Come Walk with us!

The Alzheimer’s Association NM Chapter’s largest annual fundraiser helps provide services to New Mexicans with Alzheimer’s disease and related dementias, their families and caregivers.

Statewide Memory Walks

In Las Vegas September 9th & Raton October 7th  
contact Linda Durant - 505 426-9840

In Roswell September 16th & Hobbs September 30th  
Highlights include the popular “Poker Runs” in Roswell and Hobbs.  
contact Kathy Bolkovac - 505 624-1552

In Las Cruces October 14th  
contact Cathy Murphy - 505 647-3868

The Tri-Cities Memory Walk (Santa Fe) September 23rd  
contact Denise Stewart - 505 471-2400

For the Aztec Memory Walk October 7th  
contact the Albuquerque office - 505 266-4473

Corporate sponsorship is coming in.  
There is still time to become involved.

More Newsletter News

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PRESIDENT’S UPDATE
Mike Lord

After a 3 year hiatus, I find myself back as President of the Chapter and marveling at all of the changes that have occurred. We are operating more professionally, have a new computer network system in Albuquerque, are participating in National’s 24/7 multi-lingual Contact Center and are on the verge of updating our accounting system to coordinate with National. The National organization is working closely with us to identify and secure large donors and sharing the results with the Chapter. We have drastically increased our presence with the State of New Mexico and the Legislature, which has resulted in more State funding and a much keener awareness in Santa Fe of the issues and problems facing New Mexico’s 34,000 citizens suffering from the disease. All in all, quite a change from 2003. We can all thank past President Tim Florence for guiding the Chapter to this point.

We had a number of Board Members rotate off of the Board in June, having served for six years. I would like to thank Tim Florence, Dr. John Adair, Janice Freeland and Elaine Luna for their commitment and tireless service. We wouldn’t be where we are today without your efforts and your dedication is to be applauded.

I would also like to welcome our new Board Members Dr. Frank Torres and Leo LaBarge. It is people like you who are willing to serve the community that truly make a difference.

Your Board has a new Executive Committee this year. They are: Greg Gillogly, Vice President
Liz Farr, Treasurer
Sandy Cody, Recording Secretary
Tom Dunlap, Corresponding Secretary
Dorothy Koch, Member At Large
Mary Lacy, Member At Large
Tim Florence, Past President

These individuals have demonstrated significant leadership skills in the past and I look forward to working with them.

During the next year as your President, I want to maintain our momentum so that we continue to upgrade our services and advocacy. It occurs to me that there is only one important factor that should motivate each and every Board Member, Staff Member and Volunteer – 34,000 New Mexicans affected with Alzheimer’s disease. They are why we exist as a Chapter, they are why we all work so hard and we must never lose sight of them. I am working for a day when there will be no New Mexicans with the disease and the Alzheimer’s Association becomes a relic of the past. If we all make this our primary goal then that day will come in our lifetimes.

Tell Us Your Story

Has your family been helped or affected in some way by the NM Chapter of the Alzheimer’s Association? We’d love to hear from you!
Please send us your story, either by mail or email to heather.crow@alz.org.
Thanks!

We are in the planning stages for a Caregiver’s series to be held in September and October. We would actually like to present two such series at varying times so that all may find a time convenient to attend. These details will be available in future weeks.
Please call the office for specific information on times and locations.
Thank you to the volunteers sponsors and participants who made our June 24, 2006 Albuquerque Memory Walk at Milne Field such a success! The Association raised over $88,000 in cash and another $43,000 in in-kind contributions of services and materials.

On behalf of our board, staff, volunteers and clients, a very sincere thank you to Cheryl Marlow of Prudential Southwest Realty for her commitment and support as our 2006 Corporate Chair.

But… Memory Walk season is far from over, there are events scheduled over the next two months in communities all around New Mexico. Wherever you live, the opportunity to come out and walk with us in support of the 34,000 New Mexican families battling Alzheimer’s disease isn’t far away.

On Friday, September 22, the Association in conjunction with VistaCare Hospice Foundation will present the Second Annual Albuquerque Hall of Fame Celebrity Golf Tournament at Sandia Golf Club. There will be a player’s luncheon and awards presentation to follow. Scott LeDoux, ESPN Boxing Analyst, Kathy Whitworth, LPGA Hall of Famer and other Hall of Fame celebrities are scheduled to play. Please contact the main office at 266-4473 for more information on sponsorship or team opportunities.

Be on the look out for an invitation to the Sixth Annual East Heights Moose Lodge Dinner to be held during November – Alzheimer’s Disease Awareness Month. It is an evening of great food, camaraderie and dancing (optional!).

Our Annual Meeting and Open House will be on November 15 from 3 PM – 6 PM. Please join us to celebrate the accomplishments of the past year. Refreshments will be served and R.S.V.P. is requested by November 13.

There are some new faces on the Chapter governing board. Joining the board in recent months are Frank Torres, M.D., Leo LaBarge and Theresa Trujillo. Read more about our new board members later in the newsletter.

Many thanks and good wishes to Ron Lucchino who has served as the Association’s Public Policy and Communications Director since 2002. Ron and his wife Bonnie relocated to Florida in June.

As always, thank you to you all for your continued support of our efforts to support and assist family and professional caregivers and build awareness within the community at large.

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**Hungry?  Yum…  Can hardly wait…**

Albuquerque’s 6th Annual delicious Mexican food event is right around the corner. What could be better than a homemade dinner with no mess? And while you eat you are helping the NM Chapter of the Alzheimer’s Association. It will probably be November but we will let you know as the time draws nearer.

Thank you for your contributions to this issue of the newsletter:

- Kathy Bolkovac
- Linda Durant
- Frank Torres MD
- Larry Lovato PharmD
- Frank Torrez MD

- Dee Driscoll
- Pat Florence
- Janice Freeland
- Cathy Murphy
- Carole Sullivan

- Randi Duran
- Betty Kuehne
- Maralie Waterman
- Theresa Trujillo

From the Editor: If you have questions, comments or corrections please notify the main office in Albuquerque. This newsletter is published quarterly. If you would like to receive it electronically notify the main office or fill out the form on page 17.
Celebrate the past year's successes and meet our board members, staff and volunteers

You are invited to the Alzheimer's Association, New Mexico Chapter
2006 Annual Meeting and Open House
November 15th 3PM to 6PM
Alzheimer's Association Main Office
9500 Montgomery NE Suite 209
Refreshments provided
RSVP to 266-4473 by Nov. 13th if you plan to attend

Celebrate the past year's successes and meet our board members, staff and volunteers

Four Corner's Dine' Outreach Update

By Janice Freeland

Janice Freeland, previous volunteer coordinator of efforts in the Gallup and within the Navajo Nation has completed her six years of volunteer work as a member of the Board of Directors of the New Mexico Chapter.

Janice initially represented family caregivers as a board member as well as being the local contact/liaison person for the Four Corner's Dine' Outreach Project (2000-2006). One of the Board's objectives in recent years was to ensure good geographic representation of its membership. If you are interested in serving as board member and are a New Mexico Native American with concerns in Alzheimer's issues, please contact Maralie Waterman BeLonge, Executive Director for more information. Maralie will forward your name to the Nominating Committee of the board.

Previously, the business telephone number of (505) 863-0171 was available to reach Janice during her tenure and that phone number is no longer active. If you would like additional information, please contact the main office in Albuquerque at (505) 266-4473 or toll free 1-800-777-8155.

There are still some coloring books available through the Albuquerque office. At the immediate time there are not further plans for another printing of the coloring books, "Grandmother Doesn't Remember My Name". If any of the readers are interested in getting copies of the CD or the cassette version of the "10 Warning Signs of Alzheimer's Disease" in the Navajo language, you may request those from the main office.

Janice says, "Thank You to each person who has contributed their talents and efforts in these past six years to make the educational health progress a reality of service extended to another rural area of our state and nation. You helped to touch the lives of Alzheimer's patients, their families, and related health entities in a huge way that was not available before! We are to be reminded that this Alzheimer's disease (Nstahakees bi'oh hooleel)(Navajo interpretation, 2003) is a global health issue today".
People are talking ...
...We are Listening

Cheryl Marlow and Associates
The Professional Team with The Personal Touch!

Your next house closing could help open the door...

Cheryl has personally experienced the tragedy of Alzheimer’s. She is the Chair of the 2006 Memory Walk, as well as a Platinum Sponsor.

As the State’s #1 Prudential Agent (and #3 in all of the U.S.!) Cheryl and her entire team of Real Estate Professionals are ready to help you buy or sell a home. If you are looking for your dream home, call for a complete list of available properties that fit your needs.

If you’re selling your home, Cheryl and her team can provide an innovative marketing plan designed to achieve top dollar for your current home.

Whether you are buying or selling for All of your Real Estate Needs, call on Cheryl!

She is committed to donate a generous portion of her Real Estate commission to the NM Alzheimer’s Association whenever you mention this ad!

... to find a cure!

Cheryl Marlow and Associates
505-238-1000 www.cherylmarlow.com

Prudential Southwest Realty, 6731 Academy NE, Albuquerque, NM 87109, 505-797-5555
Meet the New Board of Directors

Theresa Trujillo
Theresa Marquez Trujillo is a native of Guadalupe County, New Mexico. Born in Las Vegas, she was raised and educated at the Anton Chico and Santa Rosa schools. She obtained her B.A. and M.A. degrees in Elementary and Health and Physical Education at New Mexico Highlands University. She comes from a family of merchants and politicians. Theresa and her husband, Henry, are both retired educators (she retired from West Las Vegas School). They are the proud parents of three children; Theo, UNM graduate and a Pharmacist in Farmington, NM, Victoria Brown, NMSU graduate working with ZIA Engineering Firm in Las Cruces and Jeanette Trujillo-Trujillo is presently a Zales Manager in Abilene Texas after attending Luna and Albuquerque Vocational Institutes. They have eight grandchildren. Theresa and Henry are full-time and hands-on caregivers for her aunt who has Alzheimer’s disease. Theresa has been an advisory board member of the local Las Vegas Alzheimer’s Association office for almost three years and credits the Association and Linda Durant for walking them through the hard times.

Frank Torres, MD
My 20 plus years in medicine started when I graduated with a degree in medicine from Michigan State University, followed by residency in internal medicine at University of New Mexico Hospitals. I started a private practice on Albuquerque’s West Mesa, stressing internal medicine and geriatrics, and after 9 years, I was employed by St. Joseph Healthcare for 5 years. Since leaving this position, my emphasis has been in long term care and hospice, serving as both attending physician and medical director for several hospices and 5 nursing homes. Recently, I made the decision to concentrate my practice on hospice and have accepted a full time position at Hospice of New Mexico.

My interest in Alzheimer’s dementia was sparked when I learned that my father-in-law had been diagnosed with this disease. I participated in his care, witnessing his gradual decline until he was admitted to hospice shortly before his death.

By serving on the board of directors of the New Mexico Alzheimer’s Association, I hope to contribute not only to furthering research funding to combat this disease, but also to improving overall care for Alzheimer’s patients, from the point when they are first diagnosed to when admission to hospice is indicated.

I am honored to serve on the Board of Directors.

Larry Lovato, PharmD, FASCP
Larry Lovato is a native New Mexican having spent his entire life in Albuquerque. He received his Pharmacy degree from the University of New Mexico, his Doctor of Pharmacy from the Rio Grande College of Pharmacy and is also a Pharmacist Clinician. He has worked in a variety of positions as a Pharmacist, from being a staff pharmacist in a hospital and retail pharmacy to a manager for a long term care pharmacy. While working in nursing homes throughout the state as a consultant pharmacist he became aware of the many needs of the residents where he also worked closely with several hospice companies.

Larry is married and has 2 children.

He is honored to serve on the Board of Directors.
Support Groups

Alamogordo
*Call for Details*
2nd Monday @ 6:30 PM
The Aristocrat I
252 Robert Bradley Drive
437-3020

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

4th Thursday @ 1:00 PM
Alamogordo Senior Center
2201 Puerto Rico Ave
Phyllis M. 437-5256

**Albuquerque**
*Call for Details*

**Early Onset/Fronto-Temporal**

**Dementia/Picks Disease**

Monthly Sunday Afternoon
In Sandia Heights
Gretchen S. 823-1554

*1st Tuesday @ 7:00 PM
Woodmark at Uptown
7201 Prospect Place NE
Sharon C 226-9636

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

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

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

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

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

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

**Anthony**

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

**Bloomfield**

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

**Carlsbad**

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

**Clayton**

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

**Clovis**

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

**Deming**

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

**Elephant Butte**

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

**Farmington**

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

**Hobbs**

3rd Tuesday @ 12:00 Noon
Hobbs Healthcare
5715 Lovington Highway
Mickey B. 392-6485
and Jan S.

1st Wednesday @ 12:00 Noon
Lea County Good Samaritan
1701 N. Turner
Donald I.

**Las Cruces**

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

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

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

*Education Programs
Kathy B. 624-1552

**Ruidoso**
*Call for Details
Kathy B. 624-1552

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

2nd Tuesday @ 6:30 PM
*Ruthe D. 986-9696
and Velma A.

4th Wednesday @ 12 Noon
First Presbyterian Church
208 Grant St.
Denise S. 690-8437

4th Wednesday @ 6:00 PM
Kingston Residence of SF
2400 Legacy Court
Mary Y. 471-2400

**Silver City**
3rd Saturday @ 1:00 PM
Presbyterian Church
1915 N. Swan
Sarah W. 534-1902

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

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

* Indicates monthly Educational Program

**www.nm-alzheimers.org**
9500 Montgomery NE, Ste 209
Albuquerque, NM 87111
Phone (505) 266-4473
Fax (505) 266-0108
1-800-777-8155
"Those with Alzheimer’s don’t forget"

From: Alzheimer’s Care Guide July/August 2006

It is often assumed that Alzheimer’s patients have no memory of recent events and that, consequently, these have no impact on the way the person acts and feels. But, this may not be the case, according to a paper published in the American Journal of Alzheimer’s Disease and Other Dementias.

“With striking frequency, practitioners, family caregivers, and attorneys seem to be assuming that defects in the ability to recall the details of recent events and experiences mean that the person with Alzheimer’s disease (AD) has no memory of those recent events and experiences,” says the paper’s author, Dr. Steven Sabat of Georgetown University, Washington D.C.

Most family and professional caregivers, therefore, believe that a distressing comment or situation cannot have long-lasting negative effects simply because persons with AD do no remember them.

In contrast, says the researcher, several studies indicate that, although the ability of Alzheimer’s patients of consciously recalling recent facts (i.e., their explicit memory) is impaired, their ability of remembering things without being aware of it (i.e., their implicit memory) is still intact. Recent experiences can, therefore, influence their behavior, even though they don’t consciously recall them.

So, for example, “having experienced a distressing situation, the person with AD might, some time later…perhaps in the presence of the person who was involved in the distressing situation…begin to cry,” explains Sabat.

Yet, “when asked why he or she is crying, the person might respond by saying, ‘I don’t know,’” which may lead to wrongly describe the person as emotionally unstable and irrational, as they appear doing things for no reason.

It is important, recommends Sabat, that caregivers are aware of implicit memory in their elders with AD, and understand that they “can be strongly affected by how they are treated even though their ability to recall that treatment consciously may be seriously compromised.”

When dealing with an Alzheimer’s afflicted person, the caregiver – family or professional – needs to remember that words and intonation speak volumes to the memory impaired person. While the actual words may not be remembered, the intent is a source of trouble for weeks and months to come. An incidental mention of the death of a loved one is held in emotional memory and can be exhibited as outrageous behavior months later with acting out or episodes of unexplained crying.

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**EAST MOUNTAIN FORGET-ME-NOT DRIVE**

The first East Mountain Forget-Me-Not drive was held in conjunction with the recent Albuquerque Memory Walk. East Mountain businesses sold the Forget-Me-Not certificates as a prize for the individual who sold the most. The winner was Anna Gallegos of the Triangle Grocery Store. She is pictured on the left receiving her award. We thank the East Mountain Businesses (listed on the right) for their participation and for their generous support.

<table>
<thead>
<tr>
<th>Mountain Videos</th>
<th>Davis Tru-Value Hardware Store</th>
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<tr>
<td>The Triangle Grocery Store</td>
<td>Tinkertown Museum</td>
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<tr>
<td>Kokopelli’s Restaurant &amp; Cantina</td>
<td>Ribs Hickory Pit BBQ</td>
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<tr>
<td>Western Mercantile</td>
<td>Dream Catcher Designs</td>
</tr>
</tbody>
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**Visions of the Heart**

Caregiver’s Connection Conference with the City of Albuquerque Department of Senior Affairs. All day conference at the Balloon Museum on Saturday, November 18, 2006. Mark your calendars. Call for details – 266-4473
ALBUQUERQUE, JUNE 24TH • MILNÉ STADIUM

2006 Memory Walk Sponsors

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DEX

DIAMOND

ALBUQUERQUE JOURNAL
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Alta Vista del Rio
EISA, Inc.
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Montezuma Tenacious
The Cottages of Albuquerque
Montano del Sol Good Samaritan Village

American Transportation
Bank of the West
Compass Bank
Enterprise Builders
First American Title
Gronfors Realty, LLC
Las Leyendas
Meynens & Company CPA
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Bob Maggard
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French Mortuaty
Maureen Fronek, CPA
Douglas Gibbons, DDS
Joy Gibson
Mike Hall
Heartland Hospice Services
Hume Veterinary Hospital
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Sue Leydig
M & A Appraisals, Inc.

TURQUOISE

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Right at Home
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Stewart Title of Albuquerque
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TLC
Visiting Angels Senior Care
Adrienne Buttman
Ashley Buttman
Laura Marlow
Memory Walkers making Memories
The summer flew by fast with our June conference that featured Dr. Cyril H. Wecht, M.D., J.D. forensic pathologist and Gary “Mex” Glazner, poet and founder of the Alzheimer’s Poetry Project. The attendance was between 120-150 people all of whom thoroughly enjoyed the lively and educational speakers and delicious prime rib dinner. The crowd included 40 international police officers from ILEA-Roswell, nurses, psychologists, local law enforcement, attorneys, educators, and numerous healthcare providers. We sincerely thank Dr. Wecht and Mr. Glazner for their time and in-kind speaking contributions, which made the conference a success.

The Alzheimer’s Association - NM Chapter, was recently notified that we will be the recipient of an $8,000 grant from the R.D. & Joan Dale Hubbard Foundation of Ruidoso, New Mexico. A dinner ceremony will take place on August 16th, Tom Dunlap, State Board member from Roswell and Kathryn Bolkovac the Alzheimer’s Association - NM Chapter, regional manager, will be in attendance.

Two local area Memory Walks are scheduled to take place in Southeast New Mexico during the month of September. Hobbs will host their Memory Walk on September 16, and Roswell will host on September 30th. Several new sponsors and many volunteers have come forward this year to make both of these events a success. A Poker Run will also take place in both cities with proceeds benefiting the Alzheimer’s Association - NM Chapter. Please call 624-1552 for information on how to register for these events.

Southeast New Mexico Alzheimer’s Association support groups are currently located in Roswell, Clovis, Hobbs, Carlsbad, and Ruidoso. We are still looking for volunteers who may be interested in starting a support group in their surrounding community. If you are interested in becoming a support group facilitator please call 505-624-1552 or the Main office in Albuquerque 505-266-4473. We would like to see support groups in Portales, Artesia, and Lovington in the near future.

Greetings from SWNM - the 2006 Floodgate!!

Well, it certainly has been a stormy summer with temperatures in the 100s and now monsoons daily leaving many drenched and homeless. Will be some time before all is back to normal and just glad it wasn’t any worse.

Our Caregiver’s Conference offered many excellent speakers with new and different ways of coping with this disease. Thanks again to St. Paul’s for such an awesome facility and also to our sponsors and speakers who traveled many miles to be with us.

Thanks to Randall Cahall and Jan Wimsatt for studying our Respite challenges and coming up with a new brochure in English and Spanish (translation - thanks Mary Helen). We now have a brief overview and contact numbers so we can bring even more folks into the system.

A new event introduced by Mary Lacy is a Fashion Show scheduled for September 28th at 7:00 p.m. at Enchanted Gardens. Steinmart will provide the wardrobe and unique models have already been chosen for the event. Please join us for an evening of wine and cheese plus the fashion show. An enjoyable evening for $20 per person, hope to see you there.

The Las Cruces Memory Walk will be Saturday, October 14th at Young Park. Chairman Don Murphy and Corporate Chair Robert McNiel are working fast and furiously to make sure we have everything in place for the event. New board members Arlis Rhodes and Lena Reta will be working with the schools and volunteers while Logistics Chair Phil Leon is deciding where activities will be located. Young Park is such a beautiful place with a pond and lots of shade trees so it should be inviting for the many vendor booths and walkers. It’s certain to be a real winner for the community as well as reaching our goal of $40,000.

Our new slate of officers is:

- Co President - Robert McNiel/Faith Lester
- Co Administrative VP – Dolores Halls/Donna Ramzy
- Advocacy Coordinator – Robert McNiel
- Co Financial VP – Phil Leon/Toby Rue
- Co Development VP – Don Murphy/Jan Wimsatt
- Co Education VP – Ruth Burkhart/Mary Lucero
- Co Family Services VP – Arlis Rhodes/Donna Ramzy
- Co Hispanic Coordinator – Mary Helen Llanez/Ramona Martinez
- Co Media/PR Marketing VP – Mary Lacy/Randy Cahall
- Co Volunteer Coordinator – Lena Reta/Aurora Ybarra

A great big thanks to our outgoing board which was headed by Mary Lacy & Mary Lucero (our Co Presidents). The board did an outstanding job of keeping us rolling and introduced many new ideas. We appreciate so much getting to stand on the shoulders of such experienced giants. We certainly plan to continue!
Northeastern Region
Linda Durant, Regional Office Manager

Still Growing & Changing

During the last five years I have been had the privilege of working at the Las Vegas Branch Office it has continued to grow and expand services to the Northeastern Region of New Mexico. These expanded services could not have been developed without the help and support of so many wonderful people.

Speaking of changes the happy and sad news is that I have the pleasure to announce that Theresa Trujillo has joined our New Mexico Alzheimer Chapter Board and will be representing our Region. She is a retired New Mexico educator and is now a wonderful caregiver. She will be taking the seat that was held for so many years by Elaine Luna, Director of the Area Health Education Center at Luna Community College who did a great job representing our Northeastern NM Region. A great big thank you goes out to both of these fine ladies for all their contributions, advocacy and support!

We are very happy to announce the starting of our new Alzheimer’s and other dementias Caregivers Classes and Group in Raton. The Caregivers Series Classes will be held on the second Wednesday of each month, at Miners Colfax Hospital at Noon. Our new Care Givers Group will follow at 1:00pm. On another note we wish to welcome and thank Marcus Middleton, and Alicia Avila two new group leaders who will be facilitating our new Alzheimer’s Caregivers Support Group. We also will be presenting new classes and a Caregivers Group in Taos. We are looking at presenting a Train the Trainer’s series within the Northern New Mexico Pueblos. We are planning to start a Caregivers Group in Espanola.

With fall in the air we are looking forward to our 6th annual Memory Walk and event. It will be held here in Las Vegas on September 9th from 10:00am to 2:00pm at the El Fidel Hotel. We are inviting all of you to join us as the leaves change come walk with us and enjoy Northeastern NM hospitality while supporting our fundraiser. For the 4th year we will have a wonderful BBQ and Grand Parents Day event with lots of fun, prizes and awards for all ages. We have our great new T-shirts available and our mascot is purple this year! This fundraiser provides the much needed financial support we must have to maintain all the work we do with patients, families, caregivers, friends and professionals as well as all the materials that we provide in our communities at no charge.

We will be having a Memory Walk in Raton also, on October 7th from 10:00 am to 2:00pm at the Raton Senior Center with a BBQ and fun event to follow. A big thank you goes out to Julie Mance and Alicia Avila for all their help. Remember you don’t have to walk to join in our event! Please come out and show your support and help us help others to gain more awareness about Alzheimer’s disease and other dementias. As well as to become more aware of your new Raton support group for caregivers, caregivers classes and other support services we are providing in your area.

For more information call Linda at (505) 426-9840 or come by and visit our new office space at 504 Douglas Ave., in Las Vegas and see all the materials, classes and groups we have to offer. Please remember we need your help, contributions, advocacy and support!
Sleep normally changes as we age. Older people need fewer hours of sleep per day and sleep qualities change as well, with less deep or “slow-wave sleep” and briefer periods of “REM sleep” (dream time). Sleep problems develop in almost half of all community-dwelling Alzheimer’s disease patients and when patients don’t sleep, caregivers don’t sleep, resulting in a condition called “sleep deprivation”. We know that sleep-deprivation for any reason may produce an irritable personality and cause people to make less sound decisions. In fact, this understanding inspired recent regulations to reduce work hours for doctors in training. The dementia caregiver has much less control over their “work hours” and their health may suffer as a consequence. Accordingly, sleep disturbance remains one of the most frequently cited reasons that families opt for nursing home care.

Altered nighttime behaviors may originate in daytime routines. Normal sleep-wake behavior depends on the brain’s “biological clock”, a circuit influenced by light/sun exposure but that also generates its own rhythms. Light (or its absence) acts on a deep, ancient part of the brain called the hypothalamus and modifies the release of a chemical known as melatonin. Melatonin regulates other processes responsible for maintaining alertness. The hypothalamus is one of the places that deteriorates in dementia, and thus the clock function also changes: some patients have completely reversed sleep-wake cycles, with increasing alertness late in the day or evening but reduced alertness during usual waking hours. Others may suffer from loss of part of the cycle with persistent wakefulness or, more commonly, increased sleepiness. At least some of these changes may account for the disturbing tendency for late-day restlessness and agitation in dementia, also known as “sundowning”.

Unfortunately, caregiving demands may result in a tendency to view daytime naps positively. Often, caregivers can only accomplish aspects of daily activity (e.g., laundry, housework) when their patient is asleep. Like other features of living with dementia, the situation becomes similar to caring for an infant, when the responsible person’s few moments of peace and freedom from worry come when the patient sleeps. While naps, at regular times and in moderation, can be beneficial for both patients and caregivers, studies consistently show that sleep during the day takes away from sleep during the night.

So what steps can be taken to improve sleep for patients and their caregivers? The first measure includes speaking with your physician about medical issues that may contribute to sleep disruption. For older men, prostate enlargement can reduce urine flow, resulting in the need to wake several times during the night to urinate. Another common problem results from “heartburn” or GE reflux, related to stomach contents irritating the esophagus (“food tube”). Likewise, pain from any source, such as an arthritic shoulder or hip, can interrupt sleep. Other sleep disorders (e.g., sleep apnea, restless leg syndrome) can also contribute to poor sleep. Most practitioners can diagnose and treat such conditions, though help from certain medical specialists (e.g., urologists, rheumatologists, sleep specialists) may be useful. Lastly, physicians should consider whether any medications the patient takes may be impeding sleep. For example, antidepressants may interrupt sleep if taken later in the day and simply moving the dose to an earlier time may be beneficial.

Another important part of the approach relates to sleep “habits”, referred to as sleep hygiene. These include common-sense recommendations (see below) that may be easier for doctors to recommend than for caregivers to implement. Keep patients awake and active during the day as much as possible, preferably outside in sunlight or indoors with good illumination (i.e., curtains up). While some clinicians advocate “light therapy”, with special high-intensity full-spectrum light that imitates sun exposure, this approach is unproven and expensive.

### Good Sleep Hygiene

- Avoid caffeine after noon
- The bed is for sleep only – don’t read or watch TV in bed
- Go to bed/get up at the same time each day
- Exercise more (just not before bed)
- Avoid alcohol or tobacco after dinner
- Don’t go to bed hungry
- Adjust bedroom environment (low/no light, temperature)

While physicians frequently recommend drug treatment to aid sleep, patients and families need to be aware of some limitations. Many over the counter agents contain chemicals that block acetylcholine, a transmitter that is deficient in Alzheimer’s disease, and thereby counteract the positive effects of cholinesterase inhibitors (e.g., Aricept, Razadyne, Exelon). Drugs known as benzodiazepines (e.g., Valium, Ativan, Xanax) may cause even more trouble: these agents cause serious attention and memory deficits even in young healthy people. In dementia, they may “disinhibit” patients and make agitation worse. So what else can be tried? Some authorities recommend melatonin supplements (3-5 mg at dinner time); this can be obtained without prescription. Another older medication often used is called trazodone. This drug does require a prescription, but most patients tolerate it well and, unlike other options, trazodone can be used regularly without concerns about addiction. Other treatments (e.g., Lunesta/zaleplon, zolpidem/Ambien) provide the newest prescription alternative, though physicians use them sparingly.

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and for brief periods of time. Furthermore, clinical experience in older patients, particularly those with dementia, remains very limited. Lastly, many physicians recommend the most recently developed “antipsychotic” drugs (e.g., Seroquel, Zyprexa, Risperdal, Geodon). These also require a prescription but are expensive and, while usually well tolerated, recent studies suggest an increased risk of stroke and diabetes with long-term use. When symptoms of psychosis such as hallucinations and delusional thoughts complicate behaviors, however, these medications can “kill two birds with one stone”.

WE NEED YOU…

For the Sixth Annual Cookie Walk…

Each year, the Alzheimer’s Association, in conjunction with Community Health Charities of New Mexico brings the ‘Cookie Walk’ to the Rio Grande Arts and Crafts Fair at the Manuel Lujan Building on the State Fairgrounds. The Cookie Walk is an event coordinated through the members of Community Health Charities and the donated cookies will be sold by the box.

Funds raised by the event support statewide public awareness efforts for Community Health Charities member agencies, including the Alzheimer’s Association, New Mexico Chapter.

The Chapter needs a hundred dozen homemade cookies prior to the Arts and Crafts Fair the first week of December. If you are a baker and could commit to providing us with five dozen cookies (or more!) at the end of November, please call Maralie Waterman BeLonge at 266-4473.

Thank you! ~ Thank you! ~ Thank you! ~ Thank you! ~ Thank you!

Help Support local services and support by designating the Alzheimer’s Association, New Mexico Chapter through your local United Way Campaign or through the Combined State and Federal Employees Campaign.

The Alzheimer’s Association, New Mexico Chapter is a proud member of

The last newsletter asked what we’d like to see.

I’d like to see books written by Alz families or victims. I seem to focus on the disease, but not the individuals. I recently finished a book by M. Harper "The worst day of my life, so far" and it's WONDERFUL! I even got a copy for my daughter (she's not a reader), but she loved it. Thanks to ALL of you for your hard work!

Dee A. Driscoll

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.

Here is a sample 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.”
Thank you for your Memorials & Honorariums

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MEMORIES, MEMORIES, MEMORIES
A gift from the heart...

Come and join us
for a session of gathering ideas
and memories of our loved ones.

11-2-06     6-8 PM
11-6-06     10-12 Noon
11-11-06    9-11 AM

Albuquerque area only
Limited spaces available for each session.
Must RSVP by October 18 so supplies will available.

Bring your own photos (or copies) for projects

For more information contact
Randi Duran at 266-4473
randi.duran@alz.org

Sponsored by: Ambercare Hospice & Creative Memories

The New Mexico Chapter of the Alzheimer’s Association will be accepting corporate and business sponsorship for this newsletter. The newsletter is published quarterly and has a circulation of 13,000. Spaces are available from a business card to a full page. If you are interested in sponsoring the newsletter please call 266-4473 for details.

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Yes, we need volunteers. We would appreciate it if you could find a little bit of time, or even a lot of time, to help a very deserving cause: fighting Alzheimer’s and other dementias. If you know someone else who would be able to help, please bring them with you or just call 266-4473 or email randi.duran@alz.org or send this in.

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 would like to receive your newsletter electronically via e-mail, have an address change or other corrections for our mailing list, please complete the following form and return to us.

Name: __________________________________________________________

Address: _______________________________________________________________________

City: ____________________________ State: _________ Zip Code: ______________

My e-mail address is: _________________________________________________________

Please update your mailing list. Please remove me from your mailing list.
Please add me to your mailing list. Please send my newsletter electronically.

Yes! I want to help the New Mexico Chapter of the Alzheimer’s Association. Please use my gift to help those afflicted with Alzheimer’s disease and other related disorders in New Mexico.

I’m enclosing my tax deductible contribution of ___$25 ___$50 ___$100 ___$250 ___$500 or $ __________

Make checks payable to: Alzheimer’s Association or accept my donation by using the following account information and signature.

Signature: __________________________________________________________________________

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Your donation is tax deductible!

Thank you for your generous support & donations. We can’t do it without you!
for the experience of a lifetime.....

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