz.org or call 1 (800) 272-3900.

### **In Person: Friday, March 8th, 1:30pm-4pm**

North Valley Senior Center  
3825 4th St. NW Albuquerque, NM 87102  
To register email: nmprograms@alz.org or call 505.266.4473

### **Virtual: Thursday, March 14th, 11am-2pm**

To register email: nmprograms@alz.org or call 505.266.4473

## **Caring in the Middle Stage**

### **Virtual: Wednesday, January 17th, 6pm-8:30pm**

To register email: nmprograms@alz.org or call 505.266.4473

### **In Person: Tuesday, January 23rd, 1pm-3:30pm**

Raymond Sanchez Senior Center  
9800 4th St. NW Albuquerque, NM 87114  
To register email: nmprograms@alz.org or call 505.266.4473

### **Virtual: Thursday, January 25th, 1pm-4pm**

To register email: nmprograms@alz.org or call 505.266.4473

### **Virtual: Thursday, February 15th, 1pm-4pm**

To register email: nmprograms@alz.org or call 505.266.4473

### **In Person: Friday, February 16th, 9am-11:30am**

Barelas Senior Center  
714 7th St. SW Albuquerque, NM 87102  
To register email: nmprograms@alz.org or call 505.266.4473

### **In Person: Friday, March 15th, 1:30pm-4pm**

North Valley Senior Center  
3825 4th St. NW Albuquerque, NM 87102  
To register email: nmprograms@alz.org or call 505.266.4473

### **Virtual: Thursday, March 21st, 11am-2pm**

To register email: nmprograms@alz.org or call 505.266.4473

## **Caring in the Late Stage**

### **Virtual: Wednesday, January 24th, 6pm-8:30pm**

To register email: nmprograms@alz.org or call 505.266.4473

### **In Person: Tuesday, January 30th, 1pm-3pm**

Raymond Sanchez Senior Center  
9800 4th St. NW Albuquerque, NM 87114  
To register email: nmprograms@alz.org or call 505.266.4473

### **Virtual: Tuesday, January 30th, 1pm-3:30pm**

To register email: nmprograms@alz.org or call 505.266.4473

### **Virtual: Thursday, February 22nd, 1pm-4pm**

To register email: nmprograms@alz.org or call 505.266.4473

### **In Person: Friday, February 23rd, 9am-11am**

Barelas Senior Center  
714 7th St. SW Albuquerque, NM 87102  
To register email: nmprograms@alz.org or call 505.266.4473

### **In Person: Friday, March 22nd, 1:30pm-3:30pm**

North Valley Senior Center  
3825 4th St. NW Albuquerque, NM 87102  
To register email: nmprograms@alz.org or call 505.266.4473

### **Virtual: Wednesday, March 27th, 6pm-8:30pm**

To register email: nmprograms@alz.org or call 505.266.4473

### **Virtual: Thursday, March 28th, 11am-1:30pm**

To register email: nmprograms@alz.org or call 505.266.4473

## **Clases de Educación sobre El Alzheimer En Español**

### **10 Señales De Advertencia De La Enfermedad De Alzheimer**

#### **Virtual (español) Sábado 10 de Febrero, 1pm-2pm**

Para registrarse envíe un correo electrónico:  
nmprograms@alz.org o llame al 1 (800) 272-3900

### **NOT FINDING WHAT YOU'RE LOOKING FOR?**

*Additional opportunities are being added continually: seminars, classes, support groups and community forums. For the latest updates, please email nmprograms@alz.org, call 1 (800) 272-3900 or visit alz.org/newmexico.*



New Mexico Chapter

## ALZHEIMER'S DISEASE & RELATED DISORDER ASSOCIATION, INC. NEW MEXICO CHAPTER:

6731 Academy Rd NE, Albuquerque, NM 87109

Phone: (505) 266-4473

**24/7 HELPLINE - 1 (800) 272-3900**



## WANTED: VOLUNTEERS

We need your help. Find volunteer opportunities by visiting:  
[alz.org/get-involved-now/volunteer/find-a-volunteer-opportunity](http://alz.org/get-involved-now/volunteer/find-a-volunteer-opportunity)



## ALL ABOUT THE LONGEST DAY

The Longest Day® is the day with the most light — the summer solstice. On June 21, thousands of participants from across the world come together to fight the darkness of Alzheimer's through an activity of their choice. Together, they use their creativity and passion to raise funds and awareness for the care, support and research efforts of the Alzheimer's Association®.

### HOW TO PARTICIPATE

It's easy — choose an activity you like to do and turn it into a fundraiser to fight Alzheimer's! Follow the steps below to get started.

#### 1. Select an activity you enjoy at [alz.org/thelongestday](http://alz.org/thelongestday).

To advance critically needed research and provide care and support, each participant is asked to raise funds through their activity for the Alzheimer's Association. Any activity can be a fundraiser for The Longest Day, and many can be hosted virtually or in-person:

- » If you're an artist or crafter, lead a class for friends and family. Then host an art sale and donate the proceeds as your fundraiser.
- » Organize a group marathon. Ask 26 friends and family members to run a mile and raise \$100 each.
- » Livestream a cooking demonstration and ask for donations to attend.
- » Raise extra funds by adding a silent auction, challenge or competition to your activity. You can even ask for donations instead of birthday gifts!

#### 2. Start raising funds now.

Start fundraising early to make an even greater impact. Organize creative seasonal activities leading up to The Longest Day, such as an ugly sweater contest during the holidays or a Valentine's Day-themed bake sale, to increase donations and raise awareness for the cause. We're here to help with tools, tips and advice to make fundraising easy.

#### 3. Ask others to join you by:

- » **Making a donation** — Facebook Fundraisers are an easy way for friends and family to support your fundraising efforts. Visit your Participant Center to create one or share your fundraising page on Twitter, Instagram and LinkedIn.
- » **Fundraising with you** — Use the prewritten emails in your Participant Center to invite friends, family and coworkers to sign up for your team.
- » **Attending your event or activity** — Invite your friends, family, colleagues and neighbors to join you for The Longest Day®.

Register now at [alz.org/thelongestday](http://alz.org/thelongestday).

\*Please follow CDC guidelines and recommendations from local health officials when participating with those outside of your household.

## Care & Support Contacts:

### CENTRAL NM REGION: (ALBUQUERQUE AREA)

**Jim Hammelev,**  
Interim Executive Director  
[jhammelev@alz.org](mailto:jhammelev@alz.org)  
(505) 404-9831  
6731 Academy Rd. NE  
Albuquerque, NM 87109

**Craig Coleman,**  
Program Manager  
[ccoleman@alz.org](mailto:ccoleman@alz.org)  
(505) 404-9857  
6731 Academy RD. NE  
Albuquerque, NM 87109

### SOUTHWEST REGION:

**Penney McClarin,**  
SW Regional Manager  
[pcmccclarin@alz.org](mailto:pcmccclarin@alz.org)  
505-312-4883  
141 Roadrunner Parkway, Suite 133  
Las Cruces, NM 88011

### NORTHEAST REGION:

**Beth Hamilton,**  
NE Regional Manager  
[behamilton@alz.org](mailto:behamilton@alz.org)  
(505) 365-0678  
1409 Luisa St., Suite F  
Santa Fe, NM 87505

### SOUTHEAST REGION:

**Kim Ryan,**  
SE Regional Manager  
[kiryan@alz.org](mailto:kiryan@alz.org)  
(505) 317-0978  
400 N. Pennsylvania Ave  
(Penn Plaza -411  
Beta Suites -office 2)  
Roswell NM 88201

### NORTHWEST REGION:

Call 1-800-292-3900 or  
**505-266-4473**

## OUR MISSION:

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

## OUR VISION:

A world without Alzheimer's and all other dementia.

## NEED HELP NOW? CALL OUR 24/7 HELPLINE 1 (800) 272-3900.

Receive reliable information, advice and support from trained, knowledgeable staff. Get referrals to services, education, crisis assistance and emotional support. Care consultations available by master's-level clinicians. Translation services provided.

## ADVOCACY:

Our advocates play a critical role in our efforts to influence Alzheimer's and dementia policy at the federal and state level. Working together we are making an impact that is improving the lives of caregivers and people with Alzheimer's and dementia. Learn more about our advocacy here: [alz.org/get-involved-now/advocate/become\\_an\\_advocate](http://alz.org/get-involved-now/advocate/become_an_advocate)

Check out our website at  
**[www.alz.org/newmexico](http://www.alz.org/newmexico)**

USE THESE HASHTAGS WHEN  
YOU POST TO SOCIAL MEDIA:

• #ENDALZ • #Walk2EndAlz

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- [www.twitter.com/alz\\_nm](https://www.twitter.com/alz_nm)
- [www.twitter.com/alz\\_nm\\_advocacy](https://www.twitter.com/alz_nm_advocacy) **Advocacy News Twitter Account!**
- [www.instagram.com/alznm\\_](https://www.instagram.com/alznm_)
- [www.linkedin.com/company/alzheimer-s-association-new-mexico-chapter](https://www.linkedin.com/company/alzheimer-s-association-new-mexico-chapter)