Mark Your Calendars

14th 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
click on the Memory Walk logo.

Walk to cure Alzheimer’s

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 21st
for the 14th 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

Mark Your Calendars … the 14th 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 nmalzheimers.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.waternbelonge@alz.org. You will also be added to our notification list for upcoming 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.

“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 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.cherylmarrow.com

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

Community Health Charities of New Mexico
WORKING FOR A HEALTHY AMERICA

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.

Mike Lord        Betty Kuehne        Randi Duran
Jacob Noah       Pat Florence        Jan Florence
Cathy Murphy     Linda Durant        Kathy Bolkovac
Rick Draker      Maralie Waterman BeLonge      Tim Florence

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Jacob Noah       Pat Florence        Jan Florence
Cathy Murphy     Linda Durant        Kathy Bolkovac
Rick Draker      Maralie Waterman BeLonge      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!!

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 speak 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 8th 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!

Northwester 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.
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 14th 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 3rd 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 20th. 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 1st 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 1st. 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 McNiel 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!

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

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

4th 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

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

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

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

1st Friday @ 10:00 AM
St Stephen’s United Methodist
4601 Juan Tabo NE
Barbara M. 266-4473

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

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

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

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

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

Carlsbad
2nd Wednesday @ 2:00 PM
Landsun Homes
1900 West Ridge Road
Barbara K. 234-2203

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

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

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

Elephant Butte
3rd Friday @ 6:00 PM
Hodges Corner Restaurant
915 Hwy 195
Janice Grasse Fx 894-5112

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

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

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

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

1st 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
2nd Tuesday 1:00 PM
Miners Colfax LT Hospital
200 Hospital Drive
Alicia 445-3661

Rio Rancho
2nd Monday @ 3:00 PM
Sandia Springs Asst. Living
1000 Riverview Dr
Rio Rancho
Vicki G. 892-8400

Roswell
3rd Thursday @ 1:00 PM
Villa Del Rey Retirement & Assisted Living

Santa Fe
1st Monday @ 1:30 PM
Mi Casa Bonita
10 Camino de Vaca
Jan O. 424-0577

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

Silver City
3rd Saturday @ 1:00 PM
Presbyterian Church
1915 N. Swan
Denise S. 690-8437

3rd Wednesday @ 6:00 PM
Sierra Vista
402 E Rodeo Road
Ruth D. 986-9696
and Velma A.

T or C
3rd Tuesday @ 6:30 PM
County Commission
Chambers
311 N. Date

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

* Indicates monthly Educational Program

www.nm-alzheimers.org
9500 Montgomery NE, Ste 209
Albuquerque, NM 87111
Phone (505) 266-4473
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 and Paula Rimmer 7blarrim@earthlink.net. There are others, or contact Betty at the Alb. office (505) 266-4473, and we will place your order.

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.”

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.
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.

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.

Price List

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Your sponsorship of the
Quarterly Newsletter is
tax-deductible.

Insertion Order
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Contact Person: _______________________ Title: ___________
Address: _______________________________________
City: ___________________________ State: ______ Zip Code: ______
Phone: ___________________________

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

See you at the 14th Annual Memory Walk! April 21st - 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
- Aquairum 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.

Please join us for the Albuquerque Memory Walk
April 21st – 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 BOOKSTOE
Molly Christensen
Vernon & Betty Christiansen
RODAY CARROLL
UNM Internal Audit Staff
ART & SUE CORELLA
Robert & Dawna McNiel
Dave, Donna, and Jessica Carter
Robert & Dawna McNiel
SUE DURHAM
James & Alice Howes
MARRY LORIE FLEMMING
Ron & Arlene Siegel
CLOIE FRIEMEL
Ted & Bobby Hardwick
OPAL GERLACH
Sandra Williams
Barbara & John Woerth
ROSALIE GILES
Peter & Margaret Aguirre
DORIS GILLY
Stan & Mary McMahen
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
M/M Stanley Swanstrom
Shelly Swanstrom
M/M Steve Swanstrom & fam.
Olan Thomas
CAROL HETZEL
Allied Solutions, LLC
Sandra Laboratory Credit Union
JOHN HILLER
Wanda Gilbertsen
JOHN & KATHY HUNGERFORD
Tom & Karen Morehart
LORETTA KEANE
Cindi & Pat Wilson
ALYOS KRAMER
Jim Kramer
Mary Kramer
John & Jean Kramer
Sherrill & 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 Myoe
Beckie Peters
Martha Schalk
Patricia Sugg
Mary Tomich
Dick & Marge Trott
Sonne & Howard Tschirhart
Doreen Valario
Minerva Vescovi
Dick & Dorothy Wickens
Mike & Shannon Zimmerman
EDITH MCCALL
Ardella Green
FELISA RAEL
The Belcher Family
MARC 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 A SUE THORP
Employees of Human Resource Division, Amarillo TX

Irene Fox
Glyn 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 Pridy
Charmaine Schmille
Norma & Seebrieger
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
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 ___ _________________________________

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 remove me from your mailing list.
Please add me to 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: _____________

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 14th 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 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