THE END OF ALZHEIMER’S STARTS WITH ME

alzheimer’s association

800.272.3900 | alz.org
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Our Mission
To eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

Our Vision
A world without Alzheimer’s disease.

Rewarding Work

I understand why they would think so. The disease is terrible. It strips loved ones away before our very eyes. In excruciatingly slow fashion, we are forgotten. Our moms, dads, spouses resemble themselves less each day. There is no cure. The previous paragraph was depressing just to write, so it is little wonder people think that working with the Association, “must be hard.” But it’s not.

The Alzheimer’s Association is where people come to make things better.

In the rear corner of the office is a small, private meeting space. Pamphlets detailing every aspect of Alzheimer’s disease, from caregiver stress, to warning signs to bracelets that prevent a loved one from wandering, are organized in wall-mounted racks. Arranged inside are a table and four chairs, which look like they belong in a country-side bed and breakfast. Dubbed “the Family Room,” it is not particularly homely.

Here, Chris McCaffrey works minor acts of magic. More often than not, families come to him on the verge of crisis. They have finally concluded, by seeing what it does on a daily basis, and for more than two decades. With his straight-forward and empathetic demeanor, he conveys the harsh realities of Alzheimer’s disease and the effect it has on behaviors. Families exchange their fear of the unknown for understanding. Freed from unreasonable expectations and the accompanying distress, these families are better equipped to take their loved ones as they are.

This is not a finger-snap process. The Association offers its free, seven-week Savvy Caregiver Program, homework and all, to afford families an opportunity to sharpen the tools that will improve their caregiving lot.

There is no cure for Alzheimer’s, and, with your help, we are working on that, too. Through the research you help fund, and the legislative change you spur, I have become increasingly confident over the past year that we will bring about a world without Alzheimer’s.

This disease is devastating. I hate seeing what it does on a daily basis, and we can enhance life, for caregivers today and for our children tomorrow. That’s why working with the Alzheimer’s Association is not hard at all.

From the President

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

2013 Entertainment Books are available for sale at our Albuquerque Office, 505.286.6473 or you can contact Carolyn Pettit at 505.299.8770.

A portion of each book sale benefits the Alzheimer’s Association, New Mexico Chapter.
If you know a caregiver of someone with Alzheimer’s disease, thank them.

THANK YOU TO OUR ANNUAL PARTNERS

for more information on becoming an Annual Partner, please contact Melissa Spiers, Outreach Director at 505.266.4473

From the Executive Director

This sounds so simple, nearly trite, that it is easy to miss the broader implications of this request. In 2011, unpaid family and friends provided 17.4 billion hours of care, with an approximate monetary value of $210 billion dollars. For perspective, government spending on healthcare over that period was about $960 billion, between Medicaid and Medicare. Unpaid Alzheimer’s caregiver provide service equal to more than one fifth of our entire government healthcare budget.

Naturally, family caregivers do not think in these terms. They think of their own love for mom, their duty to dad, or what would befall their spouse left alone. Almost universally, caregivers do not regard their path as a choice. This orientation prevents too many caregivers from recognizing that their work is an act of good. Whether born of love or obligation — or the calling to see the good they do for us all, in the good done for their loved one. If you know a caregiver, thank them.

What would you change about the way New Mexico deals with dementia.

That is the essential question being addressed by the State Alzheimer’s Task Force. Composed of 20 different organizations and stakeholder groups, the Task Force faces a deadline of Nov. 1, 2013 to deliver recommendations regarding how New Mexico should address dementia to the Governor’s office. Facing a potentially overwhelming problem, the Task Force has siphoned its challenges into five different work groups analyzing, respectively, quality of care, public awareness, healthcare system capacity, needs of caregivers, and research. The impetus for the Task Force came from House Memorial 20, introduced during the 2012 Legislature by New Mexico Representative Danice Picraux, a longtime public health advocate, and unanimously passed by the State House of Representatives. A representative since 1991, Picraux retired following the 2012 session, and fellow long-time member of the Health and Human Services Committee Dede Feldman described this memorial as consistent with Picraux's career. "She has been advocating for public health measures for 20 years," said Feldman. "She's persistent and effective."

"With Representative Picraux, she has been very in tune with the needs of our community," echoed New Mexico State Senator Linda M. Lopez. "She has always been an outspoken advocate for groups of constituents who needed more of a voice." Feldman, who introduced a similar Alzheimer's plan memorial to the 2012 New Mexico State Senate, said the recent legislative push reflects the urgency of the Alzheimer's epidemic.

State Alzheimer’s Plan Makes Progress

"Until we have a cure for Alzheimer’s, and until we have a way of supporting caregivers, we need to focus in this area," said Feldman. "It’s a major factor in healthcare costs in the future, and it is draining families throughout the country of energy and resources."

Retta Ward, Secretary of the New Mexico Department of Aging and Long-Term Services, convened the Task Force in April and expressed hope that the group would accomplish substantive improvement in the state’s approach to dementia. "I am very encouraged by the broad range of participants, and the level of commitment and dedication Task Force members are bringing to this important work," said Ward. "We are making excellent progress in the development of a State Alzheimer’s Plan, and I am confident this plan will become a working document to guide our state in addressing Alzheimer’s and other dementias."
Dear Chris,

My Dad was diagnosed with dementia about three years ago. My mom did a great job taking care of him for the first year and a half, but she is beginning to have some medical and physical issues of her own that make it almost impossible for her to be the primary caregiver. After discussing the situation with my three siblings, it was decided that I would move in with our parents to care for them in their home. I agreed to the decision because two of my siblings live out of state, and while the third sibling lives here, she is married and has a family of her own. I was prepared for a pretty big change in my lifestyle and knew it was a big job, but I figured that, with four of us to share the responsibilities, it was going to be pretty manageable. A year and a half later however, I realize that I’ve been abandoned here to do everything! I get a lot of advice and criticism, but no actual help even from the sister who is my sibling’s parents too. How do I make them step up to the plate and help me?

...and a half later however, I realize that I’ve been abandoned here to do everything! I get a lot of advice and criticism, but no actual help even from the sister who is my sibling’s parents too. How do I make them step up to the plate and help me?

Signed,
Tired of being an only child

Dear Tired,

You’ve discovered one of the secrets of dementia. It is a family disease. In fact, family members are often harder hit by the effects of the disease than the individual with the diagnosis. Each family is its own culturally unique unit, and therefore responds to the crisis in its own unique way. Families are also comprised of individuals, each of whom brings their own personalities and role-expectations to the table. This can make for a pretty chaotic situation if it’s not managed well. As the primary caregiver, you now find yourself in the de facto role of team leader. This may not have been what you had in mind when you agreed to tackle the job, but it is a critical part of the job description. Effectively utilizing family as a caregiving resource doesn’t just make your life easier. It can vastly improve the quality of life for your father, and give all family members a greater sense of satisfaction. Achieving the goal of caregiving-family harmony requires that you understand two things: what gets in the way—barriers and what clears the way— aids. It may seem like there are tons of barriers, but most of the issues you are dealing with probably fall into one of three categories:

- Lack of experience. Family members may avoid spending time with the person with dementia if they don’t know what to expect. They may not have any models of how to deal with the situation or the ways that dementia manifests behaviorally. There are many myths associated with the disease as well. All of these factors can make the disease a frightening mystery that they simply don’t know how to approach. Also, the family member probably isn’t aware of how much work is involved in caretaking, or they feel inadequately equipped to be “hands-on.” If the disease remains a mystery, they are not as likely to offer help and understanding.
- Lack of role flexibility. Many of us have roles, both in society and within our families. Parents often see themselves as the providers and have great difficulty accepting help from their children. The oldest child in a large sibling group plays a much different role than the youngest. These roles are often dictated by generational and cultural factors as well. The team leader has to recognize and acknowledge these roles, while asking others for a greater degree in role flexibility.
- Denial. This is a very common problem in family caregiving situations. It can create a lot of conflict within the family, and a lot of frustration and resentment on the part of the primary caregiver. It is important to realize that denial is not an emotion. It is a defense mechanism. Denial is what we do in order to not have to feel emotions that we are so afraid of. Grief, loss, fear and other emotions are sometimes too hard to face. The person in denial is usually not lonely or uncarlying, but afraid. Confrontation and anger are typically not effective methods of dealing with someone who is scared. Acknowledging their feelings and empathizing with them is a strategy that is far more likely to enlist their help and support. Creating opportunities for the person in denial to spend more significant amounts of time with the person with dementia can also help them face their denial.

Now that we have an idea of what can hinder family involvement, let’s look at some things that make it easier for family members to more actively participate:

- Knowledge and skill. If lack of experience creates fear and anxiety about the mystery of dementia, then knowledge and skill are the best ways to demystify the disease. Give family members the chance to observe your loved one’s behaviors and how you intervene. Don’t expect them to be alone with your loved one until they have some safe exposure to the caregiving process. Don’t take for granted that they should “just know,” because they probably don’t. Share your knowledge with them in a non-judgmental way. When you have an opportunity to improve your own knowledge about the disease, include family members in the process.
- Have a plan. Be prepared when family members offer to help. Too often, someone asks if we need something, and our response is “No thanks, we’re fine.” Have a list of small tasks that would be helpful to you or your loved one prepared. Then, if the opportunity arises for some help, you are not caught off guard. Family members are much more likely to work together effectively if there is an organized effort to work towards a common goal. The Alzheimer’s Association website has links to tools that help even long distance family members care and follow caregiving plans. Go to www.alz.org for more information.
- Communication. This often seems obvious, but is also one of the most overlooked and most important. Effective communication can create greater family harmony. Tell people directly what works, what doesn’t, what you need from them to be an effective caregiver. It’s easy to believe that “they should know,” but this assumption does not get you the support or help that you need. Communicating emotions to one another will also foster a greater sense of understanding among family members. When family members understand what is happening for others emotionally, they are more likely to be supportive.

A few last suggestions:

- Expand your expectations of help beyond your siblings. Aunts, uncles, nephews, nieces, grandchildren and in-laws are all potential resources for support and help. Don’t be afraid to ask.
- Consider redefining what the word “help” means. If your definition of help is “I want you to come in and do exactly what I do in the exact same way that I do it” you may be setting yourself up to be disappointed, and setting family members up to fail. Not everyone is equipped with the skills, availability, or emotional wherewithal to be a primary caregiver. Try to capitalize on individuals’ strengths, and allow them to contribute what they can.
- Your brother may not ever be able to bathe your father, but he might be willing to take care of the shopping and some meal preparation. A 13-year-old grandchild is probably not the best equipped person to stay the weekend with your parents, but may come regularly to maintain the yard. Your out-of-state sister does not have the availability to spend the amount of time in the home that you do, but she might willingly contribute financially in order for you to hire a professional caregiver who you some relief. Expanding your definition of help not only gives you more support, but allows family members to share in the satisfaction of being contributing members of a collaborative caregiving family.

Helpline Q & A information contributed by Chris McCaffrey, Greater Albuquerque Regional Manager
Margaret Anderson was not going to go through this alone.

Anderson’s husband was diagnosed with Alzheimer’s disease in 2006. A retired nurse, she immediately set about learning all she could of the disease. Family caregivers are disturbingly common, with roughly five percent of the population delivering care to a loved one with Alzheimer’s. Despite this, the life of an Alzheimer’s caregiver can be isolating, even in a bustling city. Faced with behaviors they do not understand and shared memories that diminish with each passing day, old friends and family often become scarce.

In Silver City, Margaret found herself caregiving for Alzheimer’s in a more rural outpost, with fewer resources. Not one to sit idly by waiting for help, Margaret founded an Alzheimer’s Association support group. She was also among the first to register for the Alzheimer’s Association’s First Annual Southern Regional Caregiver Conference. Held at Las Cruces’ Hotel Encanto on Saturday, June 30, the conference brought one-stop, in-depth caregiver education to Southern New Mexico for the first time.

“I thought it was absolutely wonderful,” said Anderson. “I think it was a tremendous help to everyone here in this area that is a caregiver.”

Attended by nearly 100 caregivers, the conference drew together a host of behavioral, medical, legal and pharmaceutical experts to engage caregivers in practical education. Anderson particularly appreciated the opportunity afforded by the conference to connect with fellow caregivers.

“Being able to share experiences is so beneficial,” said Anderson.

Based in Las Cruces, Alzheimer’s Association, New Mexico Chapter Regional Manager Maia Sideris-Dorame regarded the event’s robust attendance as indicative of Alzheimer’s disease’s impact on her community.

“It continues to surprise me how big the need is,” said Sideris-Dorame. “I’m glad we’re here to help.”

The Southern Regional Family Caregiver Conference drew together a host of caregivers and professional experts for one-day of in-depth education to assist in their daily lives, the 2012 Family Caregiver Conference drew more than 400 people to Sandia Resort and Casino on November 3rd. Presented by United Healthcare and hosted by the City of Albuquerque/Bernalillo County Area Agency on Aging and the Alzheimer’s Association, the conference presented special recognition to a pair of distinguished caregivers.

The Marian Vallejos Caregiver of the Year Award recognizes a caregiver who has exemplified extraordinary dedication to ensuring the highest quality of life for their care recipient. A caregiver to both her husband and her mother while pursuing her degree full time at the University of New Mexico, volunteering with the Veterans Integration Center and raising her five-year-old son, Navy Veteran Odetha Hill claimed this year’s award and attendant $500 cash prize.

The Community Hero of the Year Award, meanwhile, was presented to Grace Daniel, Registered Nurse Case Manager for University of New Mexico Hospital over the past five years, and a caregiver for her own mother, Daniel was lauded by her nominator for having “has logged thousands of hours in ensuring caregivers receive the training and recognition they deserve.”
ALZHEIMER’S ASSOCIATION, NEW MEXICO CHAPTER
January - June 2012

Calendar Key:
Savvy Caregiver:
—要塞课程。它可以帮助看护者发展实用的技巧，使他们能为他们的家人和自己提供支持。
Families & Friends Forum:
—家庭和朋友论坛。它提供了一个平台，使家庭成员和朋友可以分享他们的经验和感受。
Coffee Chat:
—咖啡聊天。这是一个轻便的活动，使人们可以随意地交谈。
Savvy Caregiver:
—要塞课程。它可以帮助看护者发展实用的技巧，使他们能为他们的家人和自己提供支持。
NORTHEAST REGION
Regional Manager: Andrea Montoya
1051 Sycamore Street
Farmington, NM 87401

March 14 – April 25, 10am-12pm
Savvy Caregiver
Sycamore Community Center
1051 Sycamore Street
Farmington, NM 87401

April 16, 10am-12pm
Living with Alzheimer’s: — Early-Stage
Sycamore Community Center
1051 Sycamore Street
Farmington, NM 87401

April 23, 10am-12pm
Living with Alzheimer’s: — Early-Stage
Sycamore Community Center
1051 Sycamore Street
Farmington, NM 87401

May 17, 10am-12pm
Living with Alzheimer’s: — Early-Stage
Sycamore Community Center
1051 Sycamore Street
Farmington, NM 87401

June 21, 10am-12pm
Living with Alzheimer’s: — Early-Stage
Sycamore Community Center
1051 Sycamore Street
Farmington, NM 87401

Taylor: 505-326-3560
taylor.repier@alz.org

SOUTHWEST REGION
Regional Manager: Priscilla Lujan
910 Galisteo Ave., Suite A
Socorro, NM 87801

Jan. 14, 10 am – 12 pm
For Caregivers — Late-Stage
Socorro Community Center
521 Galisteo Ave.
Socorro, NM 87801

SOUTHWEST REGION
Regional Manager: Priscilla Lujan
910 Galisteo Ave., Suite A
Socorro, NM 87801

June 19, 12-1pm
Necessary Conversations: Dealing with the Options & Benefits of Advance Directives
Prevented by Barbara Stewart
Gallup, NM 87301

May 31, 12-1pm
For Caregivers — Middle-Stage
Socorro Community Center
521 Galisteo Ave.
Socorro, NM 87801

May 24, 10am-12pm
For Caregivers — Early-Stage
Socorro Community Center
521 Galisteo Ave.
Socorro, NM 87801

April 25, 10am-12pm
For Caregivers — Middle-Stage
Socorro Community Center
521 Galisteo Ave.
Socorro, NM 87801

April 19, 12-1pm
Living with Alzheimer’s: — Late-Stage
Alzheimer’s Association Office
9500 Montgomery Blvd NE, Suite C
Albuquerque, NM 87111

April 6, 10am-12pm
For Caregivers — Middle-Stage
Socorro Community Center
521 Galisteo Ave.
Socorro, NM 87801

March 24, 10am-12pm
For Caregivers — Late-Stage
Socorro Community Center
521 Galisteo Ave.
Socorro, NM 87801

March 17, 10am-12pm
Understanding Guardianship Issues
Presented by Mary KIZER-MCC, LCDC, NPO/Professional Manager, Alzheimer’s Association Office
9500 Montgomery Blvd NE, Suite C
Albuquerque, NM 87111

March 10, 10am-12pm
Introduction to Guardianship Issues
Socorro Community Center
521 Galisteo Ave.
Socorro, NM 87801

February: 10am-12pm
For Caregivers — Early-Stage
Sycamore Community Center
1051 Sycamore Street
Farmington, NM 87401

March: 10am-12pm
For Caregivers — Early-Stage
Sycamore Community Center
1051 Sycamore Street
Farmington, NM 87401

Savvy Caregiver:
—要塞课程。它可以帮助看护者发展实用的技巧，使他们能为他们的家人和自己提供支持。

2012-2013 Alzheimer’s Caregiver Training Calendar

February 2012

Alzheimer’s Association, New Mexico Chapter
The 2012 Walk to End Alzheimer’s was New Mexico’s largest to date, eclipsing 2000 people statewide for the first time. Records were set by each of the six cities in which Walk was held, as more people than ever turned out in Albuquerque, Farmington, Las Cruces, Los Alamos, Roswell, and Santa Fe. Las Cruces, in particular, made stunning gains, as a crowd of 409 people braved a rainy morning for an event that raised more than $50,000. That represented growth of more than 70 percent in attendance and 100 percent in fundraising over 2011.

Thank you to our Sponsors

Many thanks to our Statewide Sponsors...United Healthcare & Dex

Albuquerque
Addus
Albuquerque Neuroscience
Alliance Home Healthcare & Hospice
Ambercare
Arriba Vista Del Rio
Care Improvement Plus
Decades
Decisions in Care
Ethicon Endo Surgery
Eye Associates of New Mexico
Geriatric Care Management
Haven Care
Heritage Home Healthcare & Hospice
Hyatt
Krispy Kreme Donuts
Los Alamos National Bank
NMACC
Northridge Alzheimer’s Special Care Center
Rams Booster Club
RBC Wealth Management
Woodmark at Uptown
Zia Trust

Las Cruces
Casa Arena Blanca
Comfort Keepers-Las Cruces
Coordinated Home Health
Cottonbloom
Great Samaritan Society
Haciendas at Grace Village
Home Instead Senior Care-Las Cruces
Los Cruces Association of Realtors
Mesilla Valley Hospice
Mesilla Valley Hospital
My Physician Inc
Preferred Assisted Living
Southwest Center on Aging
Tender Care Home Health Care

Los Alamos
G & S Corporation
Los Alamos Medical Center
Los Alamos National Bank
KRSN 1490 AM

Roswell
Amerigroup
Casa Maria Health Care Center & Pecos Valley Rehab
Comfort Keepers-Roswell
Eye Associates of New Mexico
Sunset Villa Care Center

Santa Fe
Ambercare
Chupach Management
Comfort Keepers-Santa Fe
Eye Associates of NM
Kingston Residence of Santa Fe
Los Alamos National Bank
Sierra Vista Retirement Community
Vista Care Hospice

2012 Top Walk to End Alzheimer’s Teams

Las Cruces
Sunbridge Striders from Northrise
Christine’s Cadets
Encompass: Walking to Remember
APS
Casa Bella/Preferred Assisted Living

$13,325.00
$2,652.00
$2,050.00
$1,660.00
$1,635.00

Albuquerque
The Retreat Rebels
R ebel Walkers
David M. Esquivel Family and Friends
Giving a hand to end Alzheimer’s

$11,018.08
$6,763.00
$5,485.00
$3,701.08

Farmington
Polly’s Purple Pack
NW phase 3
Nickie’s Hope
Hannah Montana

$1,205.00
$1,100.00
$938.00
$498.63

Los Alamos
Strive for Five
Betty Ehart Senior Center
Team Bjorke
White Rock Senior Center
For Jo, Aline and Joyce

$2,472.05
$2,010.00
$1,615.00
$1,132.00
$900.00

Roswell
Comfort Keepers
Sunbridge at Mission Arch Care Center
Sunset Villa
Rebecca Ponder Genworth Life Insurance
It’s a Family Affair

$2,150.00
$2,083.23
$1,890.60
$1,878.00
$1,600.00

Santa Fe
Leading the Way
Ponce de Leon Pacers
Choo Choo’s Train
Addus Cares
ALTSD-Santa Fe

$2,620.00
$2,124.05
$1,535.00
$1,203.00
$680.00
Thank you for your continued support of the Alzheimer’s Association, New Mexico Chapter. We honor and remember those that we’ve lost to the disease and continue to fight for our vision…

*A world without Alzheimer’s disease.*
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the makings of a breakdown. In this context, fostering skill and diminishing stress for caregivers like Scott is essential. With 27 classes held statewide in such varied places as Taos, Gallup, Farmington, Roswell, Santa Fe, Las Cruces, Jemez Pueblo, Clovis, Alamogordo, Silver City, Los Alamos and Albuquerque, the Savvy Caregiver program trained 216 New Mexicans in Fiscal Year 2012.

From Scott’s perspective, his time in the seven-week program was well spent. Having gained the clinical knowledge to identify activities which use Joanne’s abilities to keep her happily involved, Scott spends less time and precious energy fussing with his beloved wife. “You don’t win an argument with an Alzheimer’s,” says Scott, echoing a Savvy Caregiver mantra. “She has taken up crocheting and (and) I haven’t heard one thing about the rugs in the last two weeks.”

Scott has learned, too, that he needs to be increasingly directive as the disease progresses, telling more and less asking. “Giving her a choice,” Scott says, “just tears her up, because she can’t make up her mind.” Supporting his wife with Alzheimer’s has not magically become a task.

“It has changed our lifestyle completely,” says Scott. “We used to go out to eat. We used to go out to friend’s homes. We used to entertain a lot. That has all ceased.” The Savvy Caregiver Program has presented him with valuable tools for this difficult endeavor. Among his takeaways from this education, Scott lists renewed patience and an enhanced ability to choose his own reactions to Alzheimer’s behavior. “Right now,” Scott Says, “it’s working.”
Invest in a world without Alzheimer’s.
And discover the financial benefits
you’ll get in return.

Every significant discovery in the fight against Alzheimer’s disease has occurred within the last 20 years. With continued support, one day we will achieve our goal of a world without Alzheimer’s. You can make a difference in our mission through planned giving. Planned gifts allow you to make charitable contributions through your estate toward Alzheimer’s research, care, and support programs, while benefiting from tax savings and steady income opportunities. To learn how to leave a legacy of support for millions of families living with this disease, call us at 866-233-5148 or visit alz.org/plannedgiving.