

Memory Walk 2005 Memories

details inside in branch reports



ALZHEIMER'S ASSOCIATION
New Mexico Chapter

MAIN OFFICE

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

Executive Director
Maralie M. Waterman

Patient & Family Services Director
Paula Simons

Education Director
Stella Shaba

Development Director
Heather Crow

Administrative Assistant
Open

Communications & Legislative
Advocacy Director
Ronald Lucchino, PhD

Finance Director
Pat Alexander



BRANCH OFFICES

Farmington

Branch Office Coordinator
Beth Jones
3300 N. Butler, Suite 2211
Farmington, NM 87401
(505) 326-3680

Las Cruces

Branch Office Coordinator
Cathy Murphy
1100 S. Main St., #10
Las Cruces, NM 88001
(505) 647-3868

Las Vegas

Branch Office Coordinator
Linda Durant
508 E. Douglas
Las Vegas, NM 87701
(505) 426-9840

Roswell

Branch Office Coordinator
Kathy Bolkovac
404 1/2 N Kentucky
Roswell, NM 88201
(505) 624-1552

Toll Free Helpline
Northern NM 800-777-8155
Southern NM 888-588-0005

Resources: www.nm-alzheimers.org

President's Message

Quentin C. Florence, PharmD

Hi Everyone,

The Annual Alzheimer's Walks throughout the State have been completed. All of them were successful, and during this time of difficult fund raising we did pretty well, and raised money to be used in communities in New Mexico.

Thank you to the Walk Committees, those who helped, and those who participated. Las Cruces, Hobbs, Roswell, Socorro, Las Vegas, Farmington/Aztec, and the Tri-Cities of Santa Fe, Los Alamos, and Espanola all had good walks. We really appreciate your efforts. I attended three of these walks and other members of the Board of Directors were present at the rest. Thank you all!

During the past year we have done a lot. There are now 48 support groups in New Mexico, and we are forming more. Almost 6,000 helpline calls were answered, and over 1,000 calls were made offering services. We had 11 community based caregiver conferences, over 5,000 information packets were given out, and there were over 6,000 participants in workshops, media interviews, in-service programs and other community programs. We are now sending out over 10,000 newsletters four times a year. We provided respite care to 356 families, which provided almost 9,000 hours of respite care.

Members of the NM Chapter Staff have provided all of these services. Stella Shaba, our Education Director has done a wonderful job along Paula Simons, our Patient & Family Services Director have been a huge asset to our association. And finally our four branch managers, Beth Jones/Northwest, Cathy Murphy/Southwest, Linda Durant/Northeast and Kathy Bolkovac/Southeast, have ensured that our services are provided throughout New Mexico. Thank you all, I appreciate your efforts.

You'll soon be receiving copies of our annual report, which will detail these services. Please read it. All these services are very costly and we really need financial assistance, so if you can, please help.

Together we can improve the lives of people with dementias and their families in New Mexico, and someday rid the world of dementias.

Hope everyone has a great Holiday season. Thank you all!

Tim

Cheryl Marlow, with Marlow & Associates and Prudential Southwest Realty, is the Corporate Chair for the 2005 Albuquerque Memory Walk. Let her make your real estate dreams come true.



Prudential
Southwest Realty
797-5555
#1 Prudential Agent in New Mexico

Her dream is that a cure will be found for Alzheimer's. Her way of helping this dream

come true is to donate 20% of her commission on any real estate transaction that results to the New Mexico Chapter of the Alzheimer's Association. Just mention this ad.

Alzheimer's Disease Awareness Month

Maralie M. Waterman, Executive Director

**Blessed is the season, which engages the whole world
in a conspiracy of love! ~Hamilton Wright Mable**

Happy Holidays! And though we'll be deep in the holiday season when you receive this issue, the New Mexico Chapter is currently gearing up in anticipation of an active November with Alzheimer's Disease Awareness month.

It was a little over 20 years ago when then President Ronald Reagan issued a proclamation declaring November National Alzheimer's Disease Awareness Month. The Chapter's planned activities include many educational and outreach oriented programs in communities around the state. The Sixth Annual Albuquerque Caregiver's Conference at the Howard Johnson Inn and Conference Center on Thursday, December 1st. The Association sponsors Caregiver's Conferences in communities around the state and appreciates all the support given by individuals and organizations in those local communities.

Our Fifth Annual Moose Lodge Dinner & Dance to benefit caregiver services will be held on November 12th at the East Heights Moose Lodge. This is a volunteer driven event and many thanks go to Linda Stewart, Kellee Gaddis and Jody Gulsvig-Gaddis for their leadership and coordination, as well as the members of the East Heights Lodge who donate their time and culinary expertise (wonderful homemade Mexican Food!) to this event each year.

In addition, our Annual Membership meeting will be held on Wednesday, November 16 at the Association's main office, 9500 Montgomery NE, Suite 209 in Albuquerque.

Many thanks to the volunteers, sponsors, participants, corporate chairs and staff who've made our 2006 Memory Walk season a success with approximately \$126,000 raised from events in Albuquerque, Hobbs, Roswell, Las Cruces, Tri-Cities (Los Alamos, Espanola, Santa Fe), Farmington/Aztec, Las Vegas and Socorro. All funds raised through the Memory Walk stay local to support services and programs for individuals with Alzheimer's disease, their caregivers and families.

Our 2006 Albuquerque Walk is scheduled for June 10, 2006 at Milne Field. As always, we are seeking volunteers bringing fundraising, public relations and other expertise to the 2006 Walk.

The FUN is back... The Thanks for the Memories PROM Event will be held on February 19, 2006 at the Sandia Resort Hotel with entertainment provided by the Duke City Jazz Band. For more information on the PROM, sponsorship opportunities or tickets, please contact the Association office at 266-4473.

Congratulations to our Farmington Branch Office Coordinator, Beth Jones-Denoyer, on her marriage October 31st and please join me in welcoming our new Roswell Southeastern New Mexico Branch Office Coordinator, Kathy Bolkovac. Kathy comes to us with an extensive background in service provision, training and community organizing. She is currently working toward a degree in nursing at Eastern New Mexico State.

All the best of wishes to you and yours for a safe and joyous holiday season.

Seasons Greetings

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2005 - 2006

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HONORARY BOARD MEMBERS

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Don't burn out!
Attend a Support Group Meeting!
Start one in your community.
Call us for details.
266-4473

Support Groups

ALAMOGORDO

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

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

4th Thursday
Call for Appointment
Alamogordo Senior Ctr.
2201 Puerto Rico Ave.
Phyllis M. 437-5256

ALBUQUERQUE

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

1st Tuesday @ 5:15 PM
Family Caregivers
1700 Louisiana Blvd. NE
Cheri P. MSW, LISW
232-3300, ext. 421

* 1st Thursday @ 7:00 PM
Manzano del Sol Good
Samaritan Village
5200 Roma NE
Marta D. 262-2311, ext. 137

1st Friday @ 10:00 AM
St. Stephens Church
4601 Juan Tabo NE
Barbara M. 266-4473

Co - Eleanor E. & Tori C.

3rd Sunday @ 4:00 PM
Valle Norte Caring Center
8820 Horizon Blvd. NE
Shirley J. 823-1885

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

3rd Friday @ 10:00 AM
Bear Canyon Senior Center
4645 Pitt NE
Barbara M. 266-4473
Co - Eleanor E. & Tori C.

(ALBUQUERQUE Cont'd)

4th Wednesday @ 11:30 AM
Manor Care Heights
2216 Lester Drive
Mary B. 296-4808

4th Saturday @ 1:00 PM
Palo Duro Senior Center
5221 Palo Duro NE
Virginia & Betty 888-8102

Call for Details
Child of Parent with AD
Alzheimer's Assn. Office
9500 Montgomery NE, #209
Sandra C. 271-9060

Sundays, *Call for Details*
Pick's Disease Group
Sandia Heights
Gretchen S. 823-1554

Call for Interview
**Early Stage Individuals
with Alzheimer's Disease**
Stella S. 266-4473

ANTHONY

Last Wednesday @ 1:30 PM
Bi-lingual Support Group
St. Anthony Parish Hall
224 Lincoln Ave.
Mary Helen L. 523-7577

BLOOMFIELD

2nd Thursday @ 10:00 AM
Bloomfield Cultural Center
Behind Bloomfield Senior
Ctr.
Brandi B. 334-0048

CARLSBAD

2nd Wednesday @ 2:00 PM
Landsun Home
1900 W. Ridge Rd.
Barbara K. 885-8150

CLAYTON

4th Tuesday @ 2:30 PM
PNM Building
51 Santa Fe Dr.
Judy L. 374-8778
Co - Fran S. 374-3741

CLOVIS

3rd Thursday @ 4:00 PM
Health Plex by Cancer enter
Dillon Street
Kathy Bolkovac 624-1552

DEMING

4th Wednesday @ 11:00 AM
Deming Senior Citizens Ctr.
800 S. Granite
Karla V. 546-8823

ELEPHANT BUTTE

3rd Friday @ 6:00 PM
Hodges Corner Restaurant
915 Hwy 195
Janice G. 894-5112 (w)
or 894-1288 (h)

FARMINGTON

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

GRANTS

1st Monday @ 6:00 PM
Future Fund Family Center
551 Washington W.
Delia D. 285-3922

3rd Monday @ Noon
Future Fund Family Center
551 Washington W.
Delia D. 285-3922

HOBBS

3rd Tuesday @ 12:00 PM
Hobbs Healthcare Center
5715 Lovington Hwy.
Micky B. 392-6845
Co - Kathy D.

LAS CRUCES

1st Tuesday @ Noon
The Heritage Assisted Living
854 Lettuce Ln.
Alaina J. 525-9215

2nd Thursday @ 5:00 PM
The Village at Northrise
2880 N. Roadrunner Blvd.,
Morningside Building
Alaina J. 522-1110

3rd Sunday @ 6:30 PM
Arbors of Del Rey
3731 Del Rey Blvd.
Mary L. & Faith L. 382-5200

4th Monday @ 6:00 PM
University Terrace Good
Samaritan Village
3011 Buena Vida Cir.
Jill D. 524-1293
Co - Kathi B. 524-9808

LAS VEGAS

Every Monday @ Noon
Alzheimer's Assn. Office
508 E. Douglas
Linda Durant 426-9840

PORTALES

2nd Tuesday @ 4:30 PM
Roosevelt General Hospital
42121 US Hwy. 70
Chris P. 276-8579
Co - Shirley C.

RIO RANCHO

3rd Monday @ 2:00 PM
Sandia Springs
1000 Riverview Dr. SE
Marianne C. 892-8400

ROSWELL

4th Tuesday @ Noon
United Methodist Church
200 N. Pennsylvania
Kay & George 622-0967

SANTA FE

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

2nd Tuesday @ 6:30 PM
Rosemont Assisted Living
2961 Galisteo St.
Jytte L. 426-9840

3rd Tuesday @ 6:00 PM
Sierra Vista
402 E. Rodeo Rd.
Ruth D. & Velma A. 986-
9696

SILVER CITY

3rd Saturday @ 1:00 PM
Presbyterian Church
1915 N. Swan
Ora S. & Hazel 388-2135

SOCORRO

1st Monday @ 2:00 PM
Socorro Good Samaritan
Vlg.
Hwy. 60
Betty K. 835-2724

ZUNI

3rd Wednesday @ 6:30 PM
Zuni Senior Center
1386 State Hwy. 53
Maryanne J. 782-5541

* Indicates Monthly Educational
Program

Branch Reports

Northeastern Branch

Linda Durant, Branch Coordinator

On a beautiful September morning 2005 Memory Walk participants gathered together at the Las Vegas Branch Office to walk our main street. For the first time it was on Grandparents Day weekend so, we joined in honoring and remembering Alzheimer's patients, caregivers, families, and loved ones.

We walked also to help raise awareness about the 34,000 plus people just in New Mexico living with Alzheimer's disease and all of their caregivers. We walked up and down our main street to show our support. We had a great time and after the walk our patio was filled with people who were young and young at heart what a joy to see. We were wearing our Alzheimer's Walk Tee Shirts while eating, talking, and waiting for awards, door prizes and the silent auction winners to be announced. The children made beautiful cards for their Grandparents with the help of social work students and showed them to everyone. We also had some very special guests this year both patients & nurses who enjoyed the day with us. Everyone received a special door prize to take home with them including all the children - what fun we all had!

The Alzheimer's Association and the Las Vegas Branch Office wish to thank everyone who helped to make our Memory Walk fundraiser and BBQ once again a successful event. A great big thank you goes out to our wonderful Sponsor: The Historic El Fidel Hotel, and Irene and Phil Wolff for their continued support of our Memory Walk Events. Thank you also to all our caring donors:

Molly Mackenzie Coffee Bar and Bakery,
Forest Labs, Clarity Gift Shop,
Consuelo Clemons Photography, Comcast Cable,
Coyote Moon Designs, Joseph Baca and KFUN Radio,
Frank Splendoria and KNMX Radio,
The Las Vegas Chamber of Commerce,
New Mexico Highlands University Food Service,
Art by Geraldine Sakall,
Tucumcari's Sonic Drive-In Restaurant,
The Las Vegas Optic News Paper,
Sub-way Restaurant, CD's by Amanda Gallegos,
Mary Kay by Consultant Consuelo Clemons,
Avon by Consultant Melissa Pineda,
Mesa Lands Community College Book Store and
Dinosaur Museum,
Molly's Crafts & Unique Boutique,
The New Mexico National Guard,
Charles Spic and Span Restaurant,
Purses etc. by Mary Munoz, Angels by Nadia Flores,
Gifts Unique, and Sun Country Traders Jewelry Store.

Also, very special thanks go out to our super helpful, dedicated and caring volunteers: Mike (past NM Alzheimer's Board President) & Kathryn Lord from the main office in

Albuquerque, Julia Lucero and her great social work students from her class on ageing at Highlands University, Senior Circle members & Karen Topping, The Las Vegas Rotary Club & Janet Remenyik & Marylena Melton. We grateful to our very special volunteers Bob & Pat Amai for once again putting on a wonderful BBQ.

We couldn't do the work we do without our sponsors, donors and each and every one of you who continues to show how much you care by helping and supporting our office, agency and the work we do! Thank you one and all for making our Memory Walk successful each year and by doing so you enable us to continue to help patients, caregiver, and their family members, right here in our communities.

Southwestern Branch

Cathy Murphy, Branch Coordinator

Fall has only nipped the air a few times in the Las Cruces area, which has made our move here most enjoyable. It has been a real joy meeting and working with the fine folks that Dolores had already recruited for the many projects and events that fill the perpetual calendar.

The Memory Walk was a great success & was held for the 1st time at the Field of Dreams, which is an awesome citywide facility. The media and walkers and volunteers were out in droves. We accomplished much thanks to the talents and leadership of our three Event Chairs, Mary Lacy, Mary Lucero and Dan Lucero. Lots of new ideas were brought to the table and we had great fun including some newbies for on-site fundraisers. We also held a Poker Run sponsored by Barnett's Harley Davidson's dealership on October 2nd that went all the way up and down the Rio Grande corridor.

We began a new support group at the Village at Northrise facilitated by Donna Ramzy and held the kickoff last month. We are also developing a survey for those groups already established to help determine their needs as they work with caregivers and family members.

We participated in the Wal-Mart Health & Safety Fair from 10/21-30 and plan to be involved with other community-oriented information sharing events as they develop.

Our agenda for the coming year is already full of old and new events starting with a brand new event "Basket of Memories Gala" fundraiser and fun evening of dancing and auction in March, the annual Caregivers Conference in April, Golf Tournament in May and other projects and programs are always welcome.

Mary Lacy (a former executive director in El Paso) and Mary Lucero (a nationally recognized speaker and trainer) are our newest State Board Members.

Northwestern Branch

Beth Jones, Branch Coordinator

We made it through another Memory Walk! Although we were once again faced with other horrific natural disasters, people still understood that Alzheimer's Disease will continue on. I was very pessimistic about the money that we might be able to raise, but, with the help of the BPO Does Drove #91 putting up posters and the local Creative Memories Team and the Four Corners Good Samaritan Village bringing out their residents, we did very well. However, everyone felt the drop in attendance due to the change of date for the walk – it had been the 2nd Saturday of October for years – but I guess it was a good thing – the weekend it was normally scheduled for had terrible weather and we had been blessed for years with great weather – something that happened again this year. It was beautiful. But, I/we missed seeing some familiar faces – another thing that occurred with the last minute change of the parade's date. However, we were able to surpass last year's accomplishment. Due to the oil and gas industry helping out their co-workers in the Gulf, I was worried about their ability to help. I would like to continue thanking 7-2-11 Food Stores, and definitely appreciate FMC Energy's help, but the Knights of Columbus have been the glue to hold this walk together. For many years, they have helped us more than I could ever thank them for. So, please, when you see them doing their Tootsie Roll sales, buy, buy, buy – you never know who you are helping in your community.

In the next article, you shall see someone else's name – it is still me – just married – so from now on, I will sign off as Mrs. Beth Denoyer. I appreciate everyone's good wishes and am happy to be embarking on this type of adventure for the first time in my life – and if you have met either of us – you know it is definitely going to be an adventure. Thank you for keeping us in your thoughts.

Southeastern Branch

Roswell Memory Walk

Report by Tom Dunlap

I report that the walk in Roswell made big news in the paper and evidently generated some cash as well. The motorcycle men enjoyed visiting the nursing homes and having all the residents come out to eyeball them. The nursing home residents enjoyed seeing all the tough guys on bikes and noted that the bikers were only moments away from being residents themselves.

Hobbs Memory Walk

Report by Tim Florence

Jan and I attended the Hobbs Memory Walk/Poker Run which took place on August 24th. For several years the Poker Run has been the main event, and the Christian

Motorcycle Club in Hobbs helped with the planning. This year the Run originated at Hobbs Health Care with stops along the way offering both raffles and refreshments. Thanks goes to the Country Cottage, Buckeye NM, Merrill Gardens, & the Good Samaritan for helping and being "stops" for the Poker Run – it was then back to Hobbs Health Care for additional refreshments, the awards and raffle drawings. Micky Baker and her committee did a great job in putting this together and we appreciated it. Thank you!! It was an enjoyable morning. Note: For those of you that have never been to nor heard of Buckeye NM, come to the Hobbs Memory Walk/Poker Run next year.

Meet the New Development Director Heather Crow

My educational background includes a Bachelor's degree in Food and Resource Economics, and a Master's Degree in Communications. My experience includes working as Development Director and General Manager of a nonprofit, professional theatre in Ft Myers, FL, as a 4-H/ Youth Coordinator with the Cooperative Extension Service in Florida, and with other nonprofits in various volunteer and board capacities, including Mainstreet, Boys and Girls Club, and others. I worked as a licensed investment broker/ financial advisor before moving from north Florida to New Mexico a year ago with my family. Coming to work for the Alzheimer's Association was a chance for me to get back into the nonprofit realm, which is where my heart is. My family includes my husband, Chris, our five-year old son, and twin one-year old boys. We are enjoying the great climate here in New Mexico, and have become addicted to green chiles!



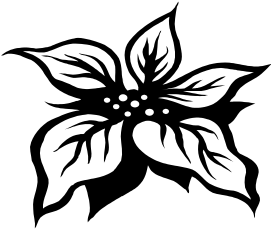
BY New Mexicans
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Subscribe through the
NM Alzheimer's Association Office
(505) 266-4473

Early Stage Support Group Starting soon!

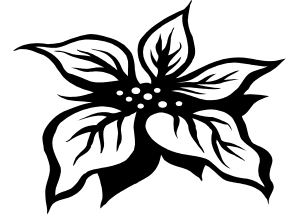
Call Stella Shaba, Education Director
@ (505) 266-4473 for more information.

Visit the website of the
New Mexico Alzheimer's Association
www.nm-alzheimers.org



Holiday Hints

Paula Simons, Patient & Family Services Director



Holiday festivities often create changes in the environment and daily routine. These changes can affect the behavior of someone with AD. Trying to maintain a pleasant, meaningful and calm holiday while caring for a loved one with AD can lead to feelings of anxiety, loneliness, and frustration. Families and friends can help create a joyful, safe holiday by preparing in advance, enjoying the moment, and keeping in mind the following holiday hints:

Preparing the Person with AD

- ❖ Talk about and show photos of the people who are coming to visit
- ❖ Play familiar holiday music and serve favorite traditional holiday foods
- ❖ Watch and/or help with decorations
- ❖ Persons with AD may recognize faces of family members and friends but can't recall their names – name tags are helpful
- ❖ Have a “quiet” room if things get too hectic and have a familiar person stay with them so they don't feel isolated or “left out”
- ❖ Prepare for distractions beforehand (i.e., use of a photo album) to divert attention if problem behaviors occur

Preparing Visitors

- ❖ Encourage them to visit, but to call ahead and arrange a good time to visit
- ❖ Celebrate early in the day or have a luncheon rather than dinner to reduce likelihood of sundowner syndrome
- ❖ Familiarize visitors with behavior and condition changes of loved one with AD
- ❖ Try not to have too many people over at one time, it may be overwhelming

Selecting Activities

- ❖ Use past interests as a guide. When the activity is first introduced if there is no interest, try again later
- ❖ Slow the pace of the activity to allow the person with AD to comprehend as well as enjoy the sensory pleasure from the activity
- ❖ Activity suggestions (based on ability to succeed and for satisfaction and safety): make ornaments; decorate tree; decorate cookies; package baked goods; polish silver or menorah; set table; fold napkins; wrap boxes (even empty ones to decorate with); stuff, seal or stamp holiday cards; sing or listen to songs; enjoy photos, videos, slides of family and past holidays; read together favorite holiday poems; stories; season magazines; walks

Maintaining Safety

- ❖ Create a clear pathway for walking; avoid wires, cords or throw rugs
- ❖ Use ribbon or yarn instead of sharp hooks to hang ornaments and decorations
- ❖ Avoid decorating with items that look edible
- ❖ Avoid confusing, blinking lights
- ❖ Do not leave lighted candles or fireplace unattended

- ❖ Use plastic or silk mistletoe rather than real; if eaten it is toxic
- ❖ Use non-alcoholic beer, wine, or sparkling cider

Caregivers

- ❖ Consider what past traditions to continue or not, and new ones to initiate
- ❖ Set limits as to what you are able to do and make sure the family understands your needs and wishes
- ❖ **Ask for help**
- ❖ Give yourself a gift

Gift Ideas for the Person with Alzheimer's Disease

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

Gift ideas for Caregivers

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

WE ARE FORGET

Poet Gary Mex Glazner

This poem was read at the 2005 Alzheimer's Day at the Roundhouse in Santa Fe, by the author.
He is graciously allowing us to share it with you.

We are the words we have forgotten.
We are shifting and pacing.
We are forget.
We don't know who you are.
We wrote this poem.
It's a pretty poem.
Can you bake a cherry pie?
Never more, never more.
Can you come and go?
Can you get me out of here?
We have no horizon.
We don't recall ticking.
We don't remember washing or eating
or what you just said.
Ask me my name.
Ask me if I have children?
You are my daughter?
Light washing over us moment, moment.
You're a handsome man.
You're a pretty lady.
You have beautiful eyes.
We are the past.
We are porous.
Mirror, mirror oblivion.
Dissolving into the hole
between yesterday and yesterday.
Hand and hand on the edge of the sand.
Dance with me.
Tell me your name.
Come no voice.
Come no future.
Come no listen.

Come remind.
Come first kiss.
Come breath, come breathe.
Come breath, come breathe.
Come stories.
Come the sound of smiles.
We can't remember our teeth.
Come skin, wanting between now and now.
What is your name?
Wash me, put me to bed clean,
hold me as I fall asleep.
Hold my shifting dreams.
Give me a kiss, brush my hair.
Come kindness and you become us.
Come caring for us, you soon
won't remember our names, names,
or how you loved us,
or how you held us.
Our hand writing is beautiful
twists and loops of letters
we can't remember our hands.
Our ears are wishful
we can't remember our ears.
We can speak every language,
we can't remember our mouths.
Come story.
Come shifting.
Come ticketing.
Come time.
Come forget
this also
is you.



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

By making a planned gift, you do more than help us find a cure. You help support the 34,000 New Mexican families who are caring for a loved one with this devastating disease. More importantly, your gift helps guarantee better days to come for future generations.

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

Here is a sample bequest language you can take to your attorney: "I give, devise, and bequeath [insert amount of gift, percentage of estate or residuary of estate] to the New Mexico Chapter of the Alzheimer's Disease and Related Disorders Association, Inc. with offices located at 9500 Montgomery NE, Suite #209, Albuquerque, NM 87111."

Coping with Emotional Burdens

Stella Shaba, Education Director

Caregivers of persons with Alzheimer's disease or related dementias face enormous physical and emotional challenges, which cause them to experience constant high levels of stress, and may lead to loss of initiative, interest in life, fatigue, depression and premature mortality. Alzheimer's Disease International has these recommendations to help caregivers cope specifically with the emotional and psychological consequences of caring for persons with dementia.

- When feelings of sadness and hopelessness become overwhelming, especially when the person you are caring for can no longer recognize you or understand you, try to concentrate on the things you can still enjoy doing together.
- Don't feel guilty if you think you can't cope anymore, and need to move your loved one to a nursing home. You are not abandoning them or giving up on your caregiver duties. You can still help with caregiving duties by helping with bathing or during mealtimes.
- There is no reason to feel embarrassed if your loved one exhibits inappropriate behaviors in public. These are a consequence of the disease process. Simply explain to those around you that your loved one has dementia, and they will understand.
- If you feel that you are going to lose your temper with your loved one-which remember, happens to all caregivers and is a normal reaction-promptly focus your attention on something else. This will give you time to calm down.
- Combat feelings of solitude and isolation, by keeping contacts with friends and relatives. Companionship makes caregiving less of a burden. Accept their help and their support and share experiences, thoughts and feelings with them. Ask your friends or relatives if they can look after your loved one so that you can have some free time for yourself. You may want to consider enrolling your loved one in an adult day care center.

Alzheimer's Disease International also recommends that caregivers take care of themselves physically and psychologically. Importantly, caregivers should learn to recognize their limits and seek advice if they feel the caring is too much to bear.

1st ANNUAL ALBUQUERQUE HALL OF FAME CELEBRITY GOLF CLASSIC - A GREAT SUCCESS!

Diane G. Ward

On September 30, VistaCare Hospice Foundation and our Chapter of the Alzheimer's Association sponsored a golf tournament featuring Minnesota Twins Hall of Famer Harmon Killebrew, LPGA Champion and Hall of Famer Kathy Whitworth, and NY Jets Hall of Famer Don Maynard.

The new Sandia Golf Club hosted the 60-person tournament.

The "Get Up Gang" from KRST Radio exceeded a diner and fund-raising auctions after the event.

The committee would like to recognize and thank the following corporate sponsors

FIRST STATE BANK,
FIDELITY NATIONAL TITLE
MARK GOODWIN & ASSOCIATES

We would also like to thank GALLES CHEVROLET for their involvement in the hole-in-one contest, including a bright yellow Chevy SSR (the truck that becomes a convertible).

Unfortunately, no one won the car, but I personally had a great time driving it for two days!

The committee is pleased to announce that our event netted over \$11,000 for educational programs for both organizations.

We look forward to our 2006 tournament scheduled for September 22nd.

For 2006 corporate sponsorship information, please contact Diane G. Ward at 856-8903.

Special Thanks to

- Hole Sponsors:** Alphagraphics on Osuna, CVI Laser, Resources in Excellence, Pulte Homes, Heritage Healthcare, Haley's Hallmark, Miller Stratvert PA, Linton & Associates, and The Sandwich Company.
- Committee:** Bruce Kemper, Mike Adams, John Vack, Tori Chouinard, Holly Strange, Nathan Brenneman, Maralie Waterman, Van Rocco.
- Volunteers:** Sandia Civitan Club, Kellee Gaddis, Mike & Kathy Lord, Barb Michels, Dorothy Koch, Franklin & Betty Morton, and Joe Ward.

When a 'No Nursing Home' Promise Must be Broken

By Lindsay R. Curtis, M.C.

Submitted by Paula Simons Director of Patient and Family Resources

"I'll never let them put you in a nursing home. I promise I'll always take care of you at home." Many couples exchange such tender and sincere declarations while both partners are still of sound mind and body. But when an aging spouse undergoes a personality change, commitments of this kind can exact an enormous price from the healthy spouse.

After Bill's retirement five years ago, for example, Edna noticed that her husband's personality had slowly changed. Always a forceful and well-organized man, Bill had retired as the head of a multimillion-dollar corporation.

But the sparkle had gone out of Bill's eyes, leaving a blank stare in its place. He had taken to calling their friends and annoying them with endless, rambling conversations that harped upon two or three disjointed topics. It was as if his cerebral function had, like his arteries, become narrowed and hardened. Bill's behavior put a strain on many of Edna's friendships, and she came to feel increasingly isolated.

When Edna came in for routine exam, she appeared frail and distraught. Once vigorous and hale, Edna had begun to show signs that her own health was breaking down. I asked how things were at home. Edna gave a long sigh and hung her head.

She told me that she loved her husband and that she had promised him many times she would take care of him at home. She had been getting some help from a home care aide, but that arrangement no longer seemed sufficient. When I pressed the point, she said (tearfully) that she didn't know if she could keep going the way things were. Then she looked up at me and asked, "Doctor, what happened to the man I married?"

It was clear to me that Edna had reached a time when it was no longer possible for her to care for her husband at home. But almost without exception, a decision to institutionalize the ailing spouse provokes devastating feeling so guilt in the healthy partner, even if such a decision is clearly the best for all concerned. Often the caring spouse is overwhelmed by a sense of failure of disloyalty, even betrayal.

In my 35 years of practice, I have found that so many couples exchange promises like the one by which Edna had felt bound. But, such contracts can imprison a healthy mate in an unhappy and one-sided relationship. Healthy partners may sacrifice their own well-being and sometimes even their own health for the care of loved ones who many no longer even recognize them.

While a dilemma such as Edna's is a matter of very personal judgment, I believe that promises exchanged by healthy spouses must be reevaluated when one partner undergoes a change in personality. And, we can offer meaningful assistance to the mates of such "changed" elders. Such spouses may, like Edna, need the opportunity to discuss a very difficult decision. They may need reassurance that there is no dishonor in getting help, even institutional care. Or, they might simply need help recognizing that a changed personality may require a change in care giving arrangements.

SIMPLIFIED CHRISTMAS ACTIVITIES

Listen to or sing along with favorite Christmas carols

Invite neighborhood children or grandchildren over to sing carols

Take a walk and Christmas carol (better to go with a group)

Cut out holiday pictures from magazines or wrapping paper – glue stick on blank 3 by 5 cards to be used as gift tags or on folded construction paper for Christmas cards or use stickers instead of cut outs

Look at old Christmas photos/ play 'who' is in the photo

Take a walk to see the neighborhood decorations

Drive to see Christmas decorations in special neighborhoods or malls

Make slice and bake cookies – decorate with sprinkles

Reminisce about a favorite Christmas toy/gift, decoration or memory

Help decorate the tree or put the hooks on the tree decorations (or untangle the hooks)
or string popcorn or cranberries for the tree

We Need You!

Yes, we need you and more volunteers. We would appreciate it if you could bring someone with you the next time you are here. Do you know someone that has a little bit of time or a lot of time to help a very deserving cause? If so, please introduce them to us.

YES! I am interested in being a volunteer. Name: _____
Call me @ _____ or my cell # is _____

The New Mexico Chapter of the Alzheimer's Association is continually updating its mailing list. If you have an address change or some other correction for our mailing list, please complete the following form (please print or type) and return this form to us.

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

My e-mail address is: _____

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

Yes! I want to help the New Mexico Chapter of the Alzheimer's Association.

Please use my gift to help those afflicted with Alzheimer's disease and other related disorders in New Mexico.

I'm enclosing my tax deductible contribution of ___\$25 ___\$50 ___\$100 ___\$250 ___\$500 or \$ _____
(Make checks payable to: Alzheimer's Association.)

Please accept my donation by using the following account information and signature.

Master Card Visa Card #: _____ Expiration Date: _____

Signature: _____

Name (print): _____

Address: _____

City: _____ State: _____ Zip Code: _____

Send your gift to: Alzheimer's Association
9500 Montgomery NE
Suite 209
Albuquerque, NM 87111

Your Donation Is Tax Deductible.

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

Many people have helped and contributed to making this newsletter a success over the years. Special thanks to the following people who have helped and contributed to this issue:

Poet Gary Mex Glazner, Tim Florence, Maralie Waterman, Stella Shaba, Tom Dunlap, Beth Jones, Linda Durant, Cathy Murphy, Heather Crow, Paula Simons, Patrick Florence and Diane Ward

THE FUN IS BACK...

THANKS FOR THE MEMORIES

Prom Night



Sunday, February 19, 2006
5:00—10:00 PM
Sandia Resort Hotel
For more information
266-4473

Proceeds to benefit the

alzheimer's 
association
New Mexico Chapter

Presented in part by VistaCare Hospice and Home Instead Senior Care

Alzheimer's Association
New Mexico Chapter
9500 Montgomery NE
Suite 209
Albuquerque, NM 87111