David Esquibel on Capitol Hill during the 2016 Alzheimer’s Association Advocacy Forum, persuading Congress to make Alzheimer’s disease a national priority. David, diagnosed with Younger-Onset Alzheimer’s at 53, is an unrelenting advocate for the cause.
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.

**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.

**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. 

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**CONTACT US**

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Note our Mailing Address: PO Box 21400 | Albuquerque, NM 87154

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**INSIDE STORIES**

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WHAT IS ADVOCACY? In a nutshell, advocacy means speaking up in support of something. But the term also has a certain noble quality, because advocates typically champion a cause on behalf of people who need help – people who may not have the capability or opportunity to have their voices heard on the issues that affect them most deeply.

People who suffer from Alzheimer’s disease, and their Caregivers, need advocates. In our experience here at the NM Chapter, we are fortunate enough to see people like David Esquibel, who was diagnosed at 53 years-old with Younger-Onset, travel to Washington DC and advocate personally on Capitol Hill. Or Caregivers like Vivian Martinez, who tirelessly deliver their message via media outlets like television, radio, newspaper and internet. But changing the laws of the land is a group effort.

A single voice can be a powerful motivator, but a chorus of hundreds of thousands or an avalanche of mail is hard for a politician to ignore.

WHAT DOES IT MEAN TO BE AN ADVOCATE FOR THE ALZHEIMER’S ASSOCIATION? To the 37,000 New Mexicans with Alzheimer’s and the 106,000 family & friends who serve as their Caregivers, advocacy can be a quiet voice offering comfort to those who need it. It says “You are not alone. We understand and we’re doing something about it.” This is a powerful message for the exhausted Caregiver.

But it is only meaningful when we are doing something about it. As a chapter, we’ve been appointed to participate on a national advisory workgroup to improve our common mission, including advocacy priorities. And changing the legislative landscape for people affected by Alzheimer’s is a clear priority.

Lending your voice, your time and your passion to this cause is the only way to create change where change is most certainly needed. Lawmakers need to understand the gravity of the health and financial crisis that Alzheimer’s presents to Americans. When you do decide to become an advocate for the Alzheimer’s Association, here are the top three things you need to be shouting about:

- **Research.** Alzheimer’s is the most expensive disease in America. The only way to offset the massive costs of this disease is to fund more research that might slow or (hopefully) end its impact on our nation. An additional $400M in Alzheimer’s research at the National Institutes of Health would help to meet the goal of preventing and effectively treating Alzheimer’s by 2025.

- **Care Planning.** People newly diagnosed with Alzheimer’s, and their Caregivers, need to be fully educated and prepared for the difficult journey ahead. The HOPE for Alzheimer’s Act (S.857/H.R. 1559) would provide Medicare coverage for care planning services following a diagnosis. Within 10 years, the fewer hospitalizations, fewer emergency room visits and better medication management would save the government over $690 Billion.

- **Palliative and Hospice Care.** Simply put, people who suffer from Alzheimer’s and other dementias need Palliative and Hospice Care as they near the end of their journey. The Palliative Care and Hospice Education and Training Act (PCHETA, S.2748/H.R. 3119) would establish training programs for healthcare professionals, create a national awareness campaign and enhance research to improve the delivery of these types of care.

This is just a start. There is plenty to work on. And we need you.

HOW CAN YOU GET INVOLVED? Letters and calls to Washington are a good place to begin. Remember, these people work for you. Inside this newsletter, you will find the names and addresses of the New Mexico delegation. I urge you to take a moment to let them know what they can and must do. Personal visits to their offices are also very powerful. Call or arrange to meet with your elected officials today and make your concerns known. That’s advocacy.

For more information on becoming an advocate for the Alzheimer’s Association, NM Chapter, contact Lorey Esquibel at (505) 266-4473, lesquibel@alz.org.
Earlier this year, the New Mexico Chapter was honored to participate in the 2016 Alzheimer’s Association Advocacy Forum in Washington, DC. The Forum is the nation’s premier Alzheimer’s advocacy event. During the event, advocates learn how to communicate policy priorities directly to Congress and help make a difference in the fight against the disease.

The efforts of these advocates, including our own small but intrepid group who travelled from five different cities and villages of New Mexico, was a source of inspiration to me.

Together with 1,200 advocates from around the country, we walked from office to office on Capitol Hill, sharing our own stories with our respective Congressional Members, informing them of the devastating toll that Alzheimer’s is taking on this country and asking them to take action to counter it.

We told them how Alzheimer’s has become the nation’s most expensive disease, and how it will cost us $236 Billion this year alone. We told them about the 5.4 Million Americans who have the disease now and the 13.8 Million expected to have it by 2050. How it is the sixth-leading cause of death, and there’s still no way to prevent, cure or slow its progression.

We urged them to support three current legislative efforts that could help turn the tide:

1. Increased Alzheimer’s research funding for the National Institutes of Health
2. The HOPE for Alzheimer’s Act
3. Palliative Care & Hospice Education and Training Act (PCHETA)

And we reminded them that within the next 10 years (2016-2025), 14 states are projected to have a 40 percent or greater growth in the total number of persons age 65 and older who are living with Alzheimer’s. This includes New Mexico.

Will our efforts make a difference? It’s worked before. Last December, Alzheimer’s advocates helped to create historic funding increases for Alzheimer’s disease research. It can happen again.

I am not blind to the challenges ahead. There is a lot more work to be done. But I know that we New Mexicans are playing a crucial role in making Alzheimer’s a national priority. And that makes me proud.

Be part of the movement to end Alzheimer’s disease. Visit alz.org/advocacy.
annual partners  Reflects commitments received by May 1, 2016.

For more information, contact: Nika Lawrie, Development Director at 505.266.4473 or nlawrie@alz.org
annual partners Reflects commitments received by May 1, 2016.
For more information, contact: Nika Lawrie, Development Director at 505.266.4473 or nlawrie@alz.org

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• Haven Behavioral Hospital of Albuquerque
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• RBC Wealth Management - Cates Team
• The Woodmark at Uptown

SOUTHEASTERN REGIONAL FAMILY CAREGIVER CONFERENCE SPONSORS:

• Artesia General Hospital
• Brookdale Country Club
• Molina Healthcare of NM
• Comfort Keepers
• Visiting Angels
• Mission Arch Center
• Senior Olympics
• Chaves County J.O.Y. Center
• Adult Day Care
• Personal Care by Design
Dear Chris,

My brother has been living with Alzheimer’s disease for about eight years. After an incredible amount of hoop-jumping, my wife and I were able to get him qualified for institutional Medicaid, and placed into a skilled nursing facility. It was our only option because very few people can afford the expense of an assisted living facility, and my brother certainly couldn’t. What financial resources are available to assist people with this very expensive disease? What’s going to happen to the thousands of aging people who may develop dementia, but simply don’t have the money for treatment?

- Name and address withheld

Dear ____,

Well, you’ve uncovered one of the popular myths about Alzheimer’s care. There is no pool of “Alzheimer’s money” – public assistance dollars available to those with Alzheimer’s disease. There is very little available to financially assist those dealing with the disease. These families are left with the standard resources:

- Medicaid
- Social Security/SS Disability Insurance
- Medicare
- Veteran’s Benefits
- Private Insurance

Each of these is obtained based on a variety of eligibility factors and each covers different facets and/or specific types of care. A free care consultation with your local Alzheimer’s Association office can explain each one in more depth, but the reality is most people have to stitch together a “patchwork quilt” of these services and still find they are significantly short of what they’ll need to pay for care.

The cost of assisted living in New Mexico ranges from $2,000 to $7,000 per month. The rate varies depending on daily care needs, location etc., but the average is $3,500 per month, according to seniorhomes.com web site. The problem is that most assisted living costs have to be paid out of pocket, or by long-term care insurance when it’s available. Traditional health insurance, Medicare benefits, and Medicaid do not pay for this type of care. VA benefits may help offset some of the costs, but rarely cover all, leaving families to try to provide care at home, or wait until a loved one can qualify for institutional Medicaid like you did; a bleak picture for many, to be sure. So what can be done?

This issue of our newsletter has highlighted the power of advocacy, and I believe that any real change for people living with Alzheimer’s and their families lies here. Of course advocacy can shape policy to allot more money to research and finding a cure, both of which are critical goals for us as a nation. But advocates can also have an impact on other areas of need such as reshaping laws that would expand what Medicare covers, or easing Medicaid eligibility requirements for those diagnosed with dementia. Even tax credits for family caregivers might be within reach if enough people spoke out. Advocacy is a way to make the lives of caregivers and their loved ones with dementia easier. New Mexico has 106,000 family caregivers providing 148 Billion - yes, that’s Billion with a “B” - in unpaid care for 37,000 people with the disease. We currently have fewer than 20 people actively advocating for state and federal legislative change in our state. Less than 20 people speaking for over 142,000. Imagine for a moment if 70,000 - half - of those people actually called their legislators, wrote letters to the editors of their local papers, or descended on the Round House in Santa Fe every winter for Alzheimer’s Day at the Legislature. Imagine if half of that - 35,000 - descended on Washington DC every year with advocates from every other state in the union. That would be nearly 2 Million (an extremely conservative estimate) people speaking in one voice for change. And that would be less than a fourth of the people affected! There is no pool of “Alzheimer’s money” to help those struggling with the costs of this disease, but why couldn’t there be? This is a nonpartisan issue and a parade of over 2 million people would be impossible for any legislator to ignore.

Elsewhere in this newsletter you will find plenty of descriptions of what advocates and ambassadors can do. However, it starts by contacting your local chapter and signing up. Contact Lorey Esquibel at (505) 266-4473 or lesquibel@alz.org to get started. You can also get involved at alz.org/advocacy. The demands of caregiving and living with the disease don’t preclude you having a voice. Any contribution you make will have meaning, even if it’s just sending a post card to your legislators. Add your voice. It may be the one that tips the scales for all New Mexicans living with Alzheimer’s.
In April, over 1,200 Alzheimer’s advocates converged on Washington, DC to make their voices heard during the 2016 Alzheimer’s Association Advocacy Forum. Advocates from around the country immersed themselves in four days of education and team-building in an effort to ensure Congress was fully informed about the scope and scale of the public health crisis that is Alzheimer’s disease; and to urge them to do something about it.

New Mexico was well represented. The NM advocates were headed by Chapter Executive Director Gary Girón, and included Ambassadors Sandy Johnson from Las Cruces, Susan Heckethorn from Los Alamos, and Donna Berg from Pojoaque. They were joined by Helen Brooks of Santa Fe (who also serves on the Alzheimer’s Association National Board) and staffers Chris Chaffin (Media Coordinator) and Lorey Esquibel (Operations Director, Lead Policy Staff).

Lorey’s brother, David Esquibel, served as an Ambassador. David, who also graces our cover, was diagnosed with Younger-Onset Alzheimer’s at the age of 53. On day three of the Forum, David delivered an on-stage testimony on the recent policy achievements of the NM Chapter, inspiring a standing ovation. It was a powerful moment that left a palpable impression on the advocates; and would help fuel them for the busy mission ahead.

On day four, advocates descended on Capitol Hill to petition their respective leaders. The message was clear and urgent: Alzheimer’s is the most expensive disease in America. It will cost $236 Billion in 2016, a figure expected to rise to over $1 Trillion by 2050, and is set to overwhelm Medicare if left unchecked.

The number of Americans with Alzheimer’s is growing rapidly. Today, 5.4 Million Americans suffer from the disease; a number projected to rise to 13.8 Million by 2050. And there is still no proven treatment or cure.

In one action-packed day, the NM advocates paid visits to each of the federal offices of their delegation. “We urged them to join the battle against Alzheimer’s by supporting proposed legislation that could curb the staggering fiscal and societal impacts of the disease,” said Girón. “We asked for increased research funding to the National Institutes of Health, support of the HOPE Act and the Palliative & Hospice Care Act; all critical priorities that need support from lawmakers.” *See Update!

“We were proud to walk the halls of Congress on a mission of great importance to all Americans, including New Mexicans,” said Girón. “The efforts of lawmakers at this time can produce enormous change. I encourage all New Mexicans to reach out to their leaders, voice their concerns and urge them to support these crucial efforts.” Visit alz.org/advocacy.

*UPDATE: Great news! At press time (6/6/2016), the Senate Labor-HHS Appropriations Subcommittee proposed a $400 million increase for Alzheimer’s research at the NIH. The full Senate Committee on Appropriations will be considering the bill in the same week. Keep updated at alz.org. Advocacy Works!!
In advance of delivering their message of advocacy at the State Capitol Building in Santa Fe, the NM Chapter issued a statewide call to action. They asked for all concerned community members to join them in challenging lawmakers to recognize the urgency of addressing the growing health crisis of Alzheimer’s in New Mexico: 106,000 unpaid family caregivers supporting 37,000 who have the disease – a number projected to rise to 53,000 by 2025.

The result was a Roundhouse Rotunda filled with impassioned citizen advocates and conscientious legislators who all grasped the importance of raising awareness in the battle to end Alzheimer’s.

The Press Conference featured moving testimony from Senator Richard C. Martinez (D-Española), Representative Yvette Herrell (R-Alamogordo), Cabinet Secretary Myles Copeland (NM Aging & Long-Term Services) and Randi Chapman (Senior Director of State Affairs, Alzheimer’s Association).

We will always be honored that the roster of speakers included our late friend, Cabinet Secretary Retta Ward (NM Department of Health). Ward was a steadfast champion for improving public health for all New Mexicans, and she will be dearly missed. Another milestone moment was the first official public announcement of the potentially game-changing “UMAC”. UNM’s Gary Rosenberg, MD and Janice Knoefel, MD revealed the establishment of their new Memory and Aging Center which is set to become a major center for dementia diagnosis, treatment, research and education in our state.

The significance of the event was marked historically as Governor Susana Martinez officially proclaimed January 21st 2016 as “Alzheimer’s Day at the Legislature”.

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EVENT HIGHLIGHTS

6th annual dancing stars gala

If you missed our 2016 Dancing Stars Gala, you missed a stunner! The star-studded affair was co-hosted by popular KRQE News 13 anchors Jessica Garate and Dean Staley; and Judges included Attorney Brian S. Colón and Caregivers Vivian Martinez and Robyn Esquilbin. This year’s line-up of Dancing Stars were, of course, stellar: Ann Breen (Executive Director, Palmilla Senior Living), Valerie Compton (Owner, BODYLANGUAGE), Julie Harrigan, MD (ABQ Health Partners), Joe LiRosi (Owner, Toni & Guy), Margaret Nolan, MD (Co-Owner, Hospice of New Mexico), John Smith (Meteorologist, KRQE News 13) and Sharon Turner Davidson (Daughter of the late local businessman Bob Turner). Chip Hindi’s band of creative geniuses from Enchantment Dancing reached new heights of dazzle and excitement.

5th annual professional conference

We were proud to partner with UNM’s Brain & Behavioral Health Institute for this year’s two-day Professional Conference. The collaboration resulted in extraordinarily high-caliber presentations from physicians and researchers on the front-lines of important Alzheimer’s and Dementia research. The highlights were many, from Barbara Michels being presented with the Governor’s Alzheimer’s Leadership Award to the keynote address from Matthew Baumgart (Senior Director of Public Policy, Alzheimer’s Association) which proved to be as fun and funny as it was informative.

The UnFOREgettable Golf Classic

Golfers and givers alike seemed to appreciate the sunny new summer slot for our annual charity golf tournament. Eighteen holes at the beautiful Tanoan Country Club, a superb raffle, amenities aplenty and a celebrity appearance from radio personality Bob Clark (770 KKOB). Did we mention the free lunch? Seriously, what’s not to love?

Southeastern Regional Family Caregiver Conference

Valuable legal information for caregivers, as presented by Elder Law Attorney Lori Millet, highlighted the Roswell event, which annually honors the unsung heroes who care for our family members, day in and day out.
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 learning 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 translation of Savvy Caregiver.
educational classes

GREATER ALBUQUERQUE REGIONAL OFFICE

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

July 6, 10:00am-2:30pm or 5:30pm-7:00pm
Basics of Alzheimer’s disease
Presented by Barbara Michels
Alzheimer’s Association Office
9500 Montgomery Blvd.NE Suite 121 | Albuquerque, NM 87111

July 11, 1:00pm-2:30pm
Introduction to Support Group
Presented by Barbara Michels
Alzheimer’s Association Office
9500 Montgomery Blvd.NE Suite 121 | Albuquerque, NM 87111

July 14, 1:30pm-2:30pm
Legal Issues for Caregivers: What You Should Know
Presented by Don Pinnock
Alzheimer’s Association Office
9500 Montgomery Blvd.NE Suite 121 | Albuquerque, NM 87111

July 20, 12:00pm noon -1:00pm
Choosing Long-term Care
Presented by Tracy Ayers
Alzheimer’s Association Office
9500 Montgomery Blvd.NE Suite 121 | Albuquerque, NM 87111

August 1, 10:00am-2:00pm
Introduction to Support Group
Presented by Barbara Michels
Alzheimer’s Association Office
9500 Montgomery Blvd.NE Suite 121 | Albuquerque, NM 87111

August 3, 1:00pm-2:30pm or 5:30pm-7:00pm
Communications and Behaviors
Presented by Barbara Michels
Alzheimer’s Association Office
9500 Montgomery Blvd.NE Suite 121 | Albuquerque, NM 87111

August 11, 1:30pm-2:30pm
Legal Issues for Caregivers: What You Should Know
Presented by Don Pinnock
Alzheimer’s Association Office
9500 Montgomery Blvd.NE Suite 121 | Albuquerque, NM 87111

August 17, 12:00pm noon -1:00pm
The Joy of Dementia Caregiving
Presented by Cindy Brown, LBSW, CDP Home Instead
Alzheimer’s Association Office
9500 Montgomery Blvd.NE Suite 121 | Albuquerque, NM 87111

September 8, 1:30pm-2:30pm
Legal Issues for Caregivers: What You Should Know
Presented by Don Pinnock
Alzheimer’s Association Office
9500 Montgomery Blvd.NE Suite 121 | Albuquerque, NM 87111

September 12, 1:00pm-2:00pm
Introduction to Support Group
Presented by Barbara Michels
Alzheimer’s Association Office
9500 Montgomery Blvd.NE Suite 121 | Albuquerque, NM 87111

September 14, 12:00pm noon -1:00pm
Brain Fitness
Presented by Lea Harrison, Director Business Development, Haven Behavioral Hospital of Albuquerque
Alzheimer’s Association Office
9500 Montgomery Blvd.NE Suite 121 | Albuquerque, NM 87111

September 21, 10:00am-2:30pm or 5:30pm-7:00pm
Basics of Alzheimer’s disease
Presented by Barbara Michels
Alzheimer’s Association Office
9500 Montgomery Blvd.NE Suite 121 | Albuquerque, NM 87111

October 3, 10:00am-2:00pm
Introduction to Support Group
Presented by Barbara Michels
Alzheimer’s Association Office
9500 Montgomery Blvd.NE Suite 121 | Albuquerque, NM 87111

October 5, 1:00pm-2:30pm or 5:30pm-7:00pm
Communications and Behaviors
Presented by Barbara Michels
Alzheimer’s Association Office
9500 Montgomery Blvd.NE Suite 121 | Albuquerque, NM 87111

October 13, 1:30pm-2:30pm
Legal Issues for Caregivers: What You Should Know
Presented by Don Pinnock
Alzheimer’s Association Office
9500 Montgomery Blvd.NE Suite 121 | Albuquerque, NM 87111

October 19, 12:00pm noon -1:00pm
Know the 10 Signs
Presented by Chris McCaffrey
Alzheimer’s Association Office
9500 Montgomery Blvd.NE Suite 121 | Albuquerque, NM 87111

October 22, 1:00pm-2:30pm or 5:30pm-7:00pm
Basics of Alzheimer’s disease
Presented by Barbara Michels
Alzheimer’s Association Office
9500 Montgomery Blvd.NE Suite 121 | Albuquerque, NM 87111

November 2, 1:00pm-2:30pm or 5:30pm-7:00pm
Basics of Alzheimer’s disease
Presented by Barbara Michels
Alzheimer’s Association Office
9500 Montgomery Blvd.NE Suite 121 | Albuquerque, NM 87111

November 7, 1:00pm-2:00pm
Introduction to Support Group
Presented by Barbara Michels
Alzheimer’s Association Office
9500 Montgomery Blvd.NE Suite 121 | Albuquerque, NM 87111

November 10, 1:30pm-2:30pm
Legal Issues for Caregivers: What You Should Know
Presented by Don Pinnock
Alzheimer’s Association Office
9500 Montgomery Blvd.NE Suite 121 | Albuquerque, NM 87111

November 16, 12:00pm-1:00pm
University of New Mexico Memory and Aging Center (UMAC): - An Overview
Presented by Janice Knoefel, MD
Alzheimer’s Association Office
9500 Montgomery Blvd.NE Suite 121 | Albuquerque, NM 87111

December 5, 1:00pm-2:00pm
Introduction to Support Group
Presented by Barbara Michels
Alzheimer’s Association Office
9500 Montgomery Blvd.NE Suite 121 | Albuquerque, NM 87111

December 7, 1:00pm-2:30pm or 5:30pm-7:00pm
Communications and Behaviors
Presented by Barbara Michels
Alzheimer’s Association Office
9500 Montgomery Blvd.NE Suite 121 | Albuquerque, NM 87111

December 14, 12:00pm noon -2:00pm
“Alive Inside” Movie Screening & Discussion
Presented by Alzheimer’s Association Staff
Alzheimer’s Association Office
9500 Montgomery Blvd.NE Suite 121 | Albuquerque, NM 87111

*Related topics.
Various presentations on Alzheimer’s disease and related topics.

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

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

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 preparedness

Conversations About Dementia
Various presentations on Alzheimer’s disease and related topics.

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
educational classes continued...

**Suzanne Blevins, Regional Manager**  
sblevins@alz.org  
3300 N Butler, Ste. 221  
Farmington, NM 87401  
505.326.3680

**July 7, 11:00am-12:00pm noon**  
*Basics of Alzheimer’s disease*  
Good Samaritan Society  
840 Lobo Canyon Road | Grants, NM 87020

**July 13, 11:00am-12:00pm noon**  
*Basics of Alzheimer’s disease*  
Bonnie Dallas Senior Center  
109 E. La Plata Street | Farmington, NM 87401

**July 14, 11:00am-12:00pm noon**  
*Basics of Alzheimer’s disease*  
Northside Senior Center  
607 N. Fourth Street | Gallup, NM 87301

**July 20, 12:00pm noon-1:00pm**  
*Basics of Alzheimer’s disease*  
Sycamore Park Community Center  
1051 Sycamore Street | Farmington, NM 87401

**July 28, 10:45am-11:45am**  
*Basics of Alzheimer’s disease*  
Ford Canyon Senior Center  
908 E. Buena Vista Avenue | Gallup, NM 87301

**August 4, 11:00am-12:00pm noon**  
*Know the 10 Warning Signs*  
Good Samaritan Society  
840 Lobo Canyon Road | Grants, NM 87020

**August 10, 11:00am-12:00pm noon**  
*Know the 10 Warning Signs*  
Bonnie Dallas Senior Center  
109 E. La Plata Street | Farmington, NM 87401

**August 11, 11:00am-12:00pm noon**  
*Know the 10 Warning Signs*  
Northside Senior Center  
607 N. Fourth Street | Gallup, NM 87301

**August 17, 12:00pm noon-1:00pm**  
*Know the 10 Warning Signs*  
Bonnie Dallas Senior Center  
109 E. La Plata Street | Farmington, NM 87401

**August 21, 1:00pm-3:00pm**  
*Know the 10 Warning Signs*  
Ford Canyon Senior Center  
908 E. Buena Vista Avenue | Gallup, NM 87301

**August 28, 10:45am-11:45am**  
*Know the 10 Warning Signs*  
Sycamore Park Community Center  
1051 Sycamore Street | Farmington, NM 87401

**September 1, 11:00am-12:00pm noon**  
*Conversations About Dementia*  
Good Samaritan Society  
840 Lobo Canyon Road | Grants, NM 87020

**September 8, 11:00am-12:00pm noon**  
*Conversations About Dementia*  
Northside Senior Center  
607 N. Fourth Street | Gallup, NM 87301

**September 14, 11:00am-12:00pm noon**  
*Conversations About Dementia*  
Bonnie Dallas Senior Center  
109 E. La Plata Street | Farmington, NM 87401

**September 21, 12:00pm noon-1:00pm**  
*Conversations About Dementia*  
Sycamore Park Community Center  
1051 Sycamore Street | Farmington, NM 87401

**September 22, 10:45am-11:45am**  
*Conversations About Dementia*  
Ford Canyon Senior Center  
908 E. Buena Vista Avenue | Gallup, NM 87301

**October 6, 11:00am-12:00pm noon**  
*Living with Alzheimer’s: For Caregivers – Early Stage*  
Good Samaritan Society  
840 Lobo Canyon Road | Grants, NM 87020

**October 10, 11:00am-12:00pm noon**  
*Living with Alzheimer’s: For Caregivers – Early Stage*  
Bonnie Dallas Senior Center  
109 E. La Plata Street | Farmington, NM 87401

**October 12, 11:00am-12:00pm noon**  
*Living with Alzheimer’s: For Caregivers – Early Stage*  
Northside Senior Center  
607 N. Fourth Street | Gallup, NM 87301

**October 19, 12:00pm noon-1:00pm**  
*Living with Alzheimer’s: For Caregivers – Early Stage*  
Bonnie Dallas Senior Center  
109 E. La Plata Street | Farmington, NM 87401

**October 27, 10:45am-11:45am**  
*Living with Alzheimer’s: For Caregivers – Early Stage*  
Ford Canyon Senior Center  
908 E. Buena Vista Avenue | Gallup, NM 87301

**November 3, 11:00am-12:00pm noon**  
*Living with Alzheimer’s: For Caregivers – Middle Stage*  
Good Samaritan Society  
840 Lobo Canyon Road | Grants, NM 87020

**November 9, 11:00am-12:00pm noon**  
*Living with Alzheimer’s: For Caregivers – Middle Stage*  
Bonnie Dallas Senior Center  
109 E. La Plata Street | Farmington, NM 87401

**November 10, 11:00am-12:00pm noon**  
*Living with Alzheimer’s: For Caregivers – Middle Stage*  
Northside Senior Center  
607 N. Fourth Street | Gallup, NM 87301

**November 18, 10:45am-11:45am**  
*Living with Alzheimer’s: For Caregivers – Middle Stage*  
Ford Canyon Senior Center  
908 E. Buena Vista Avenue | Gallup, NM 87301

**November 23, 12:00pm noon-1:00pm**  
*Living with Alzheimer’s: For Caregivers – Middle Stage*  
Sycamore Park Community Center  
1051 Sycamore Street | Farmington, NM 87401

**December 1, 11:00am-12:00pm noon**  
*Living with Alzheimer’s: For Caregivers – Late Stage*  
Good Samaritan Society  
840 Lobo Canyon Road | Grants, NM 87020

**December 6, 11:00am-12:00pm noon**  
*Living with Alzheimer’s: For Caregivers – Late Stage*  
Northside Senior Center  
607 N. Fourth Street | Gallup, NM 87301

**December 14, 11:00am-12:00pm noon**  
*Living with Alzheimer’s: For Caregivers – Late Stage*  
Bonnie Dallas Senior Center  
109 E. La Plata Street | Farmington, NM 87401

**December 19, 10:45am-11:45am**  
*Living with Alzheimer’s: For Caregivers – Late Stage*  
Ford Canyon Senior Center  
908 E. Buena Vista Avenue | Gallup, NM 87301

**December 21, 12:00pm noon-1:00pm**  
*Living with Alzheimer’s: For Caregivers – Late Stage*  
Sycamore Park Community Center  
1051 Sycamore Street | Farmington, NM 87401

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**Regional Map**

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**CALENDAR KEY**

- Savvy Caregiver  
  Seven-week, 14-hour course which helps caregivers develop practical skills in caring for their loved one and themselves.  
  *Cuidando Con Respeto*  
  Two-day linguistic and cultural translation of Savvy Caregiver

- 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 disease

- Living with Alzheimer’s: For Caregivers  
  Describes different stages of Alzheimer’s, and assists in preparedness

- Conversations About Dementia  
  Various presentations on Alzheimer’s disease and related topics.
save the dates

UPCOMING EVENTS  JULY – DECEMBER 2016:

12th Annual Family Caregiver Conference (Albuquerque) 11.05.16. Large-format conference with helpful presentations to educate and improve the experience of the caregiver. Sandia Resort & Casino, 8am-4pm. FREE to Family Caregivers, $25 for Professionals. Call 505.266.4473.

Alzheimer’s Association Open House (Albuquerque) 11.16.16. Join us for a celebration of our wonderful volunteers, board members, staff & supporters. Hors d’oeuvres & beverages served. 9500 Montgomery Blvd NE Suite 121, 4pm to 7pm. FREE. Call 505.266.4473.

Southwestern NM Family Caregiver Conference (Las Cruces) November 2016. (Date TBD). Workshops, camaraderie and resources to feed the mind and soul of the caregiver. Location Pending, 8am-4pm. FREE to Family Caregivers, $25 for Professionals. Call 575.647.3868.

You CAN make a difference.

Are you passionate about making a difference in the fight against Alzheimer’s disease?

VOLUNTEER OPPORTUNITIES

VOLUNTEER for the Alzheimer’s Association, NM Chapter.

CALL NOW! 505.266.4473

Become a difference-maker today!

VOLUNTEER for the Alzheimer’s Association, NM Chapter.

alzheimer’s newmexico chapter

New Mexico. You CAN make a difference.

Walk with us.

Aug. 27 | Santa Fe Cathedral Park
Sept. 10 | Farmington Berg Park
Sept. 17 | Albuquerque Harry E. Kinney Civic Plaza
Sept. 24 | Las Cruces Young Park
Oct. 1 | Roswell Pioneer Plaza

SIGN UP TODAY!  Call 505.266.4473 or log on to alz.org/walk
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Kathleen Branson, CPA | 505.266.4473

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- #Alz_NM (New Mexico Chapter)
- #Walk2EndAlz (Walk to End Alzheimer’s)
- #WheresLizzie (Any posting that includes our mascot Lizzie)