Contact Information

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www.alz.org/newmexico

For a complete list of Statewide Support Groups, please contact our office at 505.266.4473 or view our website at www.alz.org/newmexico

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.
Every year, the Alzheimer’s Association releases its Alzheimer’s Disease Facts and Figures report. When it was published in March, it provided us with the usual snapshot of how this epidemic is affecting us both nationally and here in New Mexico. A lot of the data were things we already knew: an estimated 5.2 million Americans are living with Alzheimer’s disease, including 200,000 people under age 65. By 2050, as many as 16 million people could have Alzheimer’s. Someone develops Alzheimer’s every 67 seconds. One in nine people over 65 has the disease, and for those over 85, it’s one in three. Alzheimer’s disease is the sixth leading cause of death in the U.S. and the only one in the top 10 with no way to prevent, treat, or cure it.

This year’s report also included some eye-opening information about women and Alzheimer’s disease. According to the report, “nearly two-thirds of those living with Alzheimer’s disease – or 3.2 million people – are women. Women in their 60s are about twice as likely to develop Alzheimer’s disease over the rest of their lives as they are to develop breast cancer. And, women comprise over 60 percent of the unpaid caregivers for those with Alzheimer’s disease.” To those of us who are living this reality, it probably does not come as a surprise, but it is still a bit jarring to see it in black and white. Women are at the forefront of this disease, and are bearing the brunt of its effects.

This is not to say that men aren’t affected; they certainly are and in large numbers. In fact, when we think about the effect of this disease on our economy, the truth is that every American has a stake in ending Alzheimer’s disease. The costs now are staggering, and are set to increase exponentially in the coming years. In 2014, the direct costs of caring for those with Alzheimer’s and other dementias will total an estimated $214 billion, including $150 billion in costs to Medicare and Medicaid. It costs caregivers too; Alzheimer’s and dementia caregivers had $9.3 billion in additional health care costs in 2013 due to the physical and emotional toll of caregiving.

All this information taken together explains why we do the work that we do, and there is still much to be done. Raising awareness of Alzheimer’s disease and dementia is vital to ending it. The fact that many people still believe that they are not at risk for Alzheimer’s if they have no family history, is something we need to correct. We are working with our elected officials on the state and federal levels (see pages 18-19) to ensure that research is funded at a level that will make a difference. We are working to educate caregivers and ensure they get the care and support they need (pages 10-12). Throughout this issue, you will see all the things that allow us to continue this work including the big two: fundraising and volunteers. On behalf of everyone at the New Mexico Chapter, thank you for your continued support, and your involvement in ending Alzheimer’s disease.

For more information on the 2014 Alzheimer’s Disease Facts and Figures report, visit alz.org/facts.
During our 3rd Annual Professional Conference, *Becoming Dementia Capable Providers: The Next Steps*, I had the opportunity to give an update on the New Mexico State Plan for Alzheimer's disease and Related Dementias with ALTSD Cabinet Secretary Gino Rinaldi and Deputy Secretary Myles Copeland. Our presentation ended with a highlight of some of the ways we are moving the plan into its implementation phase.

Under the stewardship of Tracy Wohl, Director of the Office of Alzheimer’s and Dementia Care, the plan is underway. So exciting! We ended the conference with a fascinating session, “Ethics of Dementia Care: Guiding Decisions” provided by David Bennahum, MD during which we struggled with many ethical considerations including the problem of having to make care and policy decisions where resources are limited. I was so impressed by the work of the conference planning committee and the Alzheimer’s Association staff to bring together such an impressive group of speakers. I was so very pleased with the progress we’ve seen from the inaugural conference to this year’s event.

But what happened next is really what had the biggest impact on me. I received an email from a long time support group leader who expressed appreciation for the conference and the excellent information the speakers provided, but also expressed her frustration in what she sees as slow progress in helping those under the age of 65. She shared with me her disappointment in how little funding is given to Alzheimer’s disease compared to other health concerns. I thought about the recent federal appropriation of $122 million for research—more than was initially requested. What a triumph! Right?

As a community, we have all worked hard to move the needle. We continue to provide care and support while allocating resources-human and financial-toward advocacy with the goal of increasing research dollars at the federal level. To those receiving a diagnosis of dementia, it isn't enough. To those who have lost a loved one to the disease, it isn't enough. In the face of increasing numbers of those at risk, it just isn't enough. $122 million is a start but it isn't enough.

I thought a long time about her email and looked at the progress we’ve made, together, over the last 30+ years, across New Mexico. I looked at where we’ve stalled. I looked at something Harry Johns, the CEO of the National Alzheimer’s Association recently said about Alzheimer’s disease: “Start the conversation, change the investment and change the outcome. This is how to create a cause.” But what if what you have to invest is limited—money, time, human capital. What then?

The answer is advocacy. Being an advocate, raising your voice and raising your hand. Advocacy isn’t just about talking to Legislators-state or federal. Advocacy is telling your story. Wearing your Walk to End Alzheimer’s® tee shirt to the gym and letting people know when the next Walk is happening in your community. Volunteering. Writing a letter to the editor. And yes, it is absolutely about reminding the Executive Director of the Association that while we’ve come a long way, there is still so very much to do.
The Alzheimer’s Association, New Mexico Chapter has added a new tool to our kit aimed at helping first responders recognize and respond to persons with dementia.

Approaching Alzheimer’s is training for all first responders (law enforcement, fire departments, EMS, search and rescue) that teaches strategies for successfully interacting with individuals who have Alzheimer’s or other dementia. Knowing how to communicate effectively with these individuals can not only reduce stress and disorientation in the affected person, it can also help the responder clear the call more efficiently. The training is provided at no cost to first responder agencies.

Dealing with a person who has Alzheimer’s disease or dementia can be difficult. The disease doesn’t just affect memory; it also impairs judgment and reasoning ability to a degree that can put the individual and a first responder at risk. This training imparts relevant, practical information that will make it easier for first responders to do their job quickly and effectively. The curriculum covers topics such as wandering, driving, firearms, shoplifting, disaster response, abuse and neglect.

Albuquerque Regional Manager Chris McCaffrey delivered the training to a group of New Mexico Sheriffs in April and received a positive response. “Everyone was interested in the information, and there was some good discussion of the topics” said McCaffrey.

If you are a first responder and would like to schedule Approaching Alzheimer’s in your agency, contact the New Mexico Chapter at (800) 272-3900.

2014 will be the 10th year of the Family Caregiver Conference in Albuquerque, and the 3rd year of our Southwestern Regional Family Caregiver Conference in Las Cruces. Each conference grows every year, so the Alzheimer’s Association, with support from Con Alma Health, the R.D. and Joan Dale Hubbard Foundation, and Genworth Financial, will be expanding with two new Family Caregiver conferences. The first Northern Regional Family Caregiver Conference will be held in Santa Fe on July 26th, and the first Southeastern Regional Family Caregiver Conference is scheduled for October 18th in Roswell.

All of these conferences are free days of education and support for family caregivers all over New Mexico. See the schedule below to find the conference nearest to you, and call (800) 272-3900 to register.

Do you know a hero?

As part of the 10th Annual Family Caregiver Conference in Albuquerque on November 1, 2014, two honors will be awarded:

The Community Resource/Business Hero of the Year Award is a way to recognize a community business or organization that has made a significant effort to contribute to the well-being of the family caregiving community in the past year. Although the winning business or organization will be represented by their Director or owner, the award recognizes the contributions of the organization as a whole.

The 4th Annual Marian J. Vallejos Caregiver of the Year Award honors the memory of a woman who spent years of her life as both a professional and family caregiver, and found great joy in the endeavor. This award is presented to a deserving family caregiver. If you know a caregiver who, like Marian, finds joy and satisfaction in caring for others either professionally or as a family caregiver, The Alzheimer’s Association and InnovAge Greater New Mexico PACE Program encourage you to nominate that person to receive this recognition and a $500.00 cash prize.

If you have a nomination for either of these awards, please contact the Association at (800) 272-3900 or (505) 266-4473.

Family Caregiver Conferences Multiplying

| SOUTHWESTERN REGIONAL FAMILY CAREGIVER CONFERENCE | Las Cruces | Las Cruces Convention Center | Saturday, July 19, 2014 |
| NORTHERN REGIONAL FAMILY CAREGIVER CONFERENCE | Santa Fe | The Lodge at Santa Fe | Saturday, July 26, 2014 |
| SOUTHEASTERN REGIONAL FAMILY CAREGIVER CONFERENCE | Roswell | Best Western Sally Port Inn & Suites | October 18, 2014 |
| CENTRAL FAMILY CAREGIVER CONFERENCE | Albuquerque | Sandia Resort and Casino | Saturday, November 1, 2014 |
Dear Chris,

My sister and I share the responsibility of caring for our mom who was diagnosed with dementia five years ago. We have established a pretty consistent structure and effective routine for mom and ourselves, and for the most part things run as smoothly as we could expect, given her diagnosis. One sticking point however, is the issue of bathing. Every day is a battle. When we ask her if she wants to get in the shower she is very resistant and makes all kinds of excuses including saying that she’s already showered when I know that she hasn’t. The more we encourage her the more she fights us. I’m worried that this is going to turn into aggression, but her hygiene is important too. How do you get someone with dementia to take a shower?

Signed, Frustrated in Farmington

Dear Frustrated,

You might be aware that the issue you are describing is one of the most common situations faced by dementia caregivers. Not just the resistance to bathing, but the escalating anger and power struggles as well. It is often one of the most feared interactions caregivers have with their loved ones; second only to discussing driving issues. This caregiver insecurity is often very obvious and can prime the interaction to be anxiety ridden before it’s even begun. To address this, we have to make sure that caregivers regain some of their confidence in this area and one of the best ways to strengthen confidence is knowledge. In other words, understanding why they refuse to bathe.

As frequent readers will remember, behavioral expression is rooted in the person’s emotional needs feeling threatened. The needs of a person to feel calm, safe, secure, in control and reassured are critical and universal, but as you and your sister are discovering, all of these emotional needs are challenged by showering and bathing. If we can address and satisfy these needs as much as possible, the routine will become less frightening for your mom and much easier for you.

We all have the need to feel relatively calm, and the person with dementia even more so. As we’ve already mentioned, one of the best ways to establish calm, is to be calm ourselves. Caregiver anxiety is contagious, so work on being unflappable. Try to schedule bath times when you have plenty of time and don’t need to rush. Think of times of the day that your loved one is in a better mood and more cooperative. Take the time to be prepared and have everything you’ll need ready and laid out in the order you’ll need it. Try to be aware of your facial expression, tone and volume of voice etc.; we convey more information through these para-verbal and nonverbal cues than we do through our actual words.

If a person doesn’t feel safe and secure about bathing they will resist it. Most professional caregivers agree that the primary barrier to a peaceful bathing experience is fear. Unfortunately, many people with dementia are unable to articulate what it is about bathing that makes them afraid, so the caregiver has to consider many factors in order to discover what might be causing the fear. Some common causes are:

- Fear of falling
- Fear of the water itself, especially drumming water from a shower head
- Fear that the water is too deep due to impaired depth perception
- Fear of shampoo or soap getting into their eyes
- Fear of being alone in the bathroom
- Fear of being naked and embarrassed in front of caregivers
- Fear of water temperature (too hot or too cold)

Obviously, this is not a comprehensive list, but it gives you an idea of what sorts of things might create problems. Remember that while these fears may seem irrational, because of her dementia, they are very real concerns in your mom’s eyes.

Bathing routines especially challenge the emotional need we have for control. Consider
the following:

- Being naked is equivalent to being vulnerable
- For a person with dementia, bathing/showering can be very overwhelming. There is a lot of sensory stimulation (the smells of various hygiene products, the feel of the water on the skin, the sounds of the water and the "echoey" nature of most bathrooms etc.) and trying to order the steps of washing in the midst of all this can make some people feel very out of control
- For a person who is rapidly experiencing less and less control of their memory and cognition, being able to say "no" to a bath is one area they still have control over
- Allowing another person to do something as personal as bathe us, is a major relinquishment of control and often an admission that we’ve lost a basic independence

Any one of these perceived losses of control might create resistance to bathing, but someone experiencing all of them plus a combination of the potential fears we listed, would not feel reassured that bathing/showering was in there best interests. So what can a caregiver do to help the person feel reassured? Start with the strategies for caregiver calm that we discussed earlier so that you set the emotional tone for the interaction. Usually baths are less threatening, safer and easier for caregivers to manage, so if your mom can get in and out of a tub I would encourage bathing over showering. Prepare the bath ahead of time checking the water temperature and depth so that they are ideal for her. Try to ensure that the room temperature is warm, that the bathroom is well lit and that the overall environment is inviting. When it’s time, don’t ask your mom if she’d like to take a bath, be directive. “Come with me mom, it’s time for a bath.” This eliminates the potential for your mom to be overwhelmed by choices, and reassures her that the situation is safe and in control. Be assured “directive” doesn’t mean bossy. We sometimes have anxiety about being directive because we don’t want to sound mean or controlling. Directive just means that we are giving directions and not offering too many choices. You can be directive and still be loving and nurturing.

If you feel that it’s important for her to have a say, only offer choices that you can live with. “Would you like a bath, or a shower?” is better than “Do you want to take a bath?”

Other ideas to try:

- Respect privacy by closing doors window blinds etc.
- Avoid discussions about the necessity of the bath. Reasoning is one of the areas of cognition affected by dementia and it is highly unlikely that your logic will allow her to see the importance of bathing. Just continue to be calmly matter-of-fact about it.
- Try to simplify the process as much as you can. One or two step directives with frequent visual cues at each step can be extremely helpful.
- Try to set a relaxing scene. Candles, soft music and scented bath salts (especially lavender) are all things that can make the experience more appealing. Who doesn’t love a spa?
- Allow her to feel the water before getting in to reassure her that the temperature is safe and comfortable. Use comforting and encouraging phrases like “Doesn’t that feel good?” etc.
- Try installing a flexible spray nozzle that allows you to rinse her body and hair without having to move around a lot or have water spraying in her face.
- When feasible, allow her to handle the wash cloth or other items to keep her engaged and feeling somewhat in control.
- If hair-washing in particular seems to trigger your mom’s anxiety, try bathing her without washing her hair. She may allow a beauty salon to wash her hair another time, or be more comfortable with “dry shampoos” available at most drug stores.
- Use a towel to cover the parts of her that aren’t being washed. This protects her modesty and helps keep her warm.
- Assess whether or not shower chairs or other assistive devices will make the routine safer and more reassuring.
- Do your best to keep the process moving along. Don’t rush it, but avoid having your mom wait too long to begin, between steps and getting out.
- Although it is not appropriate in your situation, sometimes it is acceptable (and easier) to shower with the person.

All of these strategies take into account the emotional needs that are challenged by dementia, but sometimes there may still be problems. If you continue to meet resistance, do not argue or try to force them to bathe. This is unsafe and will leave her associating bath time with negative feelings. It’s usually okay to let it go temporarily and try again later.

The idea of daily bathing is a relatively new one, and often not as critical as we think it is. We have to consider that people of the generation most prone to developing dementia did not bathe daily. It is very likely that as a child your mom did not bathe more than twice a week-if that. Sometimes a person’s resistance to bathing is tied to this old memory that only certain days are bath days. I heard a story about a caregiver who was having some struggles with her mom about bathing. The caregiver learned that when her mom was a child, Saturday night was bath night. That was when everyone bathed and all the linens were changed. She discovered that if she made an obvious display of changing the sheets, her mom associated it with bathing and got in without issue! Explore the option of showers/baths once or twice a week with sponge baths in between. If your mom is amenable to this type of routine, it is probably more than adequate for her hygiene needs and a lot less stressful for you.

Although reasoning and negotiating with someone who has dementia is nearly impossible, I am personally not above bribing. If the promise of ice cream or some other treat will get her into the bath without argument, I’m all for it and will sleep just fine tonight.

In the most extreme cases of resistance where nothing else works, the lack of hygiene has become intolerable and the agitation is too high I’d recommend consulting a physician. In some cases it may be appropriate to prescribe a medication that can be given as needed to help alleviate the anxiety. This option requires close supervision and should only be considered as a last resort because it may cause other unintended complications.

As always, stay flexible and open to new ideas. Don’t immediately rule out old strategies just because they don’t work once or twice. The odds are very good that they will work again in the future.

Chris

Helpline Q & A information contributed by Chris McCaffrey, Greater Albuquerque Regional Manager
“It was a smoking hot performance!” Those were the words of Jim Breen, Director of Operations for Roco Rescue, one of the judges at our 4th annual Dancing Stars Gala, describing the Cha Cha of KRQE morning news anchor Elizabeth Alvarez and Enchantment Dancing’s owner Chip Hindi-Sanchez. The couple opened up the dancing with a scorching number set to Robin Thicke’s “Blurred Lines” that set an extremely high bar for the night.

Held on April 5th, this year’s gala was truly an inspiring night of great dancing, celebration and fundraising for the Alzheimer’s Association. Six dancers strutted their stuff for a panel of judges who included Breen, Cabinet Secretary of Aging and Long-Term Services Gino Rinaldi, professional dancer Brenda Dunagan, and last year’s Judge’s Choice Award winner Joyce Baca.

By the time they were finished, the group crowned two winners and brought in over $100,000 to support the Association. “I had so much fun, and I’m so glad that it went to support such an important cause” said Buffie Saavedra, Director of Community Relationships at United Healthcare. Saavedra had a huge crowd cheering for her, and walked away with the Judge’s Choice Award at the end of the night.

The evening’s second award, the “You’re Our Star” award for most money fundraised went to Greg Gillogly, real estate agent at Granfors Realty and former Board President for the New Mexico Chapter. He performed a Country Waltz with Millie Leahy from Enchantment Dancing that wowed the crowd. “I’ve done a lot of things for the Association over the years, but this is the first time I’ve put on leg warmers” joked Gillogly.

Breanna Anderson, Mayor Berry’s Deputy Director of Communications performed a tango that she learned in just a few short weeks after another dancer had to drop out, and Attorney Robert Lara performed the Rumba with Cristel Pike.

Longtime Albuquerque broadcaster Carla Aragon brought an element of elegance to the dance floor with her Venetian Waltz (with a twist) with Hindi-Sanchez. When talking about why she decided to dance, Aragon said “My mother-in-law Dorothy Lewis had Alzheimer’s and she died from it. So I know very much the pain of the long goodbye. We need to act now.”

Huge kudos must be given to Chip Hindi-Sanchez, our co-host and owner of Enchantment Dancing. The studio generously donated all the dance lessons and Hindi-Sanchez went above and beyond to ensure the event would be a success. “I already have BIG plans for next year!” he says.
Alzheimer’s Association New Mexico
Upcoming Events

unFOREgettable Golf Classic
Monday, October 6th, 2014
Tanoan Country Club-Albuquerque

Walk to End Alzheimer’s®
September, 2014
Statewide (see back cover)

Alzheimer’s Association Open House
Alzheimer’s Association Offices, Albuquerque
November 12, 2014

Alzheimer’s Day at the Legislature
Roundhouse, Santa Fe
February, 2014

Dancing Stars Gala
Hotel Albuquerque
April 18, 2015

4th Annual Professional Conference
Albuquerque
Spring 2015

*For our statewide Family Caregiver Conferences, Please see page 5

For information on participating in any (or all!) of these activities, please call us at (800) 272-3900

3rd Annual Professional Conference

The Alzheimer’s Association’s third annual Professional Conference entitled Dementia Capability: The Next Steps was held at the Albuquerque Marriott on May 29 and 30. Co-sponsored by the Greater Albuquerque Medical Association, the conference attracted care providers and scientists from around the state. Day one included a session on managing behavioral expression in dementia patients, and an update on research being conducted in New Mexico. Friday’s keynote speech by Dr. Karen SantaCruz detailed lessons from the Nun Study on healthy aging, and breakout sessions on supporting family caregivers, vascular risk factors in managing dementia, and diagnosing different types of dementia. The day ended with a session by Dr. David Bennahum on the ethics of dementia care.

New this year was a poster session which featured current research projects and their findings. Thank you to all who attended, we hope to see everyone next year.

alzheimer’s association®
ALZHEIMER’S ASSOCIATION, NEW MEXICO CHAPTER
July - December 2014

Calendar Key:
Basics of Alzheimer’s Disease
Pathology, warnings signs, risk factors and scope of the disease.
Know the 10 Warning Signs
Warning signs and prevention of Alzheimer’s.
Living with Alzheimer’s
Describes different stages of Alzheimer’s, and assists in preparedness.

NORTHEAST REGION
Regional Manager-
Annabelle Montoya
811 St. Michael’s Dr., Suite 106
Santa Fe, NM 87505
(505) 473-1297
amontoya@alz.org

July 9
10am and 12pm
Basics of Alzheimer’s Disease
St. Bede’s Episcopal Church
1601 South St. Francis Drive
Santa Fe, NM 87505

July 16
10am-12pm
Know the 10 Warning Signs
Abedon Lopez Community Senior Program
145 Santa Cruz Site
Santa Cruz, NM 87567

August 20
10am-12pm
Know the 10 Warning Signs
El torado Senior Center
1 Hacienda Loop
Santa Fe, NM 87508

September 23
1-4pm
Basics of Alzheimer’s disease
Location to be determined
Tucumcari, NM 88401

October 10
12-2pm
Know the 10 Warning Signs
Clinica de la Gente
Hwy 94 County Rd. 34 #14
Tierra Amarilla, NM 87575

November 6
9-11am
Basics of Alzheimer’s disease
Alzheimer’s Association Office
811 St. Michael’s Drive, STE. 106
Santa Fe, NM 87505

November 20
10am-12pm
Know the 10 Warning Signs
Mary Esther Gonzales Senior Center
1121 Alto Street
Santa Fe, NM 87501

NORTHWEST REGION
3300 N. Butler, Suite 221
Farmington, NM 87401
(505) 326-3880

July 9
11am-12pm
Basics of Alzheimer’s disease
Northside Senior Center
607 North Fourth St.
Gallup, NM 87301

July 16
12-1pm
Basics of Alzheimer’s disease
Sycamore Park Community Center
1051 Sycamore St.
Farmington, NM 87401

August 13
11am-12pm
Know the 10 Warning Signs
Northside Senior Center
607 North Fourth St.
Gallup, NM 87301

August 20
12-1pm
Know the 10 Warning Signs
Sycamore Park Community Center
1051 Sycamore St.
Farmington, NM 87401

Greater Albuquerque Region
Regional Manager-Chris McCaffrey
9500 Montgomery Blvd. NE,
Suite 121, Albuquerque, NM 87111
(505) 266-4473
ccmccaffrey@alz.org

July 2
12-1pm
Conversations About Dementia
Understanding Hospice, Q&A
Presented by Dr. Gerard Muraida M.D.
Alzheimer’s Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

July 10
1:00-2:00pm
Legal Issues for Caregivers-
What You Should Know
Presented by Don Pinnock, JD
Alzheimer’s Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

November 19
12-1pm
Conversations About Dementia
“What surviving caregiving with a ring buoy & a lifeboat” (How caregivers can get organized)
Presented by Katherine D. Anderson,
CPO-CD
Alzheimer’s Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

September 11
1-2pm
Legal Issues for Caregivers-
What You Should Know
Presented by Don Pinnock, JD
Alzheimer’s Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

October 9
1-2pm
Legal Issues for Caregivers-
What You Should Know
Presented by Don Pinnock, JD
Alzheimer’s Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

November 13
1-2pm
Legal Issues for Caregivers-
What You Should Know
Presented by Don Pinnock, JD
Alzheimer’s Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

December 10
12-1pm
Conversations About Dementia
Choosing Wisely®: Top Ten Things
Providers and Patients Should Question
Presented by Janice Knoefel, MD, MPH
Alzheimer’s Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

December 11
1-2pm
Legal Issues for Caregivers—What You Should Know
Presented by Don Finnock, JD
Alzheimer’s Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

SOUTHEAST REGION
Regional Manager-Priscilla Lujan
404 ½ N. Kentucky
Roswell, NM 88201
(575) 624-1552
plujan@alz.org

July 10
10-11am
Conversations about Dementia
La Villa Assisted Living and Memory Care
2725 N Pennsylvania
Roswell, NM 88201

July 11
9am-12pm
Living with Alzheimer’s
For Caregivers—Early Stage
Carlsbad Senior Center
2814 San Jose
Carlsbad, NM 88220

July 15
2-3pm
Know the 10 Warning Signs
Portales Senior Center
421 N Industrial Drive
Portales, NM 88130

July 24
9:30-10:30am
Know the 10 Warning Signs
Roswell Adult and Senior Center
807 N Missouri
Roswell, NM 88201

August 7
9am-12pm
Living with Alzheimer’s
For Caregivers—Middle Stage
Roswell Adult and Senior Center
807 N Missouri
Roswell, NM 88201

August 8
9:30-10:30am
Basics of Alzheimer’s disease
Roswell Adult and Senior Center
807 N Missouri
Roswell, NM 88201

August 9
10-11am
Basics of Alzheimer’s disease
Agnes Kastner Head Community Center
200 E Park
Hobbs, NM 88240

September 12
9am-12pm
Living with Alzheimer’s
For Caregivers—Middle Stage
Carlsbad Senior Center
2814 San Jose
Carlsbad, NM 88220

October 2
1-3pm
Living with Alzheimer’s
For Caregivers—Early Stage
Wheatfields Senior Living Community
4701 N Prince St.
Clovis, NM 88101

October 9
10-11am
Conversations about Dementia
La Villa Assisted Living and Memory Care
2725 N Pennsylvania
Roswell, NM 88201

October 23
9am-12pm
Living with Alzheimer’s
For Caregivers—Early Stage
Roswell Adult and Senior Center
807 N Missouri
Roswell, NM 88201

November 6
1-4pm
Living with Alzheimer’s
For Caregivers—Middle Stage
Wheatfields Senior Living Community
4701 N Prince
Clovis, NM 88101

November 13
10-11am
Conversations about Dementia
La Villa Assisted Living and Memory Care
2725 N Pennsylvania
Roswell, NM 88201

November 20
9am-12pm
Living with Alzheimer’s
For Caregivers—Middle Stage
Roswell Adult and Senior Center
807 N Missouri
Roswell, NM 88201

December 4
1-4pm
Living with Alzheimer’s
For Caregivers—Late Stage
Wheatfields Senior Living Community
4701 N Prince St.
Clovis, NM 88101

December 11
10-11am
Conversations about Dementia
La Villa Assisted Living and Memory Care
2725 N Pennsylvania
Roswell, NM 88201

December 18
9am-12pm
Living with Alzheimer’s
For Caregivers—Late Stage
Roswell Adult and Senior Center
807 N Missouri
Roswell, NM 88201

SOUTHWEST REGION
Regional Manager-Maia Sideris-Dorame
404 ½ N. Kentucky
Las Cruces, NM 88011
(575) 547-3868
msiderisdorame@alz.org

July 11
11:30am-12:30pm
Basics of Alzheimer’s disease
Silver City Senior Center
205 W. Victoria Street
Silver City, NM 88061

July 25
11am-12pm
Know the 10 Warning Signs
Alamogordo Senior Center
2201 Puerto Rico Ave.
Alamogordo, NM 88310

August 1
1-3pm
Basics of Alzheimer’s disease and Communication & Behaviors
Reserve Wellness Center
115 B Main Street
Reserve, NM 88306

August 8
11:30am-1:30pm
Living with Alzheimer’s
For Caregivers—Early Stage
Silver City Senior Center
205 W. Victoria Street
Silver City, NM 88061

August 15
12-1pm
Conversations about Dementia
POA & Guardianship Melissa Reeves, P.C.
1121 Mall Drive
Las Cruces, NM 88011

August 22
11am-12pm
Know the 10 Warning Signs
Sacramento Mountain Senior Service
212 Glorieta Ave.
Cloudcroft, NM 88317

September 12
11:30am-1:30pm
Living with Alzheimer’s
For Caregivers—Early Stage
Silver City Senior Center
205 W. Victoria Street
Silver City, NM 88061

September 19
12-1pm
Know the 10 Warning Signs
Tularosa Senior Center
35 Radio Road
Tularosa, NM 88352

October 10
11:30am-1:30pm
Living with Alzheimer’s
For Caregivers—Late Stage
Sierra Health Care
1400 North Silver Street
Silver City, NM 88061

November 7
11:30am-1:30pm
Living with Alzheimer’s
For Caregivers—Early Stage
Sierra Health Care
1400 North Silver Street
Silver City, NM 88061

November 19
11am
Know the 10 Warning Signs
Ena Mitchell Senior and Wellness Center
Lordsburg, NM 88045

October 17
12-1pm
Conversations about Dementia
Sierra Health Care
1400 North Silver Street
Silver City, NM 88061

October 18
12pm
Living with Alzheimer’s
For Caregivers—Middle Stage
Mescalero Apache Tribe
Tribal Elderly Center
215 War Bonnet Dr.
Mescalero, NM 88340

November 8
11am
Know the 10 Warning Signs
Sierra Health Care
1400 North Silver Street
Silver City, NM 88061

November 16
12pm
Living with Alzheimer’s
For Caregivers—Late Stage
Mescalero Apache Tribe
Tribal Elderly Center
215 War Bonnet Dr.
Mescalero, NM 88340

December 12
11:30am-12:30pm
Living with Alzheimer’s
For Caregivers—Middle Stage
Sierra Health Care
1400 North Silver Street
Silver City, NM 88061

December 19
12-1pm
Conversations about Dementia
Building a Care Team
1121 Mall Drive
Las Cruces, NM 88011
Statewide Savvy Caregiver Classes

Savvy Caregiver
Seven-week, 14-hour course which helps caregivers develop practical skill in caring for their loved one and themselves.

Cuidando Con Respeto
Two-day linguistic and cultural translation of Savvy Caregiver

NORTHWEST REGION
July 15-August 26
1pm-3pm
Savvy Caregiver
Location to be determined
Las Vegas, NM 87701

July 17-August 28
2pm-4pm
Savvy Caregiver
Kingston Residence
2400 Legacy Court
Santa Fe, NM 87505

September 17
2pm-4pm
Savvy Caregiver
Addus Board Room
1100 North Paseo de Onate
Espanola NM 87505

October 22-December 3
10am-12pm
Savvy Caregiver
ALTSD, Toney Anaya Bldg.
2550 Cerrillos Road
Santa Fe, NM 87505

GREATER ALBUQUERQUE REGION
July 8-August 19
(Tuesdays)
5:30-7:30pm
Savvy Caregiver
Alzheimer’s Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

July 10-August 21
(Thursdays)
10am-12pm
Savvy Caregiver
Alzheimer’s Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

September 2-October 14
(Tuesdays)
5:30-7:30pm
Savvy Caregiver
Alzheimer’s Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

September 4-October 16
10am-12pm
(Thursdays)
Savvy Caregiver
Alzheimer’s Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

October 28-December 9
(Tuesdays)
5:30-7:30pm
Savvy Caregiver
Alzheimer’s Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

SOUTHWEST REGION
July 2-August 30
11am-1pm
Savvy Caregiver
Sierra Health Care
1400 North Silver Street
T or C, NM 87901

July 22-September 2
2-4pm
Savvy Caregiver
1121 Mall Drive
Las Cruces, NM 88011

August 6-September 17
11:30am-1:30pm
Savvy Caregiver
Deming senior Center
800 S. Granite
Deming, NM 88030

September 23-November 4
2-4pm
Savvy Caregiver
1121 Mall Drive
Las Cruces, NM 88011

What is Savvy?

Savvy means “knowing.” Someone who is savvy is knowledgeable, clever, astute, sharp-witted, sharp, perceptive, and wise. When referring to caregiving, and specifically dementia caregivers, savvy care giving means developing a sense of control or mastery while reducing the effects of caregiving stress and increasing one’s sense of satisfaction and accomplishment.

Savvy Caregiver is a free, seven-week, evidence-based course that teaches practical strategies for caregiving while increasing caregiver skill and decreasing caregiver stress. The program is a unique approach to family caregiver education. It has been developed by clinicians and educators who understand that caregiving is in many ways a form of clinical work, and have tailored the training accordingly. The central concept is the notion of strategy; throughout the program caregivers are urged to learn, develop and modify strategies that will be used to accomplish the goal for their particular caregiving situation. Another main tenet of the program is for the caregiver to integrate a contented involvement with the person they are caring for into their daily life. The program presents ideas from many disciplines and sources. Throughout the program caregivers are urged to learn, develop and modify strategies that will be used to accomplish the goal for their particular caregiving situation.

Previous participants report that the class has helped them see their caregiving responsibilities in a new light, and that they continue to use the strategies they learned as they travel through their caregiving journey.

Each class is two hours in length and class size is limited, so you must pre-register. For more information or to register for future classes, please call (505) 266-4473, or visit alz.org/newmexico.
New Education Opportunities Available for Legal Issues

If you’ve looked closely at the educational calendar in this issue, you probably noticed something new. On the second Thursday of each month the Albuquerque office of the Alzheimer’s Association will host a community presentation titled “Legal Issues for Caregivers- What You Need to Know”. This regularly scheduled educational program will be facilitated by one of our amazing volunteers, Don Pinnock, JD. Don is a retired attorney with 50 years of experience, and 20 practicing in New Mexico. He has worked with the Senior Citizens Law Office in Albuquerque as well as in private practice. Don’s presentations will address a variety of legal issues that every caregiver should be aware of including powers of attorney, conservatorship, wills, trusts, advance health directives and more. The Alzheimer’s Association is very grateful to Don for generously donating his time and expertise, and we’re excited to be able to offer this learning opportunity to the members of our community. A well-educated caregiver is a more effective caregiver. Join Don at the Alzheimer’s Association Albuquerque office and add some new knowledge to your caregiving repertoire.

Thursday Art Project

Creative expression takes many forms and can be a therapeutic outlet for people with Alzheimer’s or other dementia. As Bruce Miller, MD, says in a presentation to the Mind Science Foundation, the arts give people who have dementia the ability to “express what they can with what they have.” With this in mind, two local artists, Janet Shagam and Candy Nartonis, with support from the Alzheimer’s Association, New Mexico Chapter to pilot a program they are calling the Thursday Art Project (TAP).

Twice a month for the last few months, Shagam and Nartonis have guided 4 people in the early stages of Alzheimer’s and dementia through the processes of printmaking, drawing, and painting. Participants are able to channel their creativity in a meaningful activity that produces visible results. This newsletter’s cover features colorful collographs and relief prints by the TAP group.

According to Shagam, the group is going “very, very well. The group has expressed that they like the time away from illness. It’s something else to occupy their thoughts for a few hours. And they really like that they can make things like t-shirts and aprons for their family members.”

Participant David Esquibel says “it’s been fantastic. It gives us something to do that actually helps us, and it’s unbelievable how proud we feel about our art because we can still do that. It really helps.” When asked what his favorite part of the program has been, Esquibel mentions that when a piece is done, the group sometimes collaborates to come up with a name. “It helps us all put a name to the thought or feeling that it’s expressing.”

Going forward, the program hopes to expand and find a permanent home. Shagam says that finding additional funding will allow it to expand to other media such as poetry, dance, theater, and pottery among others. “I’ve seen a great willingness on the part of the arts community to help. Any time I have asked someone the answer has been ‘when do you want me there’ and not ‘let me think about it.’”

To learn more about TAP or to ask what you can do to help, please contact the Alzheimer’s Association, New Mexico Chapter at (505) 266-4473 and ask to speak to Chris McCaffrey.
(cmccaffrey@alz.org)
In Memory Of...

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Linda Adamsko  
Paula Smolak  
Nela Wilkinson

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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.
January 30th proved to be a beautiful day in Santa Fe, as Alzheimer’s Association staff and volunteers convened at the Roundhouse for Alzheimer’s Day at the Legislature. This annual event is aimed at raising awareness of the disease among state legislators, their staff, and other state personnel. The 2014 day started off with a press conference which State Senator Richard Martinez of Espanola opened by reading a proclamation declaring it Alzheimer’s Day at the Legislature. It continued with speeches from legislators from around the state, cabinet secretaries, persons living with the disease, and caregivers. Each presenter shared a personal story that described the reasons for supporting the Alzheimer’s Association, and urged others to get involved in the fight.

After the press conference, volunteers visited the offices of all New Mexico legislators with information packets about services available through the Alzheimer’s Association, and reminders about the needs of families statewide.

If you would like to know more about Advocacy opportunities, contact Jamie Frye at (505) 266-4473 or email jfrye@alz.org.

Can you help?
The Alzheimer’s Association, New Mexico Chapter relies on volunteers in our fight to eliminate this terrible disease. If you have time or expertise to donate, we would like to hear from you! Call (800) 272-3900 to volunteer.
New Mexico Represented at 2014 National Advocacy Forum

The 26th Alzheimer’s Association Advocacy Forum was held in Washington DC at the beginning of April.

Nearly 900 advocates gathered to review their advocacy progress to review their progress in the last year. It was inspiring to hear how these committed volunteers are working across the country to expand care and support for families and increase research funding.

Advocates were invited to participate in training on how to connect and effectively communicate with legislators, sessions that detailed progress in Alzheimer’s research, and presentations by guest speakers such as political analyst Charlie Cook and CNN’s Candy Crowley. On the final day, all advocates donned purple sashes and descended on Capitol Hill to meet in person with Senators and Representatives to discuss the urgency of addressing Alzheimer’s disease. The New Mexico delegation had an opportunity to meet with both of our senators and staffers at each congressional office. In each case, Alzheimer’s Association Ambassadors and staff were able to communicate the importance of increasing funding to find a cure for this terrible disease.

The last evening featured the Annual Alzheimer’s Dinner where the Alzheimer’s Association Ronald and Nancy Reagan Research Award is presented annually to an individual working to find innovative approaches to Alzheimer’s treatment, prevention and care. The 2014 recipient is Dr. Francis Collins, director of the National Institutes of Health (NIH). Collins accepted the award by confirming the deep commitment NIH has for the Alzheimer’s cause — and that breakthroughs will happen only with additional funding. “You cannot look at the human cost of the disease and not be affected,” he said. “I want to assure you that we’re moved by it, but we’re also excited about the scientific opportunities. Alzheimer’s disease is revealing its secrets, and we’re not limited by ideas. We have amazing talent that is champing at the bit to solve Alzheimer’s. We’re limited by resources.”

This statement emphasizes why advocacy is so important. With legislators continually on the lookout for ways to save money and cut budgets, our message is more important than ever. Cases of Alzheimer’s disease are multiplying daily, and the cost of care and support is multiplying even faster. In order to reach our goal of a cure, our elected officials must be aware of the urgency of the problem.

If you would like more information about contacting your legislators about Alzheimer’s research funding, contact Jamie Frye at (505) 266-4473 or email jfrye@alz.org.
The End of Alzheimer’s Starts With You

Alzheimer’s Association, New Mexico Chapter

Join a team. Start a team. Walk with us.


Start or join a team today at alz.org/walk
800.272.3900  505.266.4473