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 Vision

A world without Alzheimer’s disease.
Josie Marrujo. The name might not ring a bell but Josie is a superstar in the eyes of her grandson TJ.

And she’s a superstar to us… Josie is this year’s Marian Vallejos, Caregiver of the Year Award winner. The award was given at the 7th Annual Family Caregiver Conference held at Sandia Resort in partnership with the Bernalillo County Area Agency on Aging/City of Albuquerque Family and Community Services Department, City of Albuquerque Department of Senior Affairs and the Alzheimer’s Association.

Choosing the winner of this award is never easy. There are so many examples of folks who embody what this award strives to recognize—someone who finds joy and satisfaction in caring for others; someone who serves as an example to others of what it means to give freely to others never really expecting to be recognized for what they do. In his nomination, TJ wrote:

I believe that Josie Marrujo lives the title “Caregiver of the Year”; providing caregiver services not to one person, but to four! She continues to be there for my grandfather today. She has lived most of her adult life caring for others without hesitation. She has put her own life on hold and done what was needed so her family would not have to be put into a nursing home. She made sure they were given the care and love they needed, and that they lived and died with dignity.

When she accepted her award, she very poignantly shared her belief that every family caregiver deserves an award and how she wished she could share hers with everyone at the conference. We celebrate Josie and the many thousands across New Mexico who provide care to others.

Barbara Michels is a name that will ring a bell with hundreds if not thousands of people who have come to know Barb through her tireless work on behalf of the Alzheimer’s Association. Barb has been a volunteer with the Alzheimer’s Association almost from the very beginning of our existence—over 25 years! She is not one who has ever sought recognition for all she does on behalf of those affected by Alzheimer’s disease and their families, but I am not alone in the realization that without Barb our Association would not be what it is. Oh. And did I mention…she just wrote a book for caregivers? Thank you Barb…for everything.

As we turn the page on another year, I wish to recognize all of you for your support of the work we do at the Alzheimer’s Association. We wish you a New Year full of many blessings.

“THE ALZHEIMER’S JOURNEY…A PRACTICAL PERSPECTIVE FOR CAREGIVERS®”

By Barbara Michels

Barbara Michels, one of our founding volunteers and Support Group leaders of the Alzheimer’s Association New Mexico Chapter has put her knowledge and experience to paper in this poignant perspective to aide families and/or professionals. “This is not a technical study but a practical approach gleaned from my experiences as a daughter, caregiver, physical therapist, respite provider, support group leader”.

To obtain your copy of this invaluable tool, please contact the Albuquerque office. Barbara is asking for a minimum donation of $5.00 to the Alzheimer’s Association to help offset printing costs.
From the President

It is with much pride, gratitude, excitement, and a little bit of sadness that I write this letter.

My pride is attributable to the many wonderful people I have met as a result of my involvement with the New Mexico Alzheimer’s Association (NMAA). The commitment and passion of our board members, our staff, and our volunteers has been both overwhelming and inspiring. I am very proud to serve this wonderful organization beside, and in the shadow of, so many incredible people.

My gratitude is to every one of you who have supported the NMAAA in any way. Whether you have donated your money, time, talent or services, we simply would not exist without you.

My excitement is the result of where we have been as an organization and where we are heading. Under the leadership of my predecessors, namely John Attwood, Greg Gillogly, and Mike Lord, there has been tremendous progress and enhancement of the services offered by the NMAA. As the team of board members, staff and volunteers continues to expand, I am confident that we will achieve whatever goals we set as an organization.

My sadness is attributable to the fact that there continues to be an ever-increasing need for the services of our association. I have had the unfortunate experience in my life of watching the ravages of this horrible disease. Our vision is simply “a world without Alzheimer’s.” Our mission is “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.” I am absolutely committed to this vision and mission, and, with complete confidence, I can say that every member of our board and our staff is equally committed.

No one would argue that this disease is anything less than horrifying. Many of the statistics about Alzheimer’s are frightening. Alzheimer’s disease is now the sixth leading cause of death in the United States and the only cause of death among the top 10 without a way to prevent, cure or even slow its progression. Progress is made every day in the prevention and treatment of many diseases. Until there is progress in the prevention and treatment of Alzheimer’s, the demands upon caregivers and the demand upon related services, such as those provided by the NMAA, will only increase.

I would sincerely welcome the opportunity to visit with every person who may read this newsletter, but I understand that this may not be practical. I do, however, encourage anyone who may be so inclined to contact me and share any thoughts, ideas or suggestions you may have about how the NMAA is doing and what we could do to improve or enhance our services. My e-mail address is danielm@lanb.com and my office number is 505 662-1060.

I am sincerely looking forward to serving the NMAA in every way that I possibly can. My contributions, however, will be miniscule compared to the collective contributions and progress that we will all make collectively as we work toward our vision of a world without Alzheimer’s.
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KNOW THE 10 WARNING SIGNS OF ALZHEIMER’S DISEASE

Early Detection Empowers Families to Plan for the Future

The holiday season is a time families gather and spend quality time with loved ones. It is also a time that can raise questions about the cognitive health of aging family members. With Alzheimer’s disease in particular, it is important to know what it is and what it is not normal aging. Below is a list of warning signs along with examples of normal aging. If you notice any of the warning signs in your aging family members, it is recommended that you see a doctor.

Alzheimer’s Association 10 Warning Signs of Alzheimer’s

1 Memory loss that disrupts daily life. One of the most common signs of Alzheimer’s is memory loss, especially forgetting recently learned information. What’s typical: Sometimes forgetting names or appointments, but remembering them later.

2 Challenges in planning or solving problems. Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. What’s typical: Making occasional errors when balancing a checkbook.

3 Difficulty completing familiar tasks at home, at work or at leisure. People with Alzheimer’s often find it hard to complete daily tasks. What’s typical: Occasionally needing help to use the settings on a microwave or to record a television show.

4 Confusion with time or place. People with Alzheimer’s can lose track of dates, seasons and the passage of time. Sometimes they may forget where they are or how they got there. What’s typical: Getting confused about the day of the week but figuring it out later.

5 Trouble understanding visual images and spatial relationships. For some people, having vision problems is a sign of Alzheimer’s. They may have difficulty reading, judging distance and determining color or contrast. What’s typical: Vision changes related to cataracts.

6 New problems with words in speaking or writing. People with Alzheimer’s may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. What’s typical: Sometimes having trouble finding the right word.

7 Misplacing things and losing the ability to retrace steps. A person with Alzheimer’s disease may put things in unusual places. Sometimes, they may accuse others of stealing. This may occur more frequently over time. What’s typical: Misplacing things from time to time, such as a pair of glasses or the remote control.

8 Decreased or poor judgment. People with Alzheimer’s may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean. What’s typical: Making a bad decision once in a while.

9 Withdrawal from work or social activities. A person with Alzheimer’s may start to remove themselves from hobbies, social activities, work projects or sports. They may also avoid being social because of the changes they have experienced. What’s typical: Sometimes feeling weary of work, family and social obligations.

10 Changes in mood and personality. The mood and personalities of people with Alzheimer’s can change. They can become confused, suspicious, depressed, fearful or anxious. What’s typical: Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

Early diagnosis of Alzheimer’s disease or other dementias is an important step in getting appropriate treatment, care and support service. Additional benefits to early diagnosis are as follows:

Benefits of an early diagnosis of Alzheimer’s disease

• Benefit from treatments that may improve symptoms and help maintain a level of independence longer
• Participate in decisions about their care, transportation, living options, financial and legal matters
• Benefit from care and support services, making it easier for them and their family to manage the disease

For more information, please contact our 24/7 helpline at 1-800-272-3900 or visit our website at www.alz.org/newmexico.
Where Family Centered Care is the H.E.A.R.T. of all we do.

Mom loved all the simple pleasure of life — especially spending time with her family. After Mom’s dementia diagnosis, Hospice de la Luz joined our family to take care of Mom. It was the care of Mom, not the disease that brought so much relief. By taking the time to learn who she was, they encouraged Mom to live to her last day with the same dignity that she lived her life. Hospice provided the comfort we needed for Mom and for our family. I know that Mom wouldn’t have had it any other way!

— Sandy O’Brien

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ALZHEIMER’S ASSOCIATION TRIALMATCH™ FACT SHEET

Alzheimer’s Association’s Clinical Trials Matching Service

What is Alzheimer’s Association TrialMatch™?
Alzheimer’s Association TrialMatch is a first-of-its-kind, free, confidential interactive tool that provides comprehensive clinical trial information and an individualized trial matching service for people with Alzheimer’s disease and related dementias. Alzheimer’s Association TrialMatch operates through the Internet (www.alz.org/TrialMatch), and through the Alzheimer’s Association toll-free phone number (800-272-3900). This powerful tool is also available to caregivers, physicians, researchers and people interested in becoming “healthy volunteers.”

What has Alzheimer’s Association TrialMatch™ accomplished so far?
Since the clinical trial matching service launched in July 2010, more than 13,000 individuals have registered with Alzheimer’s Association TrialMatch, and more than 3,000 have been matched to a clinical trial based on their diagnosis, preferences and location. Currently, Alzheimer’s Association TrialMatch lists more than 130 Alzheimer’s clinical studies that are recruiting participants at 545 trial site locations nationwide.

What types of trials are included in Alzheimer’s Association TrialMatch™?
Alzheimer’s Association TrialMatch contains institutional review board (IRB)-approved Alzheimer’s, mild cognitive impairment (MCI) and other dementia trials currently taking place throughout the United States.

Where does Alzheimer’s Association TrialMatch™ get its listings? How is it kept up to date?
Alzheimer’s Association TrialMatch listings come from publicly available sources, such as clinicaltrials.gov, though all the studies listed there are being contacted to get updates on recruiting status and local sites. In addition, direct outreach is being made to a variety of research facilities and trial sites across the country to include their Alzheimer’s/dementia studies in the database. In order to be included in Alzheimer’s Association TrialMatch, trial sites must submit proof of their approval by an institutional review board (IRB). This is a committee that approves, monitors, and reviews research involving humans to protect the rights and welfare of the research subjects. Then the trials go through additional vetting by the Alzheimer’s Association prior to being listed to ensure that listings only include credible trials and investigators.

The technology and platform for Alzheimer’s Association TrialMatch is provided by EmergingMed.

Who can use Alzheimer’s Association TrialMatch™?
Alzheimer’s Association TrialMatch is for people with Alzheimer’s, their caregivers and healthcare professionals to explore and identify clinical trials based on individualized criteria. Healthy volunteers and researchers may also use Alzheimer’s Association TrialMatch.

Why is Alzheimer’s Association TrialMatch™ important?
Alzheimer’s disease is the only top 10 cause of death in the U.S. without a method to prevent, cure or even slow its progression. From 2000-2008, death rates for other major diseases — HIV, stroke, heart disease, prostate cancer, breast cancer — declined while deaths from Alzheimer’s have risen 66 percent during the same period. Alzheimer’s disease is reaching epidemic proportions, and there are inadequate levels of volunteers for clinical trials. This is significantly impeding critical research and the development of new treatments. More than 130 Alzheimer’s clinical trials are now recruiting participants at 545 trial sites nationwide. Recruiting and retaining participants for clinical studies is one of the greatest obstacles to developing the next generation of Alzheimer’s treatments.

There is ground-breaking research going on right now that could have a measurable beneficial impact on the lives of current and future Alzheimer’s patients, such as through the development of new therapies and prevention strategies. The Alzheimer’s Association is looking to physicians to play a leadership role in referring their patients to clinical trials in Alzheimer’s and dementia. Alzheimer’s Association TrialMatch is the vehicle for people with dementia, their healthcare professionals and caregivers to gain access and take part in research studies quickly and easily.

How do I use Alzheimer’s Association TrialMatch™?
For a complete list of step by step instructions, visit online at www.alz.org/TrialMatch or by calling the our 24/7 helpline, 1-800-272-3900.
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• Physical and Occupational Therapists (PT’s/OT’s)
  Specializing in improving walking/balance/dressing

• Case Management
  Coordinating medical, financial and housing needs

• Home Making Services
  Whether it’s 3 hours or live-in, we can provide assistance with grooming and bathing, light housekeeping, prescription pick up, mobility assistance, companionship, bowel and bladder services meal preparation.

Our team of compassionate professionals provide hospice care wherever you need it to be... wherever you or your loved one calls home.

Addus HealthCare
505-792-8230
4004 Carlisle NE, Suite G, Albuquerque, NM 87107

Do you need home care services?
Do you need assistance with vacuuming, laundry, meal preparation, and/or cleaning your home?
Do you need assistance grocery shopping or getting to the doctor?
Do you only need an hour of assistance a week and do not want to pay for four?

If you answered yes to any of these questions, please contact Addus HealthCare. We can help. Addus HealthCare provides non-medical in-home care with no minimum hours required.

Addus HealthCare provides services to Veterans, Surviving Spouses of Veterans, Personal Care Option (PCO) recipients on the ColTS C-Waiver (formerly the Disabled & Elderly (D&E) Waiver) program, Long Term Care Insurance recipients, Private Pay clients and more. Please call for more information.

Addus HealthCare  505-792-8230
4004 Carlisle NE, Suite G, Albuquerque, NM 87107
Dear Relieved but worried,

My 71 year old dad has been diagnosed with Alzheimer’s disease for six years. Last week he terrified my wife and me when he disappeared for eight hours. It turns out; he had gone to the store and couldn’t remember where he was when he came out. After hours of wandering around the strip mall, an employee noticed that something was not right, and asked my dad if everything was okay. It was obvious to the worker that my dad was very confused so she notified the police. Luckily, the responding officer was familiar with issues of dementia and did a great job of calming my dad down. He was able to get my dad to show him an I.D. and from there, track us down to come get him. We can’t stop imagining how badly this could have turned out if not for the Good Samaritan store worker and the knowledgeable police officer. What can we do to make sure this doesn’t happen again?

- Relieved but worried son

Dear Relieved but worried,

First, I’m glad that your dad was returned safely to you. Wandering behavior is one of the most frightening and difficult behaviors that caregivers have to deal with. Unfortunately, it’s also one of the most common behaviors as well. Six in 10 people with Alzheimer’s will wander at some point. If not found within 24 hours, almost half of that 60 percent will suffer serious injury or death. Wandering can occur on foot as well as by car or other means of transportation.

To prepare for and prevent wandering, caregivers must consider the following:

Who is at risk? Anyone who:
• Returns from walks or drives later than usual
• Wants to fulfill former obligations, like going to work
• Wants to “go home” even though they are home
• Has problems finding familiar location such as the bathroom
• Constantly checks the whereabouts of caregivers
• Feels lost in a new or changed environment

75 percent of people who wander will repeat the behavior, so we already know that your father is at increased risk. Let’s talk about some strategies to minimize some of that risk.

Having your dad move around and exercise regularly can reduce anxiety and restlessness. Make sure all of his basic needs, such as nutrition, toileting, and hydration are being met. Find meaningful activities and tasks that he can participate in daily. Structure them to fit his skill level and remaining strengths. Monitor his reactions to any medications and notify the doctor if you observe troublesome patterns. Avoid busy and chaotic places like shopping malls, which can increase his sense of confusion, and never leave him unsupervised in a new place. Control access to car keys (remember, wandering can occur in many ways). If your loved one is exit seeking, As a caregiver you may need to employ unique ways to redirect and/or distract. Some people get really creative by disguising doors with curtains or by painting them the same color as the wall. Others hide the doorknobs with towels or use dark mats in front of doorways (the mat can appear to be a hole in front of the door which discourages the person from approaching it). It’s always okay
to use other monitoring devices such as motion detectors and alarms which can be purchased at any hardware store. The bottom line is: stay flexible and don't be afraid to try new things.

The next thing to consider is planning ahead. Ask neighbors and friends to call if they see your dad alone or dressed inappropriately. Keep a list of places your dad might wander to, like past work locations, former homes etc. Is your dad right or left handed? Wanderers tend to follow the direction of their dominant hand. Know your neighborhood and familiarize yourself with potentially dangerous areas like bodies of water, wooded areas etc. The Alzheimer's Association has programs specifically designed to address the risks that wanderers face. I encourage you to explore which one(s) might be best suited for your father's needs.

- **Medicalert/Sefereturn** is a 24 hour nationwide emergency response service providing individuals with an ID bracelet or pendant that identifies them as memory impaired. The jewelry is engraved with a toll free number and a pin number that allows first responders to quickly reunite the individual with their loved ones. Jewelry identifying caregivers is also available.

- **Comfort zone** utilizes GPS technology that allows family members to track their loved ones from a secured website and receive alerts if the person leaves a predetermined perimeter.

- **Project Lifesaver** utilizes radio tracking technology. Registered participants wear a bracelet that transmits a specific frequency kept on file by local law enforcement. When the participant is reported missing, officers respond with receiving equipment that allows them to quickly find the person wearing the bracelet.

*One final word: effective July 1st, 2007 the New Mexico State legislature passed Senate Bill 912, or, “Helen's Law”. This law expands the Missing Persons Information Act to include those diagnosed with Alzheimer's disease or dementia as a person in imminent danger of harm. This requires law enforcement to immediately notify the Department of Public Safety, which will issue an alert to the public through media sources, similar to an "Amber Alert". Anyone caring for a loved one with dementia should be aware of this law.

*Project Lifesaver is not available in all areas. Please Contact the Alzheimer's Association for a list of member agencies in New Mexico.

Helpline Q & A information contributed by Chris McCaffrey, Greater Albuquerque Regional Manager
Alzheimer’s Association New Mexico 2012 Events

Alzheimer’s Day at the Legislature - Tuesday, February 14th, 2012
Santa Fe Capitol

Annual Dancing Stars Gala - Saturday, April 14th, 2012
Hotel Albuquerque

Alzheimer’s Association New Mexico Chapter Professional Conference
Thursday, May 3rd, 2012 – La Fonda Hotel-Santa Fe

Walk to End Alzheimer’s
Farmington and Las Cruces - Saturday, September 8th, 2012
Roswell, Los Alamos and Santa Fe - Saturday, September 15th, 2012
Albuquerque - Saturday, September 22nd, 2012
*Dates subject to change*

UnFOREgettable Golf Classic - Monday, October 8th, 2012
Four Hills Country Club-Albuquerque

Family Caregiver Conference - Saturday, November 3rd, 2012
Sandia Resort and Casino-Albuquerque

For information on participating in any (or all!) of these activities, please call us at 505-266-4473

Above: Theresa Burch as Lizzie at the Roundhouse with Lisa Vigil, a teacher and caregiver for a family member with Alzheimer’s. Lisa spoke in the Rotunda about the importance of government support for Alzheimer’s research and the needs of people with Alzheimer’s and their caregivers.
“I have participated in the walk for the last 13 years. The walk is more than an event, it’s more than a fundraiser and it’s more than a social gathering; so much more. It is a time set aside for remembrance, for grief and for hope. I remember those who have lost the battle with Alzheimer’s and those who are in the midst of it. I grieve for the losses that families and loved ones have suffered. And I hope for a better future, one that holds answers to a cure. I walk in honor of my grandmother and of the literal hundreds of individuals I have worked with professionally. I walk as an example to my daughters. And I walk to someday end Alzheimer’s.”

- Mary Galvez MA, CMC, NCG
Alzheimer’s Association New Mexico Chapter Board Member
Guardianship and Care Management Services
Albuquerque, NM

“As the director of an Alzheimer’s Program, I see the devastation of this disease every day. I watch families and friends grieve a little every time their loved one doesn’t remember something that was once so important. A name, a birthday, an event, or even time that was spent together just yesterday. I walk because IT MATTERS, THEY MATTER, and I CAN’T make a cure, I CAN’T make a prevention, but I CAN Educate, I CAN talk about it, and I CAN WALK!”

- Bonnie Zeiler, LPN
Las Cruces Walk Committee Member
Village at Northrise—Director of Alzheimer’s Services
Las Cruces, NM

“Why do I participate in the Walk to End Alzheimer’s? I do it to honor my father Jose Campos Varela, who was my hero. I participate to bring awareness to a disease that is difficult to accept especially in the Latin culture. I want to bring attention that we are not alone in our quest to find a cure. I participate to be visible to others who may be struggling with Alzheimer’s in a family member. I want to make myself available to others who may need a shoulder to lean on. My hero was always there for me when I struggled; he was there when I needed a strong shoulder to lean on.”

- Hipólitalisia Varela de Gutierrez
Team Grampo Joe
Dexter, NM

“The Alzheimer’s walk was a great experience and a wonderful way to create awareness and unite the community.”

- Dr. Nery Diaz
Resident Psychiatrist
UNM School of Medicine
Albuquerque, NM

“I walk for the friend I’ve lost and for my friend who just begun their long goodbye”

- Jane Gunter
2011 Corporate Walk Chair-Los Alamos Walk
Los Alamos, NM
The Woodmark at Uptown Encourages Activity and Independence

The Woodmark at Uptown is ideally located in Albuquerque’s Uptown neighborhood, with fantastic sunsets and awesome views of the scenic Sandia and Manzano Mountains. There is plenty to see and do within an easy drive to Old Town, Albuquerque’s Biological Park and Botanical Garden, the Rio Grande Zoo, and the University of New Mexico’s Popejoy Hall featuring classical music and many cultural events. A sight to see for residents of the Woodmark is what Albuquerque is known for, its annual International Balloon Festival with over 700 spectacular hot air balloons in the sky at a time. Santa Fe is just an hour away, and nearby Interstates 25 and 40 make it convenient and easy to go anywhere. The Woodmark is adjacent to new shopping malls, and close to banks, medical centers, movie theaters and numerous popular restaurants.

Within The Woodmark at Uptown, we provide Assisted Living, and Independent suites. In addition, The Woodmark Memory Care S.P.A. consists of 36 suites for individuals with dementia and care needs. We are committed to providing services in a manner that dignifies our residents and encourages activity and independence.

For more information or to schedule a tour: (505) 881-0120 • www.seniorlifestyle.com

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ALZHEIMER'S ASSOCIATION, NEW MEXICO CHAPTER ~ JANUARY - JUNE 2012

Calendar Key:

- Savvy Caregiver
- Veteran Savvy Caregiver
- Know the 10 Signs
- Coffee Talk
- Alzheimer's Education
- Community Events

JANUARY 2012

**Savvy Caregiver Class ~ Tularosa**
Jan 3-Feb 7, Tuesdays ~ 5pm - 7pm
Tularosa Senior Program
35 Radio Rd., Tularosa NM
For information call: 575-647-3868

**Know the Ten Signs ~ Carlsbad**
Jan 5 ~ 10am - 12pm
Comfort Keepers
206 W. McKay, Carlsbad NM
For information call: 575-624-1552

**Veterans Savvy Caregiver Class**
**Las Cruces**
Jan 9-23, Mondays ~ 11am - 3am
Alzheimer's Office ~ Las Cruces
For information call: 575-647-3868

**Savvy Caregiver Class**
**Albuquerque**
Jan 10-Feb 21, Tuesdays
5:30pm - 7:30pm
Alzheimer's Association Office
9500 Montgomery Ave., Suite 121
Albuquerque NM
For information call: 505-266-4473

**Savvy Caregiver Class**
**Albuquerque**
Jan 12-Feb 23, Tuesdays
10am - 12pm
Alzheimer's Association Office
9500 Montgomery Ave., Suite 121
Albuquerque NM
For information call: 505-266-4473

**Know the Ten Signs ~ Roswell**
Jan 12 ~ 9am - 10am
Roswell Adult and Senior Center
Room #29
807 N Missouri, Roswell NM
For information call: 575-624-1552

**Coffee Talk ~ Santa Fe**
Basics of Alzheimer's disease
Jan 18 ~ 10am - 11am
For Information call: 505-473-1297

**Basics of Alzheimer's disease**
**Las Cruces**
Jan 18 ~ 12pm - 1pm
Alzheimer's Office ~ Las Cruces
For information call: 575-647-3868

Day at the Legislature ~ Santa Fe
Feb 14 ~ 8am-noon
The Roundhouse
Paseo de Peralta & Old Santa Fe Trail
Santa Fe NM
For information call: 505-266-4473

**Veterans Savvy Caregiver Class**
**Jemez Pueblo**
Feb 15-29, Weds. ~ 12pm - 4pm
Jemez Senior Center
110 Sheep Springs Circle
Jemez Pueblo
For information call: 505-266-4473

**Veterans Savvy Caregiver Class**
**Alamogordo**
Mar 7-21, Weds. ~ 12pm - 4pm
Alamogordo Senior Center
2201 Puerto Rico Ave.
Alamogordo NM
For information call: 575-624-1552

**Know the 10 Signs ~ Roswell**
Mar 8 ~ 9am - 10am
Roswell Joy Center
1822 N Montana Ave, Roswell NM
For information call: 575-624-1552

**Veterans Savvy Caregiver Class**
**Albuquerque**
Mar 12-26, Mondays ~ 12pm - 4pm
Alzheimer's Association Office
9500 Montgomery Ave., Suite 121
Albuquerque NM
For information call: 505-266-4473

**Savvy Caregiver Class**
**Albuquerque**
Mar 15-Apr 13, Fridays
5:30pm - 7:30pm
Alzheimer's Association Office
9500 Montgomery Ave., Suite 121
Albuquerque NM
For information call: 505-266-4473

**Aging Safely in the Home ~ Hobbs**
Mar 14 ~ 2pm - 3pm
Senior Circle
5419 N. Lovington Hwy.
Hobbs NM
For information call: 575-624-1552

**Savvy Caregiver Class**
**Albuquerque**
Mar 15-Apr 26, Thursdays
10am - 12pm
Alzheimer's Association Office
9500 Montgomery Ave., Suite 121
Albuquerque NM
For information call: 505-266-4473

**Savvy Caregiver Class**
**Albuquerque**
Mar 20-22, Saturdays
10am - 12pm
For information call: 505-473-1297

**Veterans Savvy Caregiver Class**
**Farmington**
Mar 5-19, Mondays ~ 12pm - 4pm
Bonnie Dallas Senior Center
109 East La Plata Street
Farmington NM
For information call: 505-326-3880

**Veterans Savvy Caregiver Class**
**Alamogordo**
Mar 19-23, Fridays
12pm - 4pm
Alamogordo Senior Center
2201 Puerto Rico Ave.
Alamogordo NM
For information call: 575-624-1552

**Savvy Caregiver Class**
**Las Cruces**
Mar 20-22, Saturdays
10am - 12pm
For information call: 505-473-1297

**Veterans Savvy Caregiver Class**
**Farmington**
Mar 5-19, Mondays ~ 12pm - 4pm
Bonnie Dallas Senior Center
109 East La Plata Street
Farmington NM
For information call: 505-326-3880

**Veterans Savvy Caregiver Class**
**Alamogordo**
Mar 7-21, Weds. ~ 12pm - 4pm
Alamogordo Senior Center
2201 Puerto Rico Ave.
Alamogordo NM
For information call: 575-624-1552

**Know the 10 Signs ~ Roswell**
Mar 8 ~ 9am - 10am
Roswell Joy Center
1822 N Montana Ave, Roswell NM
For information call: 575-624-1552

**Veterans Savvy Caregiver Class**
**Albuquerque**
Mar 12-26, Mondays ~ 12pm - 4pm
Alzheimer's Association Office
9500 Montgomery Ave., Suite 121
Albuquerque NM
For information call: 505-266-4473

**Savvy Caregiver Class**
**Albuquerque**
Mar 15-Apr 13, Fridays
5:30pm - 7:30pm
Alzheimer's Association Office
9500 Montgomery Ave., Suite 121
Albuquerque NM
For information call: 505-266-4473

**Aging Safely in the Home ~ Hobbs**
Mar 14 ~ 2pm - 3pm
Senior Circle
5419 N. Lovington Hwy.
Hobbs NM
For information call: 575-624-1552

**Savvy Caregiver Class**
**Albuquerque**
Mar 15-Apr 26, Thursdays
10am - 12pm
Alzheimer's Association Office
9500 Montgomery Ave., Suite 121
Albuquerque NM
For information call: 505-266-4473

**Savvy Caregiver Class**
**Albuquerque**
Mar 20-22, Saturdays
10am - 12pm
For information call: 505-473-1297

**Veterans Savvy Caregiver Class**
**Farmington**
Mar 5-19, Mondays ~ 12pm - 4pm
Bonnie Dallas Senior Center
109 East La Plata Street
Farmington NM
For information call: 505-326-3880

**Veterans Savvy Caregiver Class**
**Alamogordo**
Mar 7-21, Weds. ~ 12pm - 4pm
Alamogordo Senior Center
2201 Puerto Rico Ave.
Alamogordo NM
For information call: 575-624-1552

**Know the 10 Signs ~ Roswell**
Mar 8 ~ 9am - 10am
Roswell Joy Center
1822 N Montana Ave, Roswell NM
For information call: 575-624-1552

**Veterans Savvy Caregiver Class**
**Albuquerque**
Mar 12-26, Mondays ~ 12pm - 4pm
Alzheimer's Association Office
9500 Montgomery Ave., Suite 121
Albuquerque NM
For information call: 505-266-4473
## Education Calendar

**The Basics of Alzheimer's disease**
- **Las Cruces** ~ (Spanish)
  - Mar 21 - 12pm - 1pm
  - Alzheimer's Office ~ Las Cruces
  - For information call: 505-647-3868

**Behavior and Communication**
- **Albuquerque**
  - Mar 21 - 12pm - 1pm
  - Alzheimer's Association Office
  - 9500 Montgomery Ave., Suite 121
  - Albuquerque NM
  - For information call: 505-266-4473

**Caregiver Self Care ~ Farmington**
- Mar 21 - 12pm - 1pm
  - For information call: 505-326-3680

**Family Caregiver Conference**
- **Raton**
  - Mar 21 ~ 12pm - 1pm
  - For information call: 505-326-3680

**Aging at Home Safely ~ Clovis**
- Apr 17 - 10am - 11am
  - Baxter-Curren Senior Center
  - 908 Hickory St., Clovis NM
  - For information call: 505-624-1552

**Coffee Talk ~ Santa Fe**
- Moving a Loved One with Memory Loss: Choices and Challenges
  - Presenter: Mary Yamada from Los Alamos Retirement Community
  - Apr 18 - 10am - 11am
  - For Information call: 505-473-1297

**Living with Alzheimer’s-Early stage Las Cruces**
- Apr 18 - 12pm - 1pm
  - Alzheimer’s Office ~ Las Cruces
  - For information call: 505-647-3868

**Alzheimer’s Education**
- **Albuquerque**
  - Apr 18 ~ 12pm - 1pm
  - Alzheimer’s Association Office
  - 9500 Montgomery Ave. Suite 121
  - Albuquerque NM
  - For information call: 505-266-4473

**Early Detection Matters**
- **Farmington**
  - Apr 18 - 12pm - 1pm
  - For information call: 505-326-3680

**Early Detection Matters ~ Shiprock**
- Apr 20 - 10am - 11am
  - For information call: 505-266-4473

## APRIL 2012

**Veterans Savvy Caregiver Class**
- **Santa Fe**
  - Apr 2-16, Mondays ~ 12pm - 4pm
  - For information call: 505-473-1297

**Savvy Caregiver Class ~ Silver City**
- Apr 3-May 15, Tuesdays
  - 1pm - 3pm
  - Silver City Senior Center
  - 205 Victoria St., Silver City NM
  - For information call: 575-647-3868

**Savvy Caregiver Class ~ Roswell**
- Apr 4-May 9, Wednesdays
  - For information call: 505-624-1552

**Early Detection Matters ~ Taos**
- Apr 11 ~ 1pm - 2pm
  - For Information call: 505-473-1297

**Aging at Home Safely ~ Roswell**
- Apr 12 - 9am - 10am
  - Roswell Adult and Senior Center
  - 807 N Missouri, Room #29
  - Roswell, NM
  - For information call: 505-624-1552

**Savvy Caregiver Class ~ Farmington**
- Apr 16-May 21, Mondays
  - 12pm - 4pm
  - For information call: 505-326-3680

## MAY 2012

**Veterans Savvy Caregiver Class**
- **Taos**
  - May 1-15, Tuesdays ~ 12pm - 4pm
  - For information call: 505-473-1297

**Moving a Loved One with Memory Loss: Choices and Challenges Ruidoso**
- May 2 ~ Thursday
  - For information call: 575-624-1552

**Reserve**
- May 23 ~ 10:30am - 11:30am
  - Reserve senior center
  - Ester Street, Reserve NM
  - For information call: 575-647-3868

**Basics of Alzheimer's disease**
- **Jemez Pueblo**
  - May 21 ~ 12pm - 1pm
  - For information call: 505-266-4473

**Basics of Alzheimer's disease Reserve**
- May 23 ~ 10:30am - 11:30am
  - Reserve senior center
  - Ester Street, Reserve NM
  - For information call: 575-647-3868

**Basics of Alzheimer's disease Quemado**
- May 23 ~ 1:30pm - 2:30pm
  - Quemado Senior Center
  - Country Road A028 - 28 Lopez Rd.
  - Quemado NM
  - For information call: 575-647-3868

**Basics of Alzheimer's disease Bloomfield**
- May 24 ~ 10am - 11am
  - For information call: 505-266-3680

## JUNE 2012

**Veterans Savvy Caregiver Class**
- **Albuquerque**
  - Jun 4-18, Mondays ~ 12pm - 4pm
  - Alzheimer’s Association Office
  - 9500 Montgomery Ave. Suite 121
  - Albuquerque NM
  - For information call: 505-266-4473

**Veterans Savvy Caregiver Class**
- **Gallup**
  - Jun 5-19, Tuesdays ~ 12pm - 4pm
  - For information call: 505-326-3680

**Caregiver Self Care ~ Lovingston**
- Jun 7 ~ 10am - 11pm
  - For information call: 575-624-1552

**Northern New Mexico Family Caregiver Conference ~ Española**
- For information call: 505-473-1297

**Savvy Caregiver Class**
- **Los Alamos**
  - Jun 15-Jul 27, Fridays
  - 10am - 12pm
  - Aspen Ridge Lodge
  - 1010 Sombrilla Ct., Los Alamos NM
  - For information call: 505-473-1297

**The Basics of Alzheimer's disease**
- **Las Cruces**
  - Late Stages of Alzheimer’s disease
  - Jun 19 ~ 10am - 11am
  - For information call: 505-266-3680

**Veterans Savvy Caregiver Class**
- **Albuquerque**
  - Jun 20 ~ 12pm - 1pm
  - Alzheimer’s Association Office
  - 9500 Montgomery Ave. Suite 121
  - Albuquerque NM
  - For information call: 505-266-4473

**Veterans Savvy Caregiver Class**
- **Gallup**
  - Jun 20 ~ 12pm - 1pm
  - For information call: 505-326-3680

**Caregiver Self Care ~ Farmington**
- Jun 20 ~ 10am - 11am
  - Faith and Spirituality: For You and Your Loved One
  - For Information call: 505-473-1297

**Living with Alzheimer’s- Late stages Las Cruces**
- Late Stages of Alzheimer’s disease
  - Jun 20 ~ 12pm - 1pm
  - Alzheimer’s Office ~ Las Cruces
  - For information call: 575-647-3868

**Alzheimer’s Education**
- **Albuquerque**
  - Jun 20-27, Mondays ~ 12pm - 4pm
  - Alzheimer’s Association Office
  - 9500 Montgomery Ave. Suite 121
  - Albuquerque NM
  - For information call: 505-266-4473

**Communication and Behaviors Farmington**
- Jun 20 ~ 12pm - 1pm
  - For information call: 505-326-3680

**Southern New Mexico Family Caregiver Conference ~ Las Cruces**
- For Information call: 575-647-3868

**The Basics of Alzheimer’s disease**
- **Laguna Pueblo**
  - Jun 25 ~ 12pm - 1pm
  - For information call: 505-266-4473
[May 26, 2011 - December 1, 2011]

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Bobbi Alcorn
Mary Alice Andrews
Anonymous
Esther Ballschmidt
Mr. Dickens
Frank Bonnet
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Frances Boling
Andrew Roerick
Mr. & Mrs. Bartholomew
J. Beck
Colleen Bickford
Thank you for your continued support of the Alzheimer’s Association New Mexico Chapter. We honor and remember those that we’ve lost to the disease and continue to fight for our vision... A world without Alzheimer’s disease.
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Garcia, David
Garcia, Dolores
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Gibson, Donnie and Donna
Giere, Kenneth and Maria
Gilgoly, Greg
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Greenwalt, Louise
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Knowles, Scott
Koch, Dorothy
Koppenhaver, Rita
Kozeliski, Kelly
Lieber’s Luggage
Lilly Barrack
Linton, Terrehce
Long, Jeff
Lord, Mike and Kathy
Lorraine Hartway, CPA
Los Alamos Medical Center
Los Alamos National Bank
Love INC of South Albuquerque
Loveland Health System
Lujan, Patricia and R.
Luke, Joan
M & Co. Hair and Color Lounge
Mark Pardo’s Hair, Skin & Body
Marry, Anne
Martinez, Andrea
Martinez, Mary
Masciotra, Anthony
McCormick, Gayle
McDonald, Peggy
McKinsey & Company, Inc.
McManaman-Loucks, Patricia
Mesilla Valley Hospital
Methvin, Rhonda and Purvis, Angela
Metzger, Paul and Tara
Miller, Joe
We strive for accuracy in all of our listings. Please forgive us for any inadvertent exclusions or misspellings and call us at 505-266-4473 with corrections.
That's how he rolls.

As part of New Mexico’s Coordination of Long-Term Services (CoLTS) program, Amerigroup Community Care of New Mexico, Inc. can help you get the right care right in your own community. **We help you coordinate:**

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www.HomeCareAssistanceofAlbuquerque.com
Volunteer Spotlight

Our Top Family Fundraising team at this year’s 2011 Walk to End Alzheimer’s-Albuquerque 
“Eleanor’s Angels” raised an astounding $2,829.24!
Talk about creative “fun”draising…

these creative ladies sold handmade jewelry, held bake sales, and asked EVERY person they could to help support their efforts. Year after year, this family team not only helps raise funds, but they volunteer as a family the day of the Albuquerque walk to help raise awareness.

Two of “Eleanor’s Angels” talented and craft wise members, Judy Marsh and Karen Shackleford, made this beautiful quilt that hangs in our Albuquerque office to memorialize our past walks shirts. We cannot thank them enough for this amazing gift!

Because they have been personally affected by the disease, the quilt was made in honor of their family members that lost their battle to Alzheimer’s-Doris, Grace, Lucille, John, Richard, Jan and Eleanor. Pictured above are Judy and Karen presenting their one of a kind gift to the Association...we appreciate all your hard work!

Pictured left to right, Judy Marsh, Kim O’Roark, Emily O’Roark, Lindsay O’Roark and Morgan O’Roark