MISSION STATEMENT:

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.

VISION

A world without Alzheimer’s disease.

CONTACT US

9500 Montgomery Blvd. NE, Suite 121   |   Albuquerque, NM 87111
505.266.4473   |   www.alz.org/newmexico
Here are some reasons you might advocate on behalf of Alzheimer’s Association, New Mexico Chapter:

• In New Mexico, 10% of our seniors have Alzheimer’s disease – that is a statistically significant number of adults!
• If the 106,000 unpaid caregivers who currently tend to the needs of someone with Alzheimer’s disease were compensated, our state’s economy would benefit by close to a billion and a half dollars each year!
• On average, uncompensated caregivers spend approximately $20,000 of their own money for medication or other necessary care items each year in order to provide a quality of care their loved one who has Alzheimer’s disease needs and should receive.

If the above are not reason enough to advocate on behalf of Alzheimer’s disease, consider the very important HOPE for Alzheimer’s Act (S.857/H.R. 1559). The acronym HOPE stands for Health Outcomes, Planning, and Education. The HOPE Act would:

• Provide Medicare coverage for comprehensive care planning services following a dementia diagnosis; the services would be available to both the diagnosed individual and his/her caregiver
• Ensure that documentation of a dementia diagnosis and any care planning provided is included in an individual’s medical record.
• Require the Department of Health and Human Services to educate providers about the new benefit and to identify any barriers individuals face in accessing care planning.

These are important actions given that Alzheimer’s is the most expensive disease in the United States today. Further, these should be the civilized ‘standard of care’ that anyone with Alzheimer’s disease should come to expect in his or her treatment plan. Alzheimer’s is the only disease in the top 10 killers that cannot be stopped, slowed or prevented.

The New Mexico Chapter sent five advocates to Capitol Hill to ask Congress for critical funding to fight Alzheimer’s. But, if you’ve ever been to Capitol Hill, five voices in a sea of many are almost imperceptible. From many life experiences we have all learned there is power is numbers! We need you and your voice as our advocate to compel Congress to invest more funding into Alzheimer’s research.

Through Advocacy, we have been able to pass the Alzheimer’s Accountability Act - a legislation that will allow expert scientists at The National Institutes of Health (NIH) to directly communicate with Congress about resources scientists need in order to achieve the primary goal of the National Plan to address Alzheimer’s disease research so that effective treatments or a cure can be identified.

I invite you to join the Advocacy movement by contacting your representatives and asking them to support the HOPE Act and additional funding to further Alzheimer’s research today! Together we can #ENDALZ! Learn more at www.alz.org/hopeact.

from the president
Carol Schaffer
It is distressing that there are 5.3 million Americans currently living with Alzheimer’s disease. What is more alarming to me is that only 45% of those with Alzheimer’s disease along with their caregivers say they were told of their diagnosis by their healthcare professional. By 2050, our nation will be facing a population where 22% of all Americans will be over the age of 65 and if things don’t begin to change quickly, 16-million of those individuals will have Alzheimer’s disease.

The Alzheimer’s Association on a local and national level know firsthand how quickly things are changing. In New Mexico there are an estimated 36,000 people living with the disease, if there is no cure or break through that number rises to 53,000 by 2025. It is important that the Alzheimer’s Association, locally and nationally, increase the investment - that is why we have challenged ourselves to double our fundraising targets in the next 5 years. To do this, the New Mexico Chapter must rely heavily on our community; we have a statewide staff of seventeen members and cannot do this on our own! We need everyone’s help.

With that I would like to recognize all those in our community who work tirelessly to support the New Mexico Chapter’s efforts - our Volunteers, Annual Partners, Corporate Event Sponsors, Exhibitors, Donors and Committee Members. They are the pride in our purple pride, and they are what keeps our doors open so we can continue to support all the dedicated caregivers and persons living with the disease.

Like so many non-profits, the real reward here is watching the faces of those we help brighten with relief as they learn they are not alone and there is help out there. Time after time the New Mexico Chapter Staff have the privilege of watching the weight lift off caregiver’s shoulders as we work with them to create a unique care plan designed to suit their specific needs. These life changing moments aren’t possible without the communities support.

As the New Mexico Chapter continues to grow it is clear that we have several priorities and these are the top three:

- To provide the best services possible through our core programs
- To raise funds in order to expand the support we offer to persons living with Alzheimer’s disease, their caregivers, and to support research
- To recognize the unwavering support from our community and partners.

Thank you everyone for all that you do to support the New Mexico Chapter!
annual partners

For more information, contact: Nika Lawrie, Outreach Coordinator at 505.266.4473 or nlawrie@alz.org

DECADES
Meeting the Challenges of Aging
6121 Indian School Rd. SE | Albuquerque, NM 87110
505.345.5529 | www.decadesgroup.com

THE RETREAT
ALZHEIMER'S SPECIALTY CARE
4075 Jackie Rd. SE | Rio Rancho, NM
505.891.1234 | www.retreatnm.com

Linton & Associates LLC
1204 Central Ave. SW | Albuquerque, NM 87102
505.247.1530 | www.lintonandassociates.com

TriCore Reference Laboratories
1001 Woodward Pl. NE | Albuquerque, NM 87102
505.938.8888 | www.tricore.org

Haven Behavioral Hospital of Albuquerque
5400 Gibson Blvd SE | Albuquerque, NM 87108
505.254.4500 | www.havenbehavioral.com

RETREAT AT HOME
HOME CARE WITH CHOICES
3808 Academy Pkwy N NE | Albuquerque, NM 87109
505.938.4652 | www.retreatathome.com

RETREAT GARDENS
SECURED ASSISTED LIVING
4100 Jackie Rd. SE | Rio Rancho, NM 87124
505.896.8087 | www.retreathomecare.com

Visiting Angels
LIVING ASSISTANCE SERVICES
4300 Carlisle Blvd. NE #2 | Albuquerque, NM 87107
505.821.7500 | www.visitingangels.com

Haciendas at GRACE VILLAGE
2802 Corte Dios | Las Cruces, NM 88011
575.524.1020 | www.gracevillagelc.com

THE GATES TEAM
RBC Wealth Management
6301 Uptown Blvd. NE, Suite 100 | Albuquerque, NM 87110
505.872.5917 | www.rbcwmfa.com/thecatesteam
“So What Does A Volunteer Do?”

The Alzheimer’s Association, New Mexico Chapter could not keep its doors open without the dedicated volunteers who help with all the various activities of the Chapter, which helps those with Alzheimer’s disease and other related dementia and their caregivers.

I think of what I call the Monday Volunteers who are here bright and early every Monday to make sure there are plenty of “Purple Packets” for people who need information and resources. In addition they will assemble the packets for the many meetings and conferences held throughout the state. Then there is Ron our volunteer who comes from an assisted living residence each Tuesday to help and lightens the day with jokes he downloads from the Internet. On Friday a special volunteer comes in, that would be Bruce, who helps us keep our storage area straight and does lots of those thankless tasks that always need to be done.

Our telephone volunteers call our supporters all over the state to keep them informed about Chapter updates and to gather information. We have amazing artists who volunteer their time to provide a place for those with early stage dementia to do art which, we happily hang in the office. Health Fairs are an integral part of our outreach to the community and our volunteers take time out of their day to staff our tables and pass out information about the disease and resources to provide help to caregivers and inform the general public.

Our chapter has nearly fifty support groups facilitated by volunteers throughout the state. These volunteers come in for training and then are sent out to help. They can be a lifeline for an overwhelmed caregiver. They have learned where to go to find help for a caregiver who is totally overwhelmed. These are very special caring volunteers and their dedication is extraordinary.

We also have event planning committees which are made up of all volunteers. They show up for monthly meetings. They ask the community to support the event through financial donations, in-kind donations and sponsorship support. They promote our events and show up at the wee hours of the morning to help set-up for events. Our events do not happen without their tireless work.

I cannot forget those who give not only time but money. The work of the Association requires funding and these great volunteers dance for us, bake cookies for us, have yard sales for us, host fund raisers in their homes and businesses for us and just make donations because they want to help.

We treasure all these wonderful volunteers who do their tasks with such grace asking nothing in return, thank you volunteers! Should you want to help and meet some wonderful people, contact the Alzheimer’s Association New Mexico Chapter.

For more information on volunteering, please contact Peter Tras, Volunteer Coordinator at 505.266.4473 or ptras@alz.org.
Dear Chris,

My mother was diagnosed with dementia six years ago. Her husband, my stepfather, has taken on the role of primary caregiver as her disease has progressed and her needs have increased. They both accepted the diagnosis and didn’t resist or appear to be in denial about the situation. Luckily for my family, our parents had been good about discussing these kinds of issues with each other and with us, so we are aware of their wishes and support their plans. My concern is for my stepdad, “Tom”. As mom’s dementia has worsened, “Tom” has become more resistant to our help. It seems to me that as the job of caregiving gets more difficult, he would want more help, not less. However, he regularly turns down our offers to take mom out or even just to sit with her for the day at home. He won’t allow us to bring in outside help to assist with housekeeping or cooking. He recently yelled at my husband when he showed up to mow the lawn! The stress of dealing with my mom is taking an obvious physical toll on “Tom”, but I also worry about his mental health. He is incredibly irritable now and I worry not only for his wellbeing, but that he is no longer taking care of my mom’s needs like he should. Like I said, he’s never been in denial about her having dementia, but he seems to be in denial about the fact that he needs help. I’m not sure if its pride or pure stubbornness, but it has become a major area of conflict in our family. How can I get “Tom” to accept that he doesn’t have to do this alone? That he can’t do this alone?

Signed,
Trying to Help

Dear Trying to Help,

You have just described why dementia is often referred to as a “family disease”: not because it is hereditary, but because it impacts the entire family. Sometimes in unforeseen ways. Your description of “Tom’s” behavior, and your concern about it, is very common. I’d like to explore this from a different perspective however. Let’s not assume that “Tom’s” behavior is the product of pride or stubbornness, but something else.

When caregivers are asked about the feelings they have associated with their roles, many are able to express some sense of satisfaction and fulfillment. But the vast majority of dementia caregivers also list feelings that probably wouldn’t surprise you. Anger, loneliness, loss, depression, helplessness, fear and resentment are just a few of the words used to describe their experiences. These feelings are normal and can often provide the needed impetus for a caregiver to take positive action and move through difficult situations. They also have the less constructive power to lead to another difficult emotion many caregivers share, guilt.

Guilt is part of the normal human experience but unwarranted guilt can be harmful because it drains needed energy from other areas of life and undermines a caregiver’s confidence, leading to more guilt. This undeserved guilt is often exacerbated by the stressful demands of the job, the expectations of others-real or perceived, and of course the often unrealistic expectations they place on themselves.

There can be many reasons a caregiver feels this way:

- Guilt about doubting the person before they received their diagnosis
- Guilt about feeling angry, irritated and embarrassed by the person’s behavior
- Guilt about not being able to balance all of one’s commitments
- Guilt about feeling trapped and resentful
- Guilt about wanting and/or taking time for oneself
- Guilt about feeling inadequate to do the task or fear that others could do it better
- Guilt about asking for or accepting help from others
- Guilt about not feeling “guilty enough”
- Guilt about wishing it was over

Again, these feelings are normal, but if left unchallenged they can be harmful to the caregiver and paradoxically, compromise the quality of care they are trying to provide.
It’s possible that guilt may be the root of your stepfather’s struggle to accept help, but luckily there are ways to help him deal with it constructively. In studying such issues, the Rosalyn Carter Caregiver Institute has determined that caregivers who report feeling lower overall levels of stress, more confidence and competence in their role, and higher satisfaction and reward from their efforts consistently do three things: they have a support network, they educate themselves about the disease, and they utilize respite.

**SUPPORT |** Having some sort of support network is critical for dementia caregivers. Often, it’s assumed that this would come from family, friends, church groups etc., and these are very helpful sources of comfort and support, but as you are noticing, guilt can be a barrier to reaching out to those closest to us. Sometimes it is easier to share these difficult emotions with others who are in the same situation, but somewhat removed emotionally. Such a group may be the only place a caregiver can admit and acknowledge that they have feelings of guilt, and this acknowledgment is the critical first step to dealing with and moving past these feelings. The Alzheimer’s Association offers a number of support groups around New Mexico in order to provide caregivers the venue to do just that. Caregivers who wish to remain anonymous can also utilize our 24 hour Helpline or our ALZConnected message boards and caregiver chat rooms. A full list of support groups is available from any of our five offices or on line at alz.org/newmexico. The toll free helpline is available 24 hours a day, seven days a week and is available in over 170 different languages. Caregivers can speak to a care consultant about anything they wish by calling 1-800-272-3900. The online options for support can be found at alz.org/caregivers and following the ALZConnected link. These support options are not meant to replace a caregiver’s family or friends, but to provide additional support, or when needed, an alternative. There is tremendous therapeutic value in being able to talk to people who “get it”, who understand the struggles, big and small, that caregiving presents. Hearing other people’s stories and being able to share their own is one of the most powerful tools to challenge caregiver guilt. Sharing lessens the burden of doing everything alone, and helps caregivers realize that they are doing as good a job as others in their situation.

**EDUCATION |** Fear of the unknown, or fear of doing an inadequate job are both normal concerns for the dementia caregiver. However, if unchecked, this fear undermines caregiver confidence and leads to “anxious caregiving”. One way to tackle this fear is to learn as much as possible about the job at hand. Successful caregivers educate themselves about the disease, its progression, the impact it has on other family members, and resources available. This knowledge allows caregivers to combat guilt in two very important ways: setting realistic expectations for their loved one as well as themselves, and appropriately planning for the future. Also, any education about effective caregiving strategies is more likely to be useful if the caregiver has some foundational knowledge of the disease for which they are caring. There is a plethora of information about dementia and caregiving available including books, videos and online resources. Alz.org is a great place to start. It is a powerful educational tool in its own right, but also lists many other helpful sources of information that caregivers can explore. Our New Mexico chapter also provides many educational opportunities for caregivers. Our flagship program is The Savvy Caregiver. Savvy Caregiver is a 12-14 hour class for dementia caregivers. Classes usually meet once a week for two hours, seven weeks in a row. Some classes will meet for fewer weeks by lengthening the individual sessions (i.e. four 3 and a half hour sessions). Class participants gain a clear understanding of Alzheimer’s disease and related dementias, from onset through the progression of the stages. Classes also help caregivers develop their own strategies for addressing behavioral issues and more effective communication. Caregivers will also learn new tools to improve their self-care, including minimizing undeserved guilt. These classes are free to family caregivers and available statewide. The Alzheimer’s Association, New Mexico chapter has partnered with the Aging and Long Term Services Department to offer “Savvy Expansion” in some of the more rural parts of the state, so the odds are good that there is a class available near you. Contact your Regional office for more information and a schedule of upcoming sessions in your area. In addition to the Savvy Caregiver classes, all of the regions provide regular community presentations. These programs cover a variety of topics including “legal and financial”, “meaningful activities” and more. A calendar of upcoming events by region is listed in this newsletter and on our website. Alternatively, a list can also be obtained by calling your nearest regional office.

**RESPITE |** All caregivers want to feel that they are providing the best care possible for their loved one. Too often though, caregivers neglect their own needs in order to prioritize the needs of the person for whom they are caring. The inescapable reality is that the quality of care you are providing is directly related to the quality of care you give yourself. Ask yourself this: would you want to see a doctor who never slept, worked 18 hours a day, had no administrative help in her office and saw 108 patients a day? Most people would seriously question this doctor’s ability to provide any sort of quality care, and rightfully so! Sadly, many family caregivers set these kinds of expectations for themselves and then feel guilty when they can’t meet them, or fall short in quality. There’s no way to sugarcoat it: The care you give others is only as good as the care you give to yourself. Respite is an incredibly powerful way to address this issue. Respite simply means “a break from a stressful situation”, and every human being needs breaks. Why do you think we have weekends? Vacations? Coffee breaks? We have to recharge our batteries periodically. It’s neither a sign of weakness nor a dereliction of duty to take some regularly scheduled time for yourself. In fact, it’s critical to maintaining quality care for your loved one. And knowing that you are providing quality care is a great way to combat guilt. The Alzheimer’s Association can help caregivers to develop respite plans that meet their individual situations and connect them with community resources that provide respite care. We also offer a respite reimbursement program that provides financial assistance to family caregivers. These funds can help with the cost of respite care for many reasons including emergency situations and participating in Savvy Caregiver classes. While program eligibility is not based on income, it does require that the care recipient have a diagnosis of Alzheimer's disease or a related dementia, and that the caregiver reside at the same address. Contact the office nearest you for specifics on how the program works and to have an application sent to you.

You can see that this three-pronged approach is a powerful approach to challenging the guilt many caregivers face, and it is important to think of it as a tripod—if you remove any leg, it can’t stand. If you discover that “Tom” is indeed struggling to accept help due to feelings of guilt, it will be important for you to be patient with him on the journey to alleviating it. You are asking him to challenge and change ideas that he has had for a long time, but when he realizes that doing so will make him a better caregiver to your mom, I suspect he will appreciate you efforts.

One final note; even though you are not the “primary” caregiver, be aware of your own feelings of guilt and be good to yourself as well.

Signed,

Chris
day at the legislature

Advocates from around the state gathered at Roundhouse in Santa Fe on March 10th, 2015 for the annual Alzheimer’s Association Day at the Legislature. We spent the day building awareness and advising policy makers on the issues those facing Alzheimer’s disease and other related dementia deal with on a daily basis. Legislators and government officials spoke on the devastating effects this disease has caused them on a personal level and discussed initiatives our state representatives can do to help stop this epidemic. It was a deeply inspiring event. We hope you will plan to join us next year!

southwestern regional family caregiver conference

In June 2015, Alzheimer’s Association, New Mexico Chapter celebrated its Fourth annual Southwestern Regional Family Caregiver Conference. The day consisted of 130-plus attendees who were provided respite, support, education and pampering. The onsite care provided by Heritage Assisted Living made coming to the event more accessible to those who were unable to leave their loved ones at home. We look forward to providing the Southwestern region of New Mexico many more years of this very well received day! Thank you to everyone who attended, our sponsors, speakers and volunteers.

Thank you to our sponsors

Special Thanks to our Exhibitors

- Silver Linings Care Guide
- Ambergare
- Molina Healthcare of New Mexico
- Mesilla Valley Hospice
- Sierra Health Care Inc.
“Beautiful costumes and rhythm” were the words that Judge and 2014 Judges’ Choice Winner, Buffie Saavedra, Growth & Development Director of UnitedHealthcare, used to describe the fifth annual Dancing Stars Gala held this past April 18th.

This was truly an evening of inspiration, fun and extreme fundraising for the Alzheimer’s Association, New Mexico Chapter. The evening began with a heartfelt message from our Executive Director, Gary Girón. He gave a detailed description of just how devastating Alzheimer’s disease is and the current direction we, as a state and a nation, are headed. The audience was then moved to tears with a story of how this disease has affected a local family, shared by the Honorable Kenneth H. Martinez and his beautiful wife and caregiver Vivian.

The night proceeded with entertainment by seven delightful dancers who strutted their stuff for 500-plus guests and a panel of judges who included Cabinet Secretary, Aging and Long-Term Services Department, Gino Rinaldi, Emmy-winning journalist, Carla Aragon and New Mexico Lottery CEO, David Barden.

By the end of the evening, these remarkable dancers helped the New Mexico Chapter raise over $160,000 and two winners were crowned. The Judges’ Choice award was presented to Nannie Marie Sanchez, advocate for others with disabilities and her professional partner Chip Hindi-Sanchez, owner of Enchantment Dancing and presenting sponsor of the event, for their spicy rendition of the Tango.

The People’s Choice award was graciously accepted by Lisa Platzbecker, Executive Assistant for Albuquerque Economic Development and her professional partner Kaleb Stratton. This couple elegantly performed a Waltz with a twist. Platzbecker was the top fundraiser of the night raising over $17,000.

Huge kudos go out to Chip Hindi-Sanchez and the Enchantment Dancing team. 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.

This year was the New Mexico Chapter’s most successful Dancing Stars Gala to date, and it would not have happened without the support of all the dancers, campaign managers, judges, EmCees, Gala committee members, donors, sponsors, volunteers, guests and everyone in the community. Thank you everyone!

We hope you will join us next year for the 2016 Dancing Stars Gala on Saturday, April 2nd at Hotel Albuquerque.

Thank you to our sponsors
The Alzheimer’s Association’s Fourth annual Professional Conference entitled “Becoming Dementia Capable Providers: Improving the Human Connection” was held at the Marriott Pyramid in Albuquerque on May 28th and 29th, 2015. The conference attracted clinicians, professional caregivers and community members interested in dementia from around the state.

Day one included a session on younger onset Alzheimer’s, which is a hastily growing population; an overview of the M.O.S.T. (Medical Orders for Scope of Treatment) form and a meet and greet event for all attendees to network, generously sponsored by Decades.

The keynote speaker, David Knopman, MD of the Mayo Clinic, gave a detailed yet easy to understand update on the current status of the new therapies to aid those with Alzheimer’s and evolving perspectives on improved diagnostic approaches. The afternoon provided breakout sessions covering topics such as alternatives to anti-psychotic drugs for dementia treatment, assessing pain, exercise and dementia, as well as, community resources available.

Janice Knoefel, MD, MPH, University of New Mexico Professor, Department of Internal Medicine, and Geriatrics, Internal Medicine Neurology was honored by Former Cabinet Secretary, Aging and Long-Term Services Department, Gino Rinaldi. Dr. Knoefel was given the New Mexico Governor’s Alzheimer’s Leadership Award for all she has done for the Alzheimer’s and related dementia community.

The conference wrapped up with a session given by Dr. Knoefel on Choosing Wisely ® - Top Ten Things Providers and Patients Should Question. Thank you to all who attended, we hope to see everyone next year.

Former Cabinet Secretary, and Aging and Long-Term Services Department honors Janice Knoefel, MD, MPH

Thank you to our sponsors

Special Thanks to our Exhibitors

- Silver Linings Care Guide
- Right at Home
- Haven Behavioral Hospital
- Nerium International
- Arbors at Del Rey/ Sierra Vista
- Heritage Home Healthcare and Hospice
Savvy Caregiver is a 14 hour, evidence-based educational program designed to help caregivers feel more confident and competent in their caregiving skills. It has also been shown to reduce caregiver stress by identifying risks and teaching self-care strategies. These classes are offered to caregivers at no charge, and all curriculum materials are provided at no cost.

**Cuidando Con Respeto**
A Two-day linguistic and cultural Spanish translation of Savvy Caregiver.

**SAVVY CAREGIVER**

**SAVVY CAREGIVER**

Savvy Caregiver classes are offered regularly throughout the year in various locations across New Mexico. Here are some of the upcoming sessions:

**GREATER ALBUQUERQUE REGIONAL OFFICE**

**SAVVY CAREGIVER**

Chris McCaffrey
ccmccaffrey@alz.org
9500 Montgomery Blvd. NE, Suite 121
Albuquerque, NM 87111
505.266.4473

July 7-August 18, 5:30-7:30pm (Tuesdays)
Savvy Caregiver
Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121 | Albuquerque, NM 87111

July 9-August 20, 10:00am-12:00pm (Thursdays)
Savvy Caregiver
Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121 | Albuquerque, NM 87111

August 25-October 6, 5:30-7:30pm (Tuesdays)
Savvy Caregiver
Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121 | Albuquerque, NM 87111

August 27-October 8, 10:00am-12:00pm (Thursdays)
Savvy Caregiver
Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121 | Albuquerque, NM 87111

**NORTHEASTERN REGIONAL OFFICE - SANTA FE**

Tina De La Luz
tdelaluz@alz.org
811 St. Michael's Dr., Suite 106
Santa Fe, NM 87505
505.473.1297

July 30th – September 10th (Thursdays)
1pm – 3pm
Savvy Caregiver
Alzheimer's Association Office
811 St. Michaels Dr. | Santa Fe, NM 87505

**September 24th – November 5th (Thursdays)
1pm – 3pm
Savvy Caregiver
Alzheimer's Association Office
811 St. Michaels Dr. | Santa Fe, NM 87505

**November 9th – January 7th (Thursdays)
1pm – 3pm
Savvy Caregiver
Alzheimer’s Association Office
811 St. Michaels Dr. | Santa Fe, NM 87505

**SOUTHWESTERN REGIONAL OFFICE - LAS CRUCES**

Maia Sideris-Dorame
msiderisdorame@alz.org
125 N. Main St
Las Cruces, NM 88001
575.647.3868

October 20-December 1, 5:30-7:30pm (Tuesdays)
Savvy Caregiver
Alzheimer’s Association Office
9500 Montgomery Blvd. NE Suite 121 | Albuquerque, NM 87111

October 22-December 3, 10:00am-12:00pm (Thursdays)
Savvy Caregiver
Alzheimer’s Association Office
9500 Montgomery Blvd. NE Suite 121 | Albuquerque, NM 87111

**REGIONS**

**Regional Map**

Farmington - Northwestern Regional Office
Santa Fe - Northeastern Regional Office
Albuquerque - Greater Albuquerque Regional Office
Las Cruces - Southwestern Regional Office
Roswell - Southeastern Regional Office

**SOUTHEASTERN REGIONAL OFFICE- ROSWELL**

Priscilla Lujan
plujan@alz.org
404 ½ N. Kentucky
Roswell, NM 88201
575.624.1552

August 2-September 7th 2-4pm (Monday)
Savvy Caregiver
Roswell Adult and Senior Center | 807 N Missouri Roswell, NM 88201

**NORTHWESTERN REGIONAL OFFICE - FARMINGTON**

Suzanne Blevins
sblevins@alz.org
3300 N Butler, Ste. 221
Farmington, NM 88001
505.326.3680

July 14-August 25, 9:00am-11:00am (Every Tuesday)
Savvy Caregiver
San Juan Center for Independence
1204 San Juan Blvd. | Farmington, NM 87401

July 15-August 26, 3:00pm-5:00pm (Every Wednesday)
Savvy Caregiver
Good Samaritan Society, Four Corners Village
500 Care Lane | Aztec, NM 87410

October 20-December 1, 10am-12 noon (Every Tuesday)
Savvy Caregiver
Good Samaritan Society
840 Lobo Canyon Road | Grants, NM 87020

October 21-December 9, 2:30pm-4:30pm (Every Wednesday)
Savvy Caregiver
San Juan Center for Independence
1204 San Juan Blvd. | Farmington, NM 87401

**OUT BOUND**

Out Bound
July 21th – September 1st.
Savvy Caregiver
10:00-3:00
Tierra Amarilla Senior Center | Tierra Amarilla NM

**September 2nd – September 19th (Thursdays)
10:00-3:00
Tierra Amarilla Senior Center | Tierra Amarilla NM

**JULY 27th – SEPTEMBER 19th (Tuesdays)
10:00-1:00
Tierra Amarilla Senior Center | Tierra Amarilla NM**

**OUT BOUND**

Out Bound
July 21th – September 1st.
Savvy Caregiver
10:00-3:00
Tierra Amarilla Senior Center | Tierra Amarilla NM
Alzheimer's Association Office
Albuquerque

Dr. Anthony Holzgang, M.D.
Haven Behavioral Hospital of Albuquerque

What You Need to Know
Conversations About Dementia
September 16, 12:00pm-1:00pm

Basic of Alzheimer's Disease
Presented by Barbara Michels
Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121 | Albuquerque, NM 87111

Communication & Behavior
Presented by Barbara Michels
Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121 | Albuquerque, NM 87111

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

Basics of Alzheimer's Disease
Presented by Barbara Michels
Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121 | Albuquerque, NM 87111

October 21, 12:00pm-100pm

Conversations About Dementia
Grief and Loss
Presented by Barbara Michels
Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121 | Albuquerque, NM 87111

November 2, 100pm-2:30pm

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 4, 12:00pm-100pm

Conversations About Dementia
Medicaid Planning for Long Term Care
Presented by Pamela Davis, Davis Advisory Group
Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121 | Albuquerque, NM 87111

December 7, 100pm-2:30pm

Introduction to Support Group, an Orientation
Presented by Barbara Michels & Chris McCaffrey
Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121 | Albuquerque, NM 87111

December 9, 12:00pm-100pm

Conversations About Dementia
Brain Fitness
Presented by Lea Harrison, Business Development Director, Haven Behavioral Hospital of Albuquerque
Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121 | Albuquerque, NM 87111

December 10, 100pm-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

December 16, 12:00pm-100pm

Communication & Behaviors
Presented by Barbara Michels
Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121 | Albuquerque, NM 87111

Maia Sideris-Dorame
msiderisdorame@alz.org
125 N. Main St
Las Cruces, NM 88001
575.647.3868

July 2 1pm-3pm
Living with Alzheimer’s for caregiver’s
Late stages
Alamogordo senior center
2201 Puerto Rico Ave  
Alamogordo NM 88310
July 10th 12-3
Conversations about Dementia
Safety/Silver Alert Registration
Alzheimer’s Association office
125 N. Main Street  
Las Cruces, NM 88001
August 20th 10-11am
Know the 10 Warning signs
Deming Senior Center
800 S. Grant  
Deming, NM 88030

September 3rd 10-11am
Basics of Alzheimer’s disease
New Mexico State Veterans’ Home
Staff Development Building
952 South Broadway  
Truth or Consequences, NM 87910
September 17th 10:30-11:30
Know the 10 Warning signs
Mesqalero Elderly Program
215 War Bonnett Dr  
Mesqalero NM 88340

September 22nd 10:30-12
Silver Alert/Safety
Silver City Senior Center
205 W Victoria St  
Silver City, NM 88061

October 1st 10-12am
Living with Alzheimer’s for caregivers
Early Stages
New Mexico State Veterans’ Home
Staff Development Building
952 South Broadway  
Truth or Consequences, NM 87910
October 6th 11am
Know the 10 Warning signs
Sacramento Senior Services
212 Giorietta ave.  
Cloudcroft, NM 88317

October 16th 10:30-11:30
Basics Of Alzheimer’s disease
Mesqalero Elderly Program
215 War Bonnett Dr  
Mesqalero NM 88340
October 21st 10:15-12:15
Basics Of Alzheimer’s disease
Silver City Senior Center
205 W Victoria St  
Silver City, NM 88061

October 23rd 11am
Know the 10 Warning signs
Las Cruces Senior Center
800 S. Granite  
Las Cruces, NM 88001

October 30th
Silver Alert/Safety
Alamogordo senior center
2201 Puerto Rico Ave  
Alamogordo NM 88310

November 4th 10:30-12:30
Living with Alzheimer’s for caregivers
Middle Stages
Silver City Senior Center
205 W Victoria St  
Silver City, NM 88061
November 5th 10-12pm
Living with Alzheimer’s for caregivers
Middle Stages
New Mexico State Veterans’ Home
Staff Development Building
952 South Broadway  
Truth or Consequences, NM 87910
November 11th 10:30-12:30
Living with Alzheimer’s for caregivers
Late Stages
Silver City Senior Center
205 W Victoria St  
Silver City, NM 88061
November 13th 10:30-11:30
Know the 10 Warning signs
Tularosa Senior Center
35 Radio Rd  
Tularosa, NM 88352
November 20th 10-11am
Know the 10 Warning signs
Deming Senior Center
800 S. Grant  
Deming, NM 88030
December 1st 10:30-11:30
Basics of Alzheimer’s disease
Tularosa Senior Center
35 Radio Rd  
Tularosa, NM 88352
December 3rd 10-12pm
Living with Alzheimer’s for caregivers
Early Stages
Deming Senior Center
800 S. Grant  
Deming, NM 88030

December 10th 10-12am
Living with Alzheimer’s for caregivers
Middle Stages
Deming Senior Center
800 S. Grant  
Deming, NM 88030

December 11th 10-12pm
Living with Alzheimer’s for caregivers
Late Stages
New Mexico State Veterans’ Home
Staff Development Building
952 South Broadway  
Truth or Consequences, NM 87910
December 9th 10:30-12:30
Living with Alzheimer’s for caregivers
Early Stages
Tularosa Senior Center
35 Radio Rd  
Tularosa, NM 88352

December 10th 10-12pm
Living with Alzheimer’s for caregivers
Middle Stages
Deming Senior Center
800 S. Grant  
Deming, NM 88030

December 11th 12-1
Conversations about Dementia
Alzheimer’s Association office
125 N. Main Street  
Las Cruces, NM 88001
December 16th 10:30-12:30
Living with Alzheimer’s for caregivers
Middle Stages
Tularosa Senior Center
35 Radio Rd  
Tularosa, NM 88352

December 17th 10-12am
Living with Alzheimer’s for caregivers
Late Stages
Deming Senior Center
800 S. Grant  
Deming, NM 88030
December 23rd 10:30-12:30
Living with Alzheimer’s for caregivers
Late Stages
Tularosa Senior Center
35 Radio Rd  
Tularosa, NM 88352

November 10th 10:00-11:00
Basics of Alzheimer’s Disease
Vida Encantada  
2301 Colten Dr  
Las Vegas, NM 87701

July 17th 12:30-1:30
Conversations About Dementia
White Rock Senior Center 137 Longview Dr  
White Rock, NM 87554

July 22nd 10:30-11:30, 12:30-1:30, 3:30-4:30
Know the 10 Warning Signs
Santa Fe Trail  
1291 Ruidosa St.  
Santa Fe, NM 87505

July 31st 11:30-12:30
Conversations About Dementia
Raton Senior Center   
Raton, NM 87740

August 12th 11:30 to 12:30
Know the 10 Warning Signs
Chimayo Senior Center
Bennie J. Chavez Community Center
Juan Medina Rd  
Chimayo, NM 87522
August 14th 11:30-12:30
Conversations About Dementia
Clayton Senior Center
19 E. Broadway St.  
Clayton, NM 87415

August 20th 10:30-11:30, 3:00-4:00
Know the 10 Warning signs
Santa Fe Trail  
1291 Ruidosa St.  
Santa Fe, NM 87505
August 28th 11:30-12:30
Conversations About Dementia
Edgewood Senior Center  
114 Quail Trl  
Edgewood, NM 87015

September 4th 10:30-11:30
Know the 10 Warning Signs
Raton Senior Center
US Hwy. 75 House # 336  
Raton, NM 87527

September 21st 11:30-12:30
Basics Of Alzheimer’s Disease
Dixon Community Center
US Hwy. 75 House # 336  
Raton, NM 87527

September 25th 11:30-12:30
Conversations About Dementia
Las Amigos Senior Center  
1148 Blue Hose Rd.  
Santa Rosa, NM 88435

October 20th 9:00-1:00
Basics of Alzheimer’s Disease
Anciano Senior Center
108 Camino De Roberto # 108  
Santa Cruz, NM 87532

October 21st 11:30-12:30
Basics Of Alzheimer’s Disease
Abodin Senior Center
US Hwy. 75 House # 336  
Raton, NM 87527

October 23rd 11:15-12:30
Conversations About Dementia
Anciano Senior Center
108 Camino De Roberto # 108  
Santa Cruz, NM 87532

October 23rd 11:15-12:30
Basics Of Alzheimer’s Disease
Anciano Senior Center
108 Camino De Roberto # 108  
Santa Cruz, NM 87532

November 12th 11:30-12:30
Basics of Alzheimer’s Disease
Chimayo Senior Center
Bennie J. Chavez Community Center
Juan Medina Rd  
Chimayo, NM 87522

November 13th 11:30-12:30
Know the Ten Signs
Mora Senior Center
415 Chichosa St.  
Mora, NM 87732
November 10am – 12pm
Coffee Chat on Dementia
TBA  
Santa Fe, NM 87505
November 20th 11am – 12pm
Coffee Chat on Dementia
Logan Senior Center 116th and Garza  
Logan, NM 87424
December 16th 10am – 12pm
Coffee Chat on Dementia
TBA  
Santa Fe, NM 87505
December 18th 11:30-12:30
Conversations About Dementia
Pecos Senior Center
TBA  
Pecos, NM 87552
educational classes continued...

NORTHWESTERN REGIONAL OFFICE - FARMINGTON

Suzanne Blevins
sblevins@alz.org
3300 N Butler, Ste. 221
Farmington, NM 88001
505.326.3680

July 9 11am-12 noon
Basics of Alzheimer’s Disease
Northside Senior Center
607 North Fourth Street | Gallup, NM 87301

July 9 1:30pm-2:30pm
Basics of Alzheimer’s Disease
Good Samaritan Society
840 Lobo Canyon Road | Grants, NM 87020

July 11 11am-12 noon
Basics of Alzheimer’s Disease
Good Samaritan Society
500 Care Lane | Aztec, NM 87410

July 15 12 noon-1pm
Basics of Alzheimer’s Disease
Sycamore Park Community Center
1051 Sycamore Street | Farmington, NM 87401

August 8 11am-12 noon
Know the 10 Warning Signs
Good Samaritan Society
500 Care Lane | Aztec, NM 87410

August 15 11am-12 noon
Know the 10 Warning Signs
Northside Senior Center
607 North Fourth Street | Gallup, NM 87301

August 15 1:30pm-2:30pm
Know the 10 Warning Signs
Good Samaritan Society
840 Lobo Canyon Road | Grants, NM 87020

August 19 12 noon-1pm
Know the 10 Warning Signs
Sycamore Park Community Center
1051 Sycamore Street | Farmington, NM 87401

September 10 11am-12 noon
Conversations About Dementia
Northside Senior Center
607 North Fourth Street | Gallup, NM 87301

September 10 1:30pm-2:30pm
Conversations About Dementia
Good Samaritan Society
840 Lobo Canyon Road | Grants, NM 87020

September 12 11am-12 noon
Conversations About Dementia
Good Samaritan Society
500 Care Lane | Aztec, NM 87410

September 16 12 noon-1pm
Conversations About Dementia
Sycamore Park Community Center
1051 Sycamore Street | Farmington, NM 87401

October 8 11am-12 noon
Living With Alzheimer’s: For Caregivers – Early Stage
Northside Senior Center
607 North Fourth Street | Gallup, NM 87301

October 8 1:30pm-2:30pm
Living With Alzheimer’s: For Caregivers – Early Stage
Good Samaritan Society | 840 Lobo Canyon Road
Grants, NM 87020

October 10 11am-12 noon
Living With Alzheimer’s: For Caregivers – Early Stage
Good Samaritan Society
500 Care Lane | Aztec, NM 87410

October 21 12 noon-1pm
Living With Alzheimer’s: For Caregivers – Early Stage
Sycamore Park Community Center
1051 Sycamore Street | Farmington, NM 87401

November 12 11am-12 noon
Living With Alzheimer’s: For Caregivers – Middle Stage
Good Samaritan Society
840 Lobo Canyon Road | Grants, NM 87020

November 12 1:30pm-2:30pm
Living With Alzheimer’s: For Caregivers – Middle Stage
Good Samaritan Society
500 Care Lane | Aztec, NM 87410

November 14 11am-12 noon
Living With Alzheimer’s: For Caregivers – Middle Stage
Good Samaritan Society
500 Care Lane | Aztec, NM 87410

November 25 12 noon-1pm
Living With Alzheimer’s: For Caregivers – Middle Stage
Sycamore Park Community Center
1051 Sycamore Street | Farmington, NM 87401

December 10 11am-12 noon
Living With Alzheimer’s: For Caregivers – Late Stage
Northside Senior Center
607 North Fourth Street | Gallup, NM 87301

December 10 1:30pm-2:30pm
Living With Alzheimer’s: For Caregivers – Late Stage
Good Samaritan Society
840 Lobo Canyon Road | Grants, NM 87020

December 12 11am-12 noon
Living With Alzheimer’s: For Caregivers – Late Stage
Good Samaritan Society
500 Care Lane | Aztec, NM 87410

December 16 12 noon-1pm
Living With Alzheimer’s: For Caregivers – Late Stage
Sycamore Park Community Center
1051 Sycamore Street | Farmington, NM 87401

Regional Map

CALENDAR KEY
Basics of Alzheimer’s disease
Pathology, warning signs, risk factors and scope of the disease

Know the 10 Warning Signs
Warning signs and prevention of Alzheimer’s

Living with Alzheimer’s for caregivers
Describes different stages of Alzheimer’s, and assists in preparation
albuquerque save the dates

Please join us for a celebration of our wonderful volunteers, board members, staff & supporters

Open House

November 18th, 4 pm to 7 pm
9500 Montgomery Blvd NE Suite 121 | Albuquerque, NM 87111
Drinks & Hors D’oeuvres
R S V P 505.266.4473

Please Contact Renee Gurule for more information at rgurule@alz.org or 505.266.4473.
Upcoming Events

Our Southeastern region has several upcoming events. First is our Southeastern Walk to End Alzheimer’s Kick Off Grab and Go Lunch scheduled for Thursday, July 23rd, 2015 from 11:30 am to 1 pm. at Pioneer Bank 300 N. Main St., Roswell, NM 88201. Come grab a free lunch and sign up your Walk team. The next event is the Landmark at Desert Gardens Alzheimer’s Awareness 5K and 2-mile walk in September 2015, time and date TBA, Hobbs. Contact the Roswell office for more information.

Our annual Southeastern Walk to End Alzheimer’s will be held on Saturday, October 17th, 2015, at Pioneer Square Roswell, NM 88201. Registration 8pm, Opening Ceremonies 9pm.

We are also securing a date and location for our Second Annual Southeastern Regional Family Caregiver Conference. We hope you will join us!

Upcoming Events

The Southwestern region of the Alzheimer’s Association, New Mexico Chapter is getting geared up and ready for many exciting events in the next six months! We are looking forward to our Walk Team Kick-off on July 10th, 2015, at Arbors of Del Rey (3731 Del Rey Blvd.) Please stop by and join us for some Ice cream and sweet treats. You can register your Walk team, learn about exciting FUNdraising ideas and get your team all set to paint the town purple at our 19th annual Walk to End Alzheimer’s at Young Park, Saturday, September 12th, 2015.

Along with the Las Cruces Walk the Southwestern region also looks forward to supporting Deming, New Mexico in its first, Walk to End Alzheimer’s. Please join us Saturday, September 19th, 2015 a “Pit Park” in Deming, NM. It’s going to be great!

We are also really excited as our 2nd annual Memories in Full Color 5k color fun run, is rapidly approaching. Join us Saturday, October 10th, 2015 at NMSU. What a great time we had last year. If you missed it last year be sure to join us this year by registering today at: www.active.com/las-cruces-nm/running/races/memories-in-full-color-5k-color-fun-run-2015
Upcoming Events

The Northwestern region for the Alzheimer’s Association, New Mexico Chapter which includes San Juan, McKinley, and Cibola counties, is a culturally rich area with a diverse population. In order to serve these growing community we have several upcoming events including a Health fair at Northside Senior Center on Thursday, July 16th, 2015. We also have a Zumbathon fundraiser that will be held on Saturday, July 25th, 2015 and the region’s annual Walk to End Alzheimer’s at Berg Park will be on Saturday, September 19th, 2015. We hope you will join us!

For more information, please contact:
Suzanne Blevins
sblevins@alz.org
505.326.3680

Upcoming Events

We are excited to announce some of the special events that will be taking place in the Northeastern region of the state. First, the Los Alamos Walk Committee will host their annual Pancake Breakfast at the Posse Lodge on Sunday, August 1st, 2015. This is a fundraiser for the Los Alamos Walk to End Alzheimer’s. The Los Alamos Walk will take place Saturday, September 12th starting at 9:00 am with registration. It will take place at the park next to Aspen Ridge Lodge.

We also are holding a Walk to End Alzheimer’s in Santa Fe. The Walk will be on Saturday, September 19th starting at 8:00am with registration. It will take place at the Santa Fe Railyards.

We will be raffling off a handmade Afghan made by Norma Vise, which she made especially for the Alzheimer’s Association, New Mexico Chapter. Tickets will be sold through September 19th and the winner will be announced at the Santa Fe Walk to End Alzheimer’s. To purchase tickets for the raffle contact Tina De La Luz, NE Regional Manager, at 505-473-1297.

Lastly, we are holding our annual Northeastern Regional Family Caregiver Conference. It will take place on November 14th, 2015 from 8:00am- 4:00pm at the Santa Claren Hotel in Espanola. This is great opportunity to learn about services available in the community.

For more information, please contact:
Tina De La Luz
tdelaluz@alz.org
505.473.1297
in memory/in honor of

IN MEMORY OF...

Martha Dudley
Elizabeth Churchill

Shirley Ruth Earp
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Thank you for all of the support.