

Mark Your Calendars

## 14<sup>th</sup> Annual Memory Walk

**SATURDAY**

**APRIL 21, 2007**

**9:30AM**

**DOWNTOWN - CIVIC PLAZA**

Easy & Fun 1K and 3K Walks

Lots of Food and Refreshments

Great Entertainment

Children's Games Galore

Awesome Auction

Prize-Filled Raffle Drawings

Peaceful Remembrance Moment

Cool Team & Individual Awards

### **HERE'S HOW TO PARTICIPATE:**

To form a TEAM or to register to walk, call 266-4473  
or go online to [www.nm-alzheimers.org](http://www.nm-alzheimers.org)  
click on the Memory Walk logo.

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### **Walk to cure Alzheimer's**

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Our goal for this Memory Walk  
is to have 150 TEAMS and raise \$250,000.

100% of the money raised through our Memory Walk  
stays in New Mexico to help New Mexicans!

You'll enjoy a fun-filled morning  
**Please join us April 21<sup>st</sup>**  
for the 14<sup>th</sup> Annual Albuquerque Memory Walk.

**Note:** Donations alone are always appreciated.

Many employers participate in a program to match any funds raised, check with yours.

# Executive Director's Report

Maralie Waterman BeLonge, Executive Director

## GOVERNING BOARD 2006-2007

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## EXECUTIVE DIRECTOR

Maralie Waterman BeLonge

**Mark Your Calendars ...** the 14<sup>th</sup> Annual Albuquerque Memory Walk will be held on April 21, 2007 at Civic Plaza. We are always in need of those interested in forming teams of 2 – 100 of their co-workers, friends and family and with our on-line resource KINTERA – it is easier than ever to build your team and raise funds to support the New Mexico Chapter.

On Monday, February 26, 2007, the Alzheimer's Association will sponsor the Fifth Annual 'Alzheimer's Disease and Related Disorders Awareness Day' at the State Capitol. Representatives from aging and elder care service organizations will be on hand with information tables and booths and a Press Conference will be held at around 11 AM in the Capitol Rotunda with a Proclamation from Governor Richardson. Many thanks to Chair, Jytte Lokvig, Tom Chrisman, Velma Arellano and all the volunteers of the Tri-Cities Regional Advisory Committee who dedicate great time and hard work in support of making this effort a success each year.

Many thanks to the unsung heroes – the "techie" volunteers who keep our computers and servers going throughout the year – Mike Lord, Scott Love, Stan Love and Eric Cobb – we truly appreciate all of your time and expertise.

Visit our website [nm-alzheimers.org](http://nm-alzheimers.org) and thank Luis Molina of Sandia National Labs who volunteers as our webmaster. Look for our quarterly newsletters and other information available on-line under "Resources" on our website. **If you are interested in receiving the newsletter electronically rather than via snail mail, please send me an email to [maralie.waterman-belonge@alz.org](mailto:maralie.waterman-belonge@alz.org). You will also be added to our notification list for up-coming Chapter programs, events and public policy and legislative alerts.**

Please join me in congratulating Randi Duran in her promotion to Program Assistant. Randi was most recently our Administrative Assistant and has been employed with the Chapter since December 2005. Also welcome Jacob Noah, who is our new Administrative Assistant. Jacob is recently relocated to Albuquerque from the Phoenix area.

As always, thank you for being so much a part of our success and helping to make the New Mexico Chapter of the Alzheimer's Association a strong voice for caregivers and families.

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## “MAINTAIN YOUR BRAIN”

TO BE OFFERED AT WILD OATS LOCATIONS

The Alzheimer's Association, in conjunction with Wild Oats Natural Markets locations citywide will be offering educational programs on how to live a brain healthy lifestyle throughout the current calendar year. For more information, please call the Chapter office at 266-4473 or the store location.

Tuesdays @ 9:30 A.M.

February 13, March 13, April 10, May 8, June 12

San Mateo Wild Oats 823-1933

6300 San Mateo NE

Tuesdays @ 9:30 A.M.

February 20, March 20, April 17, May 15, June 19

Juan Tabo Wild Oats 275-6660

11015 Menaul NE

Tuesdays @ 9:30 A.M.

February 27, March 27, April 24, May 22, June 26

Indian Plaza Wild Oats 260-1366

2103 Carlisle NE

Thoughts for the Day - How much deeper would the ocean be without sponges?

**People are talking ...  
...We are Listening**

*Cheryl Marlow and Associates*  
*The Professional Team with The Personal Touch!*

**Your next house closing could help open the door...**



*Cheryl Marlow  
and  
Associates  
Will Donate \$1000.00 of  
Their Commission to The  
New Mexico Chapter Of The  
Alzheimer's Association*

Cheryl has personally experienced the tragedy of Alzheimer's. She is the Chair of the 2008 Memory Walk, as well as a Platinum Sponsor.

As the State's #1 Prudential Agent (and #3 in all of the U.S.!) Cheryl and her entire team of Real Estate Professionals are ready to help you buy or sell a home. If you are looking for your dream home, call for a complete list of available

properties that fit your needs. If you're selling your home, Cheryl and her team can provide an innovative marketing plan designed to achieve top dollar for your current home.



Whether you are buying or selling for All of your Real Estate Needs, call on Cheryl!

She is committed to donate a generous portion of her Real Estate commission to the NM Alzheimer's Association whenever you mention this ad!

**... to find a cure!**



**Cheryl Marlow and Associates**

**505-238-1000 [www.cherylmarlow.com](http://www.cherylmarlow.com)**



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Realty

Prudential Southwest Realty, 6731 Academy NE, Albuquerque, NM 87109, 505-797-5555

ALZHEIMER'S  
ASSOCIATION  
New Mexico Chapter

**MAIN OFFICE**

9500 Montgomery NE, Suite  
209  
Albuquerque, NM 87111  
**(505) 266-4473**  
**Fax (505) 266-0108**

Executive Director  
Maralie Waterman Belonge

Program Director  
Betty Kuehne

Development Director  
Andy Braman

Administrative Assistant  
Jacob Noah

Program Assistant  
Randi Duran

Communications & Legislative  
Advocacy Director  
Stephen Ullibarri

Finance Director  
Pat Alexander



**REGIONAL OFFICES**

NW REGIONAL OFFICE

Joan Vallee  
3300 N. Butler, Suite 221  
Farmington, NM 87401  
(505) 326-3680

SW REGIONAL OFFICE

Cathy Murphy  
101 N. Alameda, Suite 6-7  
Las Cruces, NM 88005  
(505) 647-3868

NE REGIONAL OFFICE

Linda Durant  
504 Douglas Ave.  
Las Vegas, NM 87701  
(505) 426-9840

SE REGIONAL OFFICE

Kathy Bolkovac  
404 ½ N Kentucky  
Roswell, NM 88201  
(505) 624-1552

**Toll Free Helpline**

Northern NM 800-777-8155  
Southern NM 888-588-0005  
National 800-272-3900

## PRESIDENT'S UPDATE

Mike Lord

The 2007 New Mexico Legislative session is upon us and I want to let all of you know what we will be doing this year. On October 29th and 30th we held a Public Policy retreat to determine our strategy for this session. The retreat was well attended and was facilitated by our old friend Mike Splaine from the Alzheimer's Public Policy office in Washington DC. Following is what we will be taking to the Legislature:

### Alzheimer's Association, New Mexico Chapter 2007 Legislative Agenda

#### Vision Statement

The New Mexico Chapter of the Alzheimer's Association is the recognized voice for the over 35,000 persons affected by Alzheimer's disease in New Mexico.

Policymakers will only make decisions impacting persons with AD and their families by working with the leadership of the Alzheimer's Association.

By 2009, all New Mexicans will recognize AD as a public health issue that has an escalating impact on families and every part of society.

The tools we use to fulfill this vision will be sensitive to individual needs, collaborative in spirit and culturally appropriate.

New Mexico is home to approximately 35,000 persons with Alzheimer's disease or a related disorder. Another 100,000 spouses, children, family and friends provide care and support to a loved one with the disease.

The New Mexico Chapter of the Alzheimer's Association is a non-profit organization that provides education and support for people affected with Alzheimer's disease, their families and friends, and direct caregivers, both family and professional. We believe families dealing with Alzheimer's disease or dementia are representative of people in New Mexico who need a care system that is friendly and capable.

Our public policy platform is rooted in the personal experiences and daily challenges of New Mexicans with the disease and their devoted caregivers. We understand that their needs are ever changing – a person with Alzheimer's disease will live an average of 8 years, or as many as 20 years, after symptoms appear. The New Mexico Chapter of the Alzheimer's Association will make strong advocacy efforts to improve the quality and quantity of services provided to people with Alzheimer's disease and their families.

#### **The Chapter's Public Policy Committee has developed three areas for advocacy efforts during the 2007 Legislative Session.**

**1. Aging Network 2007 Legislative Request** – The Alzheimer's Association has requested \$67,700 in Maintenance of Effort Funding and New Programs Funding for the University of New Mexico Center of Aging in the amount of \$320,000 to establish rural diagnostic education and training sites in conjunction with the Aging and Long Term Services Department and Project ECHO. These sites will be located in Las Vegas and Roswell.

**2. Establishment of an Alzheimer's Task Force** – Commissioned to do a SWOT-type analysis (Strengths Weakness Opportunities Threats) of Alzheimer's in New Mexico. The goal is to come up with a comprehensive set of recommendations for addressing Alzheimer's in New Mexico – everything from Research and Prevention to Alzheimer's Treatment to Caregiver Support. The task force will make recommendations for both short term and long term consideration.

The benefit of this approach is it provides public awareness, education, and focused legislative attention, which will give our priorities a greater chance for support.

Continued next page

**3. Institute a Wandering Alert** – The success of the Amber Alert for missing or abducted children has created new energy for a public policy effort to adopt measures that protect seniors with the tendency to wander. Some common examples of these measures include: adding seniors to the Amber Alert; creating a separate alert program that serves only those with dementia, often referred to as the “Senior Alert” or “Silver Alert”; requiring implementation of or funding for the Alzheimer’s Association Safe Return program; or requiring dementia training for public safety personnel.

We have located legislators to sponsor these areas of advocacy and we believe that we stand a reasonable chance of putting all of them into place. I urge you to contact your legislators – both House and Senate – and ask them to support this legislation. With a \$750 million surplus this year, our request is extremely inexpensive and will yield significant results. I also ask that you consider attending Alzheimer’s Day at the Legislature on Monday, February 26. We will be in the rotunda of the Round House in the morning and will visit legislators in the afternoon.

I want to thank all of the retreat participants who contributed to creating this agenda and I especially want to thank Stephen Ulibarri, our Public Policy coordinator for doing the research, creating the language and lining up our sponsors.

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Always get married in the morning.

That way, if it doesn’t work out, you haven’t wasted a whole day.

– Mickey Rooney

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## Be Sure the Drugs are Dosed Correctly

Quentin C. (Tim) Florence, PharmD

In the past ten years some medications have been developed that show some promise in the treatment of Alzheimer’s disease. They are Aricept, Exelon, Razadyne and Namenda.

In every case, the use of these medications requires that they be started at a low dose, with gradual dose increases until the recommended effective dose is obtained. This is done to minimize the development of side effects.

**Aricept**, for the first month the dose is 5 mg a day and then if there is no side effects the dose is increased to 10 mg a day.

**Exelon** begins with 1.5 mg twice a day then increases to 2 mg twice a day, then 4.5 mg twice a day and then 6 mg twice a day.

**Razadyne** starts with 4 mg twice a day, then 8 mg twice a day to a dose of 12 mg twice a day, the most effective dose.

**Namenda** should be 5 mg once a day for a week then 5 mg twice a day for a week, then 10 mg in the evening and 5 mg in the morning, and finally 10 mg twice a day.

It is surprising how many patients haven’t been increased to the proper dose. I often see patients who were started on a low dose of these drugs and who haven’t had any attempt to increase the dose for months, even years.

Be certain that you or your loved one is taking the most effective dose. Don’t just get refills of lower strength prescriptions; talk with your physician or pharmacist about getting dose increases, or a reason why it shouldn’t be increased. At least try to have a chance to get the most benefit from the use of these drugs.

The most effective does for these medications are:

Aricept – 10 mg once a day

Exelon – 6 mg twice a day

Razadyne – 12 mg twice a day (or Razadyne ER 24 mg once a day)

Namenda – 10 mg twice a day

# Volunteers Needed to Lead Support Groups

Volunteers are needed to lead caregiver support groups in  
Espanola  
Albuquerque - South West & North West Areas

**Qualified individuals must have some knowledge about Alzheimer's disease or dementia, leadership skills, and good "people skills". Former family caregivers are welcome to apply, as well as health and human service professionals. Volunteers are provided training on the basics of Alzheimer's disease, group management and group member dynamics.**

**Ongoing support from the Chapter office provided.**

**To apply or learn more please contact  
Betty Kuehne at 505-266-4473**

We are in the process of visiting with our support groups around the state. Many groups have been meeting for years with people coming and going as they have a need. Because of the growth in the last few years of diagnosed cases of Dementia and Alzheimer's Dementia, it is important that we develop more active groups to serve the growing population. Some of the identified areas where we have needs are listed above, but we are looking for anyone interested in starting a group in your area such as: Belen, Los Lunas, Gallup, Grants, Edgewood/Moriarty and Mountainair. Basically, any area where people can congregate to learn about

the disease and what has worked for you.

One of the many benefits of a support group is discovering that you are not the only one dealing with an issue. Someone else has already dealt with it, or is currently also trying to find the solution. It is designed to be people helping each other, listening, offering suggestions, uniting with each other so that no one needs to feel alone in the disease process.

The Alzheimer's Association is pleased to offer training for the group facilitator(s) and information and materials to help get you started. We are presently working with the City of Albuquerque to begin a support group for the City employees. We are also working with several Assisted Living facilities to begin strong support groups among their families and the community.

If you feel that you could volunteer an hour or so a month to help coordinate a support group, please call the Albuquerque office – or one of the regional offices. We would be delighted to offer you our support in this rewarding endeavor.

Most groups only meet once a month, at a time and place convenient for you. And we have found that senior centers, churches, assisted and/or long term care facilities are willing to let you use a meeting room for a community support group. Let's talk. Call Betty or Randi at 505-266-4473 (Albuquerque); Joan at 505-326-3680 (Farmington area); Cathy at 505- 647-3868 (Las Cruces area); Linda at 505-426-9840 (Las Vegas area); or Kathy at (505) 624-1552 (Roswell area). Any one of us will help you start your group, or tell you what is available in your area.

Thanks so much for thinking about this venture. We are looking forward to hearing from you.



## Alzheimer's Disease affects 1 out of every 3 families

Kingston Residence of Santa Fe recognizes that individuals with memory loss, such as Alzheimer's Disease, have distinct needs and require special programming. Kingston supports educating families within our community to learn the truth about Alzheimer's Disease.

### Alzheimer's IS.....

- a medical illness
- a progressive, degenerative and neurological illness
- affecting roughly 4.5 million individuals
- the 4th leading cause of death among adults

### Alzheimer's is NOT.....

- a mental illness
- a normal part of aging
- preventable or reversible
- only for older adults

**Find out more. Call us today at 505-471-2400!**

**KINGSTON**  
RESIDENCE  
of SANTA FE

2400 Legacy Court  
Santa Fe, NM 87507  
[www.kingstonhealthcare.com](http://www.kingstonhealthcare.com)

A full service retirement community offering Independent Living, Assisted Living & Memory Care

## Welcome New Staff Member – Jacob Noah



Hi everyone, my name is Jacob Noah and I am the new administrative assistant at the Albuquerque office. To introduce myself I will give you a little background information. I am a student at the University of New Mexico, studying Political Science and International Affairs. I moved to Albuquerque in July of 2006 to finish my two degrees. For fun I like to read, watch movies, and keep up on my current affairs in international politics. That's me in short form; I look forward to working with all of you in the very near future.

## Welcome New Board Member - Roderick (Rick) Draker



Born in Hamilton, Ontario, Rick holds an Honors Bachelor's in Economics and Geography, a Master's in Land Use Planning, and a Certificate in Resource Management.

He was employed in municipal government for 17 years as Director of Planning and Building, and Community Renewal. Rick opened private consulting practice in 1989 in land use planning and land development. He moved to Albuquerque in 1997, where he continues the land use planning and land development consulting business. In addition Rick is the Chief Operating Officer for Resources for

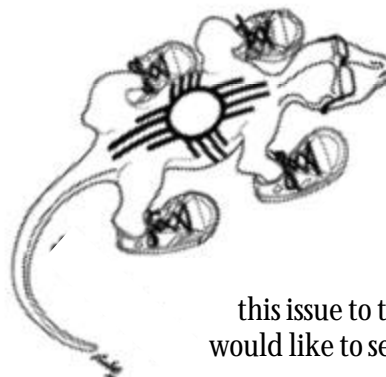
Excellence Incorporated, a business management and human resource development and training consulting practice. Rick does work in Michigan, Georgia, Canada, as well as New Mexico

Rick is married to Sandy Cody who is the President of Resources for Excellence Incorporated. They have two children, Amy and Matt, both married, and one grandchild. Rick enjoys outdoor activities such as hunting, fishing, hiking and camping. He also enjoys ice hockey and reading, mostly history.

Laughter is a tranquilizer with no side effects. – Arnold Glasow

Help Support local caregiver services by designating the Alzheimer's Association, New Mexico Chapter through your local United Way Campaign or through the Combined State and Federal Employees Campaign.

The Alzheimer's Association, New Mexico Chapter is a proud member of



Thanks to all that contributed articles and assistance in getting keep you informed and in order to do this, please tell us what you Simply call the office nearest you with your suggestions.

this issue to the printer. We want to would like to see in future issues.

Mike Lord  
Jacob Noah  
Cathy Murphy  
Rick Draker

Betty Kuehne  
Pat Florence  
Linda Durant  
Maralie Waterman BeLonge

Randi Duran  
Jan Florence  
Kathy Bolkovac  
Tim Florence



## Many thanks to our Volunteer Bakers...

Many thanks to all of the bakers who generously donated their creations for the Cookie Walk... the Alzheimer's Association was able to provide over 200 dozen homemade cookies to the effort and we could not have been so successful without YOU!!

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## Regional Office News

### Southeastern New Mexico

Kathy Bolkovac - Regional Director

2007 will be a year of continued growth and development of our outlying areas in Southeast New Mexico and Lea County. Beginning January 19 we will have our first advisory board meeting in Hobbs. Please contact the association if you are interested in attending. We hope to gain additional corporate partners and corporate chairpersons who are interested in bringing more services to Hobbs. We will also be developing a mini-library and resource office in Hobbs to allow the regional office manager a place to meet with families and provide resource materials.

Plans for the Spring/Summer conference are underway with our topic being Early Onset Alzheimer's. We have had interest from several research professionals who would like to

speaking on the topic, including Albuquerque neuroscience. Additional topics of interest will include protection and advocacy and family behavioral issues. We hope to present in the Ruidoso or Alto area sometime in June.

The Roswell office has tremendous support of citizens and families. The advisory board and corporate chairman have agreed to act in any capacity needed assist other area communities in developing services and sharing ideas. Thanks to Tom Dunlap, Alex Pankey, and Dixie Kruse who have recently been working with me on fresh ideas for conferences, training and future growth.  
kbolkovac@dfn.com

### Northeastern Region

Linda Durant - Regional Director

Spring is on the way in Northeastern New Mexico and with it comes our annual Care & Sharing Conference. This year it will be held here, in Las Vegas on April 27 please watch for our brochure or check with our office more details. We are looking forward to having as wonderful a gathering of presenters, caregivers, family members and professionals as we did at our last Conference in Santa Fe.

Remember we have regular care giving classes and groups at our Las Vegas Branch Office. Also we are starting a family & friends support group at Vida Encantada Nursing Home in Las Vegas. We are holding our care givers series & group in Raton, at Miners Colfax LTC Hospital. This spring care

givers classes and groups also will be held in Taos and Santa Rosa. We are forming early stage patient classes in Las Vegas, Santa Fe, Santa Rosa, Raton and Taos and we are interviewing for participants now.

We are starting our preparations for our fall 2007 Memory Walks; one in Las Vegas on September 8<sup>th</sup> and one in Raton in October. We are looking for volunteers, sponsors, teams and donors to be a part of our annual Memory Walks. We truly need your help to make these events successful, so please come join us. For more details on any of the above agendas please call Linda Durant @ (505) 426-9840. We are looking forward to hearing from you soon!

### Northwestern Region

Joan Vallee - Regional Director

Please contact Joan @ 326-3680 for information on educational programs, Memory Walk plans, volunteer needs and other things going on in the Northwestern region at this time.



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# Southwestern Region

Cathy Murphy - Regional Director

We just completed our first strategic planning session with our incoming board for 2007 and we are already inspired and filled with much expectation for the events and projects we are sponsoring.

Our second Gala will be Saturday, April 14<sup>th</sup> at Dickerson's Event Center and will feature a "Basket of Memories" quilt, designed and made by Jolene and Ann Adams, to be auctioned at the event, as well as, theme baskets provided by our generous sponsors and friends.

Our Caregiver's Conference will be Thursday, May 3<sup>rd</sup> at St. Paul's United Methodist Church in downtown Las Cruces at the corner of Griggs & Alameda. We will be offering a day filled with outstanding presenters and good information. The cutoff for pre-registration will be Friday April 20<sup>th</sup>. For those that need them, CEU's will be offered for an additional \$25.00. We are anticipating an excellent curriculum and encourage everyone to get signed up early!

I guess the best thing coming this spring is new office space. We are thrilled to have found bigger offices for just a modest increase and can't wait to get moved. Our official move-in date is March 1<sup>st</sup> which seems to be a very good day as our Rita Martinez came to us last March and I joined the organization 5 years ago on March 1<sup>st</sup>. Anyway we are ecstatic to have room to work and breathe and be effective.

Our new address will be 101 N. Alameda, Suite 6-7 and same phone and zip code – 88005. I'm sure we'll have an open house, but feel free to drop by and say "hi". It is also catty-corner to St. Paul's church, so if you can find the bronze steeple you're almost there.

Want to say a special thanks to our incoming board. Bob McNiell and Faith Lester are our co-chairs who have already set our sights high.

We are also excited to begin work on our Memory Garden, thanks to Randall Cahall and his excellent research skills!! We want to locate a site before the end of this year which will be a huge step forward.

Blessings!

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Interested in saving paper and mailing costs by receiving the  
New Mexico Chapter Newsletter electronically?

Please email Maralie Waterman BeLonge in the Albuquerque office at  
maralie.waterman-belonge@alz.org  
with the email address where you would like the newsletter sent.

# Support Groups

## Alamogordo

### Call for Details

2<sup>nd</sup> Monday @ 6:30 PM  
The Aristocrat I  
252 Robert Bradley Drive  
437-3020

2<sup>nd</sup> Tuesday @ 7:00 PM  
Casa Arena Blanca  
Nursing Center  
205 Moonglow  
Linda S. 434-4510

4<sup>th</sup> Thursday @ 1:00 PM  
Alamogordo Senior Center  
2201 Puerto Rico Ave  
Phyllis M. 437-5256

## Albuquerque

### Call for Details

### Early Onset/Fronto-Temporal

**Dementia/Picks Disease**  
Monthly Sunday Afternoon  
In Sandia Heights  
Gretchen S. 823-1554

\*1<sup>st</sup> Tuesday @ 7:00 PM  
Woodmark at Uptown  
7201 Prospect Place NE  
Sharon C 263-9636

3<sup>rd</sup> Tuesday 4:00 PM  
Arbor Brooke  
Hall 5 Conference Rm.  
2216 Lester Drive NE  
Janet L. 296-4808

\*1<sup>st</sup> Thursday @ 7:00 PM  
Manzano del Sol  
Good Samaritan Village  
5201 Roma NE  
Marta D 262-2311, ext. 137

1<sup>st</sup> Friday at 10:00 AM  
St Stephen's United  
Methodist  
4601 Juan Tabo NE  
Barbara M. 266-4473

3<sup>rd</sup> Friday at 10:00 AM  
Bear Canyon  
4645 Pitt NE  
Barbara M. 266-4473

Call for Details  
4<sup>th</sup> Saturday 1:00 PM  
Erna Ferguson Library  
Community Room  
3700 San Mateo Blvd. NE  
Virginia/Betty 294-7969

3<sup>rd</sup> Monday @ 5:30 PM  
Sunrise Assisted Living  
4910 Tramway Ridge Dr.  
Vanessa J. 271-4900

## Anthony

4<sup>th</sup> Wednesday @ 1:30 PM  
St. Anthony Parish Hall  
Bi-lingual support group  
224 Lincoln Ave.  
Mary Helen L. 523-7577

## Bloomfield

2<sup>nd</sup> Tuesday @ 10:00 AM  
Bloomfield Cultural Ctr.  
Behind Bloomfield Senior  
Ctr.  
Joy H. 334-0048

## Carlsbad

2<sup>nd</sup> Wednesday @ 2:00 PM  
Landsun Homes  
1900 West Ridge Road  
Barbara K. 234-2203

## Clayton

4<sup>th</sup> Tuesday @ 1:30 PM  
PNM Bldg.  
51 Santa Fe Dr.  
Judy L. 374-8778  
co: Fran S 374-3741

## Clovis

3<sup>rd</sup> Tuesday @ 7:00 PM  
James Bickley Elementary  
500 West 14<sup>th</sup>  
Steve & Linda Baldock  
769-4450

## Deming

4<sup>th</sup> Wednesday @ 11:00 PM  
Deming Senior Center  
800 S. Granite  
Karla V. 546-8823

## Elephant Butte

3<sup>rd</sup> Friday @ 6:00 PM  
Hodges Corner Restaurant  
915 Hwy 195  
Janice Grasse Fx 894-5112

## Farmington

2<sup>nd</sup> Tuesday @ 1:00 PM  
Life Care Center  
1101 W. Murray  
Eva M. 326-1600

## Hobbs

3<sup>rd</sup> Tuesday @ 12:00 Noon  
Hobbs Healthcare  
5715 Lovington Highway  
Mickey B. 392-6845  
and Jan S.

1st Wednesday @ 12:00  
Noon  
Lea County Good Samaritan  
1701 N. Turner  
Donald I.

## Las Cruces

3<sup>rd</sup> Thursday @ 6:00 PM  
Village at Northrise  
Desert Willows Bldg.  
2880 N. Roadrunner Parkway  
Donna R. 556-6117

2<sup>nd</sup> Thursday @ 12 Noon  
Mira Vista Villas  
Community Room  
2141 N. Solano  
Mary L.

4<sup>th</sup> Monday @ 6:00 PM  
U.T. Good Samaritan Village  
3011 Buena Vida Circle  
Oasis Room  
Kathy B. 524-9808  
Nora B. 556-2173

1<sup>st</sup> Tuesday @ 12 Noon  
Heritage Assisted Living  
Community  
854 Lettuce Lane  
Alaina J. 525-9215

First Tuesday @ 3:00 PM  
Heritage Program  
1401 Don Roser Suite C.  
Isabella M. 532-1006  
Co: Cathy F.

## Las Vegas

Mondays @ 12:00 Noon  
Alzheimer's Office  
504 Douglas  
Linda D. 426-9840

## Raton

2<sup>nd</sup> Tuesday 1:00 PM  
Miners Colfax LT Hospital  
200 Hospital Drive  
Alicia 445-3661

## Rio Rancho

3<sup>rd</sup> Monday @ 3:00 PM  
Sandia Springs Asst. Living  
1000 Riverview Dr  
Rio Rancho  
Vicki G. 892-8400

## Roswell

3<sup>rd</sup> Thursday @ 1:00 PM  
Villa Del Rey Retirement &  
Assisted Living

2801 N. Kentucky  
Ann S. LPN  
Vallery B. 622-1656  
\*Education Programs  
Kathy B. 624-1552

## Ruidoso

Call for Details  
Kathy B. 624-1552

## Santa Fe

1<sup>st</sup> Monday @ 1:30 PM  
Mi Casa Bonita  
10 Camino de Vaca  
Jan O. 424-0577

2<sup>nd</sup> Tuesday @ 6:30 PM  
Rosemont Asst. Living  
2961 Galisteo  
Jytte L. 466-8195 or  
438-8464

3<sup>rd</sup> Thursday @ 6:00 PM  
Sierra Vista  
402 E Rodeo Road  
Ruth D. 986-9696  
and Velma A.

4<sup>th</sup> Wednesday @ 12 Noon  
First Presbyterian Church  
208 Grant St.  
Denise S. 690-8437

4<sup>th</sup> Wednesday @ 6:00PM  
Kingston Residence of SF  
2400 Legacy Court  
Mary Y. 471-2400

## Silver City

3<sup>rd</sup> Saturday @ 1:00 PM  
Presbyterian Church  
1915 N. Swan  
Sarah W. 534-1902

## T or C

3<sup>rd</sup> Tuesday @ 6:30 PM  
County Commission  
Chambers  
311 N. Date

## Zuni

3<sup>rd</sup> Wednesday @ 6:30 PM  
Zuni Senior Center  
1386 State HWY 53  
Donna L. 782-5541

\* Indicates monthly  
Educational Program

[www.nm-alzheimers.org](http://www.nm-alzheimers.org)  
9500 Montgomery NE, Ste 209  
Albuquerque, NM 87111  
Phone (505) 266-4473

# Creative Memories

At Creative Memories we strive to be a good neighbor - to give time, energy and resources to the communities in which we live and work. Giving back is a vital part of our decades-old philosophy. It began in the 1920s when Ernest Morgan, founder of The Antioch Company, Creative Memories' parent company, routinely made his printing presses available to anyone who needed to promote a cause. This is also why CM has partnered with the National Alzheimer's Association since 2002 and donated more than \$3.6 million to fund research and education. Local Consultants recently met with Andy Braman of the Albuquerque AA and brainstormed ways to further the partnership on a local level. Starting this month, Consultants will feature a monthly Alzheimer's Association product. For each one of these products sold that month, we will donate our 30% profit on that product to the New Mexico chapter of the AA at the Annual

Memory Walk each year. Money donated to the local chapter stays in the local chapter and goes directly to those who need it in the area - patients, caregivers, etc. Please contact the office or one of the representatives below to find out what that item is. For example, in January a 12x12 Heart Coverset was selected, which sells for \$38 and for every one sold a donation of over \$11.00 was made to the Association.

Just think - while preserving and celebrating your memories you are helping someone else retain theirs!

Participating representatives are Laurie Wilder [lauriewcm@cybermesa.com](mailto:lauriewcm@cybermesa.com) and Paula Rimmer [7blarrim@earthlink.net](mailto:7blarrim@earthlink.net). There are others, or contact Betty at the Alb. office (505) 266-4473, and we will place your order.

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## What your gift means in the fight against Alzheimer's disease and related forms of dementia...

By making a planned gift, you do more than help us find a cure. You help support the 35,000 New Mexican families who are caring for a loved one with this devastating disease. More importantly, your gift helps guarantee better days to come for future generations.

### Have you remembered the Alzheimer's Association in your will or trust?

Here is sample bequest language you can take to your attorney:

***"I give, devise and bequeath [insert amount of gift, percentage of estate or residuary of estate] to the New Mexico Chapter of the Alzheimer's Disease and Related Disorders Association, Inc. with offices located at 9500 Montgomery NE, Suite #209, Albuquerque, NM 87111."***

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If you have a little (or a lot!) extra time we would love to have help. In fact, we need volunteers to help in the offices and for various events. So if you feel you can help in some way, call the office nearest you to discuss it. Thanks!

Help us save \$\$\$ and the earth!  
Call or email Maralie and receive your newsletter electronically.

# EXPAND YOUR REACH

## Sponsor this Newsletter

Reach 13,500 homes and businesses  
all with interest in Alzheimer's disease and dementia care and services  
through the Quarterly Chapter Newsletter.

### Price List

	Quarterly	Annually
Full page (7.5 x 10)	\$800	\$3000
½ page (7.5 x 5)	\$450	\$1500
¼ page (4 x 5)	\$250	\$800
? page (2 x 2½)	\$150	\$500

custom sizes available

Payment due on or before deadline.  
Sponsor should provide camera-ready  
or formatted digital art.

20% will be added if camera-ready art is not provided.

All requests subject to Board review.

Contact the main office at 266-4473 with any questions.

Your sponsorship of the  
Quarterly Newsletter is  
tax-deductible.

**1/8 page**

### Deadlines for Submission

December 1 for Winter Issue  
February 1 for Spring Issue  
May 1 for Summer Issue  
September 1 for Fall Issue

**1/4 page**

### Insertion Order

Company: \_\_\_\_\_ Date: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Title: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Size:  ? page  ¼ page  ½ page  full page

Type:  Quarterly (1 issue)  Annually (4 issues)

See you at the 14<sup>th</sup> Annual Memory Walk! April 21<sup>st</sup> - Civic Plaza

## Gift Ideas for the Person with Alzheimer's Disease

- ❖ Photo album with pictures of family, friends and places that are part of the person's past. A simple caption describing it is useful.
- ❖ Cassette tape recorder with tapes of favorite music or taped messages from friends or family members
- ❖ Costume jewelry
- ❖ Clothing; machine washable, easy to get on and off, cardigan sweater, leg warmers, knee hi nylon stockings, socks, slippers or warm-up suit
- ❖ Cookies and candies
- ❖ Safe Return bracelet 1-888-572-8566
- ❖ Video tapes of family events, musicals from the 40's & 50's, travel videos
- ❖ Puzzles where pieces are various colors but all pieces fit together (i.e. large Legos)
- ❖ Indoor golf putter/return, NERF (sponge) ball
- ❖ Afghans, lap robe of bright colors
- ❖ Personal hygiene items, lotions, hairbrush, comb, hair ribbons, kleenex, nail polish
- ❖ Purse/wallets
- ❖ Cuddly stuffed toy
- ❖ Stationary, post cards, stamps, crayons, markers
- ❖ Calendars
- ❖ Playing Cards
- ❖ Bird feeder, mobiles
- ❖ Homemade foods – especially their favorites
- ❖ Larger piece puzzles
- ❖ Larger print edition of Reader's Digest, book of poetry, folktales, etc.
- ❖ Snow globes, music box
- ❖ Simple games
- ❖ Aquarium and fish, or bird (Parakeet or Cockatiel)

## Gift ideas for Caregivers

- ❖ "Because I Care" coupons for respite, transportation, lunch date or a visit, a hug to be redeemed at the caregiver's request
- ❖ Certificate for professional housecleaning
- ❖ Certificate for meals to be delivered to the home or at a restaurant
- ❖ Arrange for grocery shopping/delivery service or laundry/dry cleaners
- ❖ Membership in a local health club or pool

If you have suggestions that we can add to the above ideas, please call Jacob 266-4473. Remember a little kindness or gift is always welcome, and you don't have to wait for a special gift occasion or holiday.

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Nationally presented by  
**Genworth Financial** 

**Kindred**  
Healthcare 

**DEX** 

Please join us for the Albuquerque Memory Walk  
April 21<sup>st</sup> – 9:30 – Civic Plaza (downtown)

# Thank you for your Memorials & Honorarium

CARMEN ANAYA

**Shirley Belcher**

**Anonymous**

MELVINA JANE ASCHBACHER

**Bob & Jean Russell**

VIRGINIA BECKER

**Jan & David Stockton**

ROSE BOCKSTOCE

**Molly Christensen**

**Vernon & Betty Christiansen**

ROADY CARROLL

**UNM Internal Audit Staff**

ART & SUE CORELLA

**Robert & Dawna McNiel**

**Dave, Donna, and Jessica Carter**

**Robert & Dawna McNiel**

SUE DURHAM

**James & Alice Howes**

MARJORIE FLEMING

**Ron & Arlene Siegel**

CLOIE FRIEMEL

**Ted & Bobby Hardwick**

OPAL GERLACH

**Sandra Williams**

**Barbara & John Woerth**

ROSALIE GILES

**Peter & Margaret Aguirre**

DORIS GILLLY

**Stan & Mary McMahan**

JEANETTE GRADY

**Lois & James Abbott**

**John & Dora Atkins**

**Peggy Counts**

**Nina Garner**

**M/M A.L. Grady**

**Jodey Grady**

**Lenard & Joan Grady**

**Mike & Judy Grady**

**Ellis Neel**

**Larry Ronna &**

**Shelly Swanstrom**

**M/M Stanley Swanstrom & fam.**

**M/M Steve Swanstrom & fam.**

**Olan Thomas**

CAROL HETZEL

**Allied Solutions, LLC**

**Sandia Laboratory Credit Union**

JOHN HILLER

**Wanda Gilbertsen**

JOHN & KATHY HUNGERFORD

**Tom & Karen Morehart**

LORETTA KEANE

**Cindi & Pat Wilson**

ALOYS KRAMER

**Jim Kramer**

**Mary Kramer**

**John & Jean Kramer**

**Sherill & Thomas Cross**

JOHN LAWLESS

**Aubrey & Betty Jo Dunn**

JOHN LeTOURNEAU

**Constance Lindau**

ELEONOR LOPEZ

**Oliver Marianetti**

LOUISE LUCIANI

**Don & Dianne Chalmers**

**Lynn Freedman**

**Friends of Italian Culture**

**Edith Guerrero**

**Devona & Darrell Jensen**

**Metro Court Employees**

**Carol Moye**

**Beckie Peters**

**Martha Schalk**

**Patricia Sugg**

**Mary Tomich**

**Dick & Marge Trott**

**Sonne & Howard Tschirhart**

**Doreen Valerio**

**Minerva Vescovi**

**Dick & Dorothy Wickens**

**Mike & Shannon Zimmerman**

EDITH McCALL

**Ardella Green**

FELISA RAE

**The Belcher Family**

DAR REED

**Loretta & William Fulton**

**Ardella Green**

**Malissa & Philip Josephson**

**Darwin Reed**

**Mildred Reed**

**Phil Reese**

**Carl & Helen Scargall**

**Marilyn & Dale Scargall**

**Ruth & Mark Shunick**

**Mary Lou Troth**

SUE ROBINS

**Joan & Jackie Robins**

FRANCES JEAN SEGAR

**Los Alamos VFW Ladies**

**Auxiliary**

JUNE SHAY'S MOTHER

**June Shay**

GLENN SUE THORP

**Employees of Human Resource**

**Division, Amarillo TX**



## GENERAL DONATIONS

### INDIVIDUALS

Jack Allen

Margaret Anderson

Harold Bergsohn

Kent Biringier

John McCausland

Grace Colvin

Tom & Robin Day

Michael & Jeannie Decanditis

Neil Elder

Irene Fox

Glynn Franchini

Sharon Frazer

Thomas Hall

Barbara Hurst

Wilma Gantz

Patricia Gregston

Helen Hale

Marjorie Hanna

Barbara Hurst

The Leonard Trust

Carla Lovato

Norman & Lindalee Maisel

Glenda Manker

Alvaro Moraga

Pauline Morrison

Sherry Kilgore Dan Nester

Steven & Karen Page

Judy Paulsen

Lyle Porter

Laura Priddy

Charmaine Schmile

Norma Seebinger

Helen Shorter

Lawrence Sitney

Annielee Snyder

H. & A. Stansell (2)

Louis Vergeer

Alta Wescott

Polly Wimer

Janet Yates

## BUSINESS

Albuquerque Creative

BPOE DOES #91

Cardinal Health Employee-

Donations & Matching Funds (2)

Clovis/Community Homecare

Community Health Charities of

NM (2)

Four Corners Good Samaritan

Village

Gap Inc Giving Campaign

Genworth Financial

Haven Care

Kingston Residence of Santa Fe

Los Alamos Retired & Senior Organization

Microsoft Giving Campaign

Partners Assisted Living Services

Inc.

Religious Science Center of

Santa Fe

THI of Baltimore

United Way of Central NM

Enterprise Payout

United Way of Central NM

Vista Living Communities

Wal-Mart #1397

# Gracias &

# Thank you!

She got her good looks from her father – he's a plastic surgeon. – Groucho Marx

Don't talk unless you can improve the silence. – Vermont Proverb

Volunteer

**Yes, we need volunteers.** We would appreciate it if you could find a little bit of time, or even a lot of time, to help a very deserving cause: fighting Alzheimer's and other dementias. If you know someone else who would be able to help, please bring them with you or just call 266-4473 or email randi.duran@alz.org or return this short form to the return address on the other side.

YES! I am interested in being a volunteer. Name: \_\_\_\_\_

Call me @ \_\_\_\_\_ e-mail is \_\_\_\_\_

Update Information

The New Mexico Chapter of the Alzheimer's Association is continually updating its mailing list. If you would like to receive your newsletter electronically via e-mail, have an address change or other corrections for our mailing list, please complete the following form and return to us.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

My e-mail address is: \_\_\_\_\_

Please update your mailing list.  
Please add me to your mailing list.

Please remove me from your mailing list.  
Please send my newsletter electronically.

**Yes!** I want to help the New Mexico Chapter of the Alzheimer's Association.  
Please use my gift to help those afflicted with Alzheimer's disease and other related disorders in New Mexico.

I'm enclosing my tax deductible contribution of \_\_\_\$25 \_\_\_\$50 \_\_\_\$100 \_\_\_\$250 \_\_\_\$500 or \$ \_\_\_\_\_

Make checks payable to: Alzheimer's Association or  
accept my donation by using the following account information and signature.

Master Card    Visa    Card #: \_\_\_\_\_    Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Name (print): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_    State: \_\_\_\_\_    Zip Code: \_\_\_\_\_

Donate

**Your donation is tax deductible!**

Mailing address: Alzheimer's Association  
9500 Montgomery NE Suite 209  
Albuquerque NM 87111

*Thank you for your generous support & donations.  
We can't do it without you!*

# Help us welcome LIZZIE

The New Mexico Chapter's Signature "Spokes-Lizard"

Lizzie wants to meet you!

Join us for Albuquerque's 14<sup>th</sup> Annual New Mexico Memory Walk

April 21, 2007 9:30 am

(new location) Downtown - Civic Plaza

Won't YOU Join Us Today?

For details call 266-4473 or go online to [www.nm-alzheimers.org](http://www.nm-alzheimers.org) and click on the Memory Walk logo

You will receive some new & cool LizzieGear™ for being a Team Captain, a Walker, and/or Volunteer

Please join us...remember over 35,000 New Mexicans and their families are affected by this devastating disease.



Alzheimer's Association

**NEW MEXICO CHAPTER**

9500 Montgomery NE

Suite 209

Albuquerque, NM 87111

