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.
I am sure I don’t have to tell you that family caregivers are truly unsung heroes.

If you or someone you know cares for a person with Alzheimer’s or other dementia, you already know what a difficult job it can be. At the Alzheimer’s Association, New Mexico Chapter we work every day to educate and support family caregivers, so we are delighted to be participating in the new statewide Family Caregiver Task Force.

Established by a House Joint Memorial that was passed in the 2014 legislative session, the task force, convened by the Aging and Long-Term Services Department and supported by AARP for the last few months to gather information. Working in a manner similar to that used to create the New Mexico State Plan for Alzheimer’s and Related Dementias, the group consists of family caregivers, public health professionals, government representatives, and other stakeholders from all over the state.

Work groups have been convened on the subjects of public awareness, family support, planning and training, care coordination, and support for working caregivers, and the plan will be guided by the following overarching principles:

1. Address the rural and frontier nature of the state.
2. Respect and incorporate ethnic and cultural traditions.
3. Recognize and address the high rate of poverty in the state.
4. Ensure that recommendations are actionable.

While dementia caregivers are close to our hearts, we know that there are a total of 419,000 family caregivers in New Mexico, all of whom could benefit from more resources and support. The Task Force is looking for input from any interested parties. If you’re a caregiver, a person receiving care, a provider of services, or otherwise interested in caregiving issues, you can make your voice heard by contacting the Aging and Long-Term Services Department, or filling out this survey: http://www.nmaging.state.nm.us/caregiving-survey.aspx.

The Task Force expects to have its recommendations finalized and a State Plan written by the Fall of 2015.
I’m not sure how to describe my first few months in my position as the Executive Director of the Alzheimer’s Association, New Mexico Chapter, but the phrase “jump in with both feet” certainly seems to apply. In my first 45 days, I went to three Walk to End Alzheimer’s® events, one golf tournament, two Family Caregiver Conferences and one awards breakfast. The pace has been hectic, and there is no sign that it will let up any time soon.

That’s the thing about this disease; it isn’t stopping. While I’m trying to catch my breath, the number of people with Alzheimer’s multiplies. Here’s what I have learned in my first weeks on the job: Alzheimer’s disease affects more than 5 million people in the U.S. today, and that number grows every day. If we do nothing, the number will be 16 million in 2050. In New Mexico alone, 34,000 people with the disease are cared for by 105,000 family caregivers.

It is also the most expensive disease in the nation. In 2014, the U.S. will spend $214 billion on caring for individuals with Alzheimer’s disease. That number does not include the value of care being provided by unpaid family caregivers, so the actual costs are even higher. It also doesn’t calculate the emotional costs of Alzheimer’s disease. At the Caregiver conferences I attended, I heard from family caregivers who are stretched thin emotionally, physically, and financially.

So, my takeaway from all this is that I must, along with the staff and volunteers of the New Mexico Chapter, work to realize the vision of the Alzheimer’s Association: A world without Alzheimer’s disease. It sounds so simple, but in this case, simple does not mean easy.

There is good news though. Our organization works every day to support and educate people living with the disease and their families. Twenty-four hours a day, if someone calls our 24/7 Helpline (800-272-3900) they get a live person. We have support groups all across the state. We provide caregivers with respite funds, and give them information and referrals to other resources. We help people stay safe in their homes, and we work with government on issues of public policy and legislative issues. We know that there is some very promising research going on and we consistently hear news about exciting avenues being pursued by scientists.

I’m aware of how hard I will have to work, but I am also excited to serve at the head of an organization that has such a committed staff, such passionate volunteers and such an important mission. We will continue to do our part to ensure that there are enough research dollars to fund these exciting trials, and also adequate funds to continue to support individuals with Alzheimer’s and their caregivers. I hope you will continue to support us in this fight. The end of Alzheimer’s starts with us.
THANK YOU TO OUR ANNUAL PARTNERS

For more information on becoming an Annual Partner, please contact Nika Lawrie at 505.266.4473
Dear Readers,

Understandably, the vast majority of questions I receive revolve around how to deal with behaviors that caregivers find troublesome. While there are some common strategies and interventions useful in caring for a person with dementia, there is no magical trick that works for every person, every time. The most effective caregivers tend to share a philosophy of caregiving rather than rely on specific techniques. This philosophy is rooted in knowledge of both dementia and basic human behavior.

I’d like to take this opportunity to discuss this caregiver attitude and approach to all facets of care, because I believe with this philosophy, many difficult behaviors can be addressed before they become problematic.

Understanding the definition of dementia is the first step in becoming an effective caregiver. Caregivers who understand that dementia is a condition of global deterioration of memory and cognition will be better prepared for the fact that their loved one will have deficits, in memory, and all areas of cognition and functioning. These deficits include their ability to reason, use judgment, think abstractly, use language, and organize their thoughts.

Secondly, caregivers have to change how they view behavior by seeing “difficult behaviors” as “behavioral expression”. The term “behavioral expression” more accurately describes what is happening for the person with dementia. This person is rarely deliberately choosing to be difficult; rather, they are simply following a model of behavior that all human beings share. When any one of us finds ourselves in situations that are overwhelming or confusing, the resulting feelings are uncomfortable or negative. This discomfort provides the impetus for us to take action-to behave-in order to address the situation and alleviate the discomfort.

To illustrate: imagine that while driving your car in an icy snow storm in heavy traffic, you have a passenger who is anxious and loudly chattering as the car radio blares. As you picture this scenario, try to think of the feelings that you would experience. Most people would feel tense, nervous, impatient, frustrated and powerless. If not addressed, these uncomfortable feelings have the potential to be overwhelming, causing us to take action to address and alleviate the confusion. You may ask your passenger to refrain from talking, and then turn down the radio. You might slow down or pull off the road all together until the driving conditions were better. Some would practice breathing deeply while others would say a quick prayer. All of these “behaviors” are the direct result of discomfort, which is a direct result of the confusion the driver experienced.

Confusion > Discomfort > Behavior

This is a simplified model of behavior exhibited by all human beings regardless of whether they have dementia or not. The differentiating factor between individuals that have dementia and those who don’t is their behavioral choices, or behavioral expressions. Most of us would behave in ways that are appropriate and adaptive to the situation described above. However, faced with a similar set of circumstances, someone with dementia might behave very differently. Instead of asking the passenger to sit quietly, they might scream at them to shut up. Instead of turning down the radio, they might put their hands over their ears. Instead of pulling off the road, they might slam on the brakes and stop in the middle of traffic. Why the difference? Because those of us without dementia have all areas of our cognition intact. We still have the ability to reason, we still have judgment, and we still have abstract thinking and accurate perception. Our cognition protects us against potentially overwhelming confusion. The person who has dementia is beginning to, or already has, lost these abilities, therefore they are also losing the protection that cognition can provide, and the confusion takes over. They are still following the same human model of behavior, but their impairments are reflected in the behaviors they choose. In both situations we see that all behavior has meaning. If language is one of the impaired areas of cognition, our loved ones may not be able to articulate their discomfort or the precipitating source of confusion. This makes their behaviors seem random and self-centered, but if the caregiver is observant and able to do some investigating, they can often
find the root cause. This root cause takes us to the third element of the philosophy: emotional needs related to confusion.

When addressing confusion, all human beings share some basic emotional needs. These are universal, and do not go away just because someone has dementia. In fact, the needs may become more pronounced as the disease progresses. These needs are:

- Safety
- Security
- Reassurance
- Control
- Calm

If you look back at the driving scenario and the behavioral expressions someone without dementia would use to address their discomfort, you will see that without exception, every behavior is designed to satisfy the emotional needs listed above. Every choice the driver might make helps to make them feel safer, calmer, reassured and more in control of what is happening. But note that the “inappropriate” behaviors of the person with dementia are also attempts to restore balance in these areas of emotional need. This person is expressing their needs behaviorally instead of verbally. If the caregiver can look a layer below the behavior on the surface to see what emotional need is being challenged, they stand a better chance of addressing the real issue. A common behavior that is troubling for caregivers is “shadowing”, or following the caregiver from room to room and showing unreasonable anxiety if the caregiver is not in eyesight. This can become tiresome for caregivers who feel like they get no relief anyway. On the surface, this behavior may seem childish and deliberately annoying. However, if you consider which of the emotional needs may be challenged and remember that you are caring for someone who is losing their memory, and the ability to think abstractly and reason, you begin to see something different. As the primary caregiver, you become the physical, concrete representation of this person’s care. You are their safety and security in a very literal way. When you are there and they can see you, they feel safe and secure. As their abstract thinking weakens, they have more difficulty being able to visualize you when you are not within their eyesight. In other words, when you walk out of the room, so does everything that makes them feel safe and secure. If they can keep you in their eyesight, they will sustain their sense of security. These are not the actions of someone who is trying to irritate or be a burden; they are the reasonable behavioral expressions of a person attempting to alleviate the discomfort of feeling unsafe and insecure. Obviously, it is unreasonable to expect caregivers to stay in eyesight all times, but if they are aware of where the behavior is rooted and what their loved one or client is trying to express behaviorally, they can address the shadowing in a way that satisfies the emotional need to be secure. Sometimes a photo of the caregiver can be temporary reassurance. Some people will respond to other “security” items such as a blanket or special belonging. Some can be distracted by being given a meaningful task to complete. No specific trick will work for every person every time, but the caregiver who understands the behavior for what it is and the cognitive losses that shape it, will be able to experiment with different strategies that truly get to the heart of the issue. They will approach each situation from this perspective, knowing they have the power to influence their loved one’s perception of the world.

This power of influence the caregiver has is the last area that needs to be discussed. All human behavior is shaped and influenced by three factors. These factors of influence are:

- Self
- Others
- Environment or Surroundings

We all exert influence over our own behavior and do so based on calculations of how our behavioral choices will work to benefit us in some way. These choices are also influenced by how others will perceive our behavior, and they can help encourage or discourage our behavior by their responses. The environment you are in at any given time will also play a role in shaping your behaviors. Simply put, most of us will behave differently at an important business luncheon than we will at a happy hour celebration with friends, but in both situations our behavior will be determined by the same three factors of self, others and environment.

At some point in the progression of their disease, this individual’s behavior is more strongly determined by other people and environmental factors than by the individual themselves. Effective caregivers understand and anticipate this change. They realize that their attitude and approach, as well as the environment they create for their loved one, has more power to influence behavior than the person themselves. They use this influence to support their loved ones and structure the surroundings to facilitate their success.

While there is no specific set of tricks that will always work to deal with behavioral issues, caregivers who strive to develop strategies rooted in this philosophical approach, stand a much higher chance of discovering tools and interventions that truly address their loved ones unique experience. This caregiver will begin to view behavior for what it really is: normal reactions to the world their loved one perceives.

With thanks to Dr. Kenneth Hepburn et al. Many of these key concepts are part of his Savvy Caregiver curriculum which has helped many caregivers discover a new approach to dementia care. The Alzheimer’s Association, New Mexico Chapter offers Savvy Caregiver classes statewide on an ongoing basis. There is no cost for family caregivers to attend these classes. If you would like more information, or are interested in attending a class, see the schedule of classes on page 12, and contact your Alzheimer’s Association regional office.

Chris

Helpline Q & A information contributed by Chris McCaffrey, Greater Albuquerque Regional Manager
Every September the Alzheimer's Association hosts Walk to End Alzheimer's® events across New Mexico. This year we had 2,390 participants across six Walks who walked and raised, as of this writing, more than $236,000. Here's snapshot of each event:

**Albuquerque, September 27th**  
@ Harry E. Kinney Civic Plaza  
Participants: 1301  
**Funds raised:** $154,204  
Top Family Fundraising team:  
*David M. Esquibel Family and Friends*  
This year’s Albuquerque Walk was our biggest yet! Great weather, great participants, and GREAT fundraising!

**Las Cruces, September 6th**  
@ Young Park  
Participants: 453  
**Funds raised:** $61,552  
Top Family Fundraising Team:  
*Team: Wilke*  
One of the fundraisers for this year’s Las Cruces event was Memories in Full Color: a 5k Color Run (see cover). Participants had a blast raising funds and awareness while also raising their voices to combat Alzheimer’s.

**Santa Fe, September 13th**  
@ The Rail Yard  
Participants: 232  
**Funds raised:** $36,202  
Top Family Fundraising Team:  
*Team Esperanza*  
Rail Yard park was once again the location, and according to participant Donna Berg, “the mariachi made it so joyful. Everyone was following them like the Pied Piper!”

**Roswell, September 6th**  
@ Chaves County Courthouse Lawn  
Participants: 113  
**Funds raised:** $25,137  
Top Family Fundraising Team:  
*It’s a Family Affair*  
The rain did not keep the walkers away! Registration was soggy, but it dried up by start time. It didn’t dampen anyone’s enthusiasm for the cause.

Participants carry a banner commemorating those lost to Alzheimer’s disease.  
As you can tell from the multi-colored Lizzies, this was not his first Walk to End Alzheimer’s!  
This team is ready to walk!  
This participant at the Color Run did it for her grandfather.  
The participants at the Roswell Promise Garden Ceremony.
Walk to End Alzheimer’s®

Thank you to our Walk Sponsors

**ALBUQUERQUE**
- Senior Star at Las Colinas Village
- Ethicon Endo-Surgery
- InnovAge Greater New Mexico PACE
- Presbyterian Healthcare
- Heritage Home Healthcare and Hospice
- Alliance Home Healthcare and Hospice
- Blue Cross Blue Shield of New Mexico
- Enchantment Pet Resort and Spa
- The Woodmark at Uptown
- Albuquerque Neuroscience Retreat Gardens
- Ambercare
- RBC Wealth Management
- The Care Management Group (Decades)
- Casa de Paz
- Atria Vista del Rio
- Haven Care
- Gentiva Hospice

Southwest Center on Aging
Heritage Home Healthcare and Hospice
Arbors of Del Rey
Preferred Assisted Living
United Healthcare

**SANTA FE**
- Kingston Residence of Santa Fe PNW
- Sierra Living-Sierra Vista
- Heritage Home Healthcare and Hospice

**ROSWELL**
- XCEL Energy Roswell
- Gentiva Hospice

**FARMINGTON**
- Horizon Home Healthcare
- Cedar Ridge Inn
- San Juan Compression

**LOS ALAMOS**
- G&S Enterprises

Thanks to our Statewide Sponsor

Farmington, September 13th
@ Berg Park
Participants: 231
Funds raised: $20,293
Top Family Fundraising Team: Polly’s Purple Pack

The day was gorgeous, and the largest group of participants in Farmington history got warmed up with Zumba before heading out on the Walk!

Los Alamos, September 20th
@ Betty Ehart Senior Center
Participants: 60
Funds raised: $14,035
Top Family Fundraising Team: Yardbirds

Another great event in Los Alamos including a great raffle and lunch!

Participants in the Kids Fun Run gather with Lizzie before the Los Alamos Walk.

Participants head out on the route along the Animas River.

**LAS CRUCES**
- Ambercare
- Haciendas at Grace Village
- Good Samaritan Society – Las Cruces Village
- Mesilla Valley Hospital
- Crossroads
- Cottonbloom Assisted Living
ALZHEIMER’S ASSOCIATION, NEW MEXICO CHAPTER
January - June 2015

Calendar Key:
Basics of Alzheimer’s Disease
Pathology, warnings signs, risk factors and scope of the disease.
Know the 10 Warning Signs
Warning signs and prevention of Alzheimer’s.
Living with Alzheimer’s
Describes different stages of Alzheimer’s, and assists in preparedness.

NORTHEAST REGION
811 St. Michael’s Dr., Suite 106
Santa Fe, NM 87505
(505) 473-1297

January 7
1-4pm
Communications and Behaviors
Rio Arriba Senior Center
1122 Industrial Park Road
Espanola, NM 87532

January 30
1-3pm
Caring for the Caregiver
811 St. Michael’s Drive
Santa Fe, NM 87505

February 5
9:30-11:30am
Know the 10 Warning Signs
Tesuque Senior Center
55 NP 102 E
Santa Fe, NM 87509

February 17
10am-12pm
Coffee Chat
St. Bede’s Episcopal Church
1801 S. St. Francis Drive
Santa Fe, NM 87505

March 12, 19 and 26
9:30-11:30am
Living with Alzheimer’s
Kingston Residence
2400 Legacy Court
Santa Fe, NM 87507

April 10
9:30-11:30am
Know the 10 Warning Signs
Clinica del Pueblo
Highway 84
Tierra Amarilla, NM 87575

April 27
1-4pm
Basics of Alzheimer’s disease
811 St. Michael’s Drive
Santa Fe, NM 87505

May 7
1-3pm
Veterans Administration Building
Douglas Street
Las Vegas, NM 87701

May 19
9:30-11:30am
Know the 10 Warning Signs
Abdon Lopez Community Senior Program
145 Santa Cruz Ct
Santa Cruz, NM 87567

June 10
10am-12pm
Know the 10 Warning Signs
Raton Senior Center
901 South Third Street
Raton, NM

June 24
10am-12pm
Communications and Behaviors
NM Behavioral Health Institute
3695 Hot Springs Blvd.
Las Vegas, NM 87701

June 30
1-4pm
Basics of Alzheimer’s Disease
TBA
Tucumcari, NM 88401

NORTHWEST REGION
3300 N. Butler, Suite 221
Farmingburg, NM 87401
(505) 326-3680

January 7
5:30-6:30pm
Basics of Alzheimer’s disease
Presented by Barbara Michels
Alzheimer’s Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

January 8
1-2pm
Legal Issues for Caregivers-
What you should Know
Presented by Don Pinnock, JD
Alzheimer’s Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

January 28
12-1pm
Conversations About Dementia
Alternative Stress Relief Options for Caregivers & Care Recipients
Presented by Dr. Li Xu Ph.D. (Acupuncture), D.O.M
Alzheimer’s Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

February 12
1-2pm
Legal Issues for Caregivers-
What you should Know
Presented by Don Pinnock, JD
Alzheimer’s Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

February 25
12-1pm
Conversations About Dementia
Recognizing and Treating Depression in the Elderly
Presented by Lea Harrison,
Director of Business Development & Community Education
Haven Behavioral Hospital of Albuquerque
Alzheimer’s Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

January 7
11am-12pm
Basics of Alzheimer’s Disease
Northside Senior Center
607 North Fourth St.
Gallup, NM 87301

February 11
11am-12pm
Know the 10 Warning Signs
Northside Senior Center
607 North Fourth St.
Gallup, NM 87301

February 18
11am-12pm
Know the 10 Warning Signs
Sycamore Park Community Center
1051 Sycamore St.
Farmingburg, NM 87401

March 11
11am-12pm
Conversations About Dementia
Northside Senior Center
607 North Fourth St.
Gallup, NM 87301

March 18
Conversations About Dementia
Sycamore Park Community Center
1051 Sycamore St.
Farmingburg, NM 87401

April 8
11am-12pm
Basics of Alzheimer’s Disease
Northside Senior Center
607 North Fourth St.
Gallup, NM 87301

April 15
Basics of Alzheimer’s Disease
Sycamore Park Community Center
1051 Sycamore St.
Farmingburg, NM 87401

May 13
11am-12pm
Know the 10 Warning Signs
Northside Senior Center
607 North Fourth St.
Gallup, NM 87301

May 20
Know the 10 Warning Signs
Sycamore Park Community Center
1051 Sycamore St.
Farmingburg, NM 87401

June 10
11am-12pm
Conversations About Dementia
Northside Senior Center
607 North Fourth St.
Gallup, NM 87301

June 17
Conversations About Dementia
Sycamore Park Community Center
1051 Sycamore St.
Farmingburg, NM 87401
WE'RE MOVING!
The Las Cruces office will be re-locating in February to 125 N. Main St. The phone number will remain the same.
Statewide Savvy Caregiver Classes

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

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

NORTHEAST REGION
January 14 - February 22
(Wednesdays)
10am-12pm
Savvy Caregiver
Pacifica Senior Living
2961 Galisteo Road
Santa Fe, NM 87505

April 17 & 18
Fri. 1pm-4pm
Sat. 9am-2pm
Cuidando con Respeto
Alzheimer's Association Office
811 St. Michael’s Drive
Santa Fe, NM 87505

May 8 - June 19
(Fridays)
10am-12pm
Savvy Caregiver
Kit Carson Electric Co.
118 Cruz Alta Road
Taos, NM 87571

GREATER ALBUQUERQUE REGION
January 13 - February 24
(Tuesdays)
5:30-7:30pm
Savvy Caregiver
Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

January 15-February 26
(Thursdays)
10am-12pm
Savvy Caregiver
Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

March 10 - April 21
(Tuesdays)
5:30-7:30pm
Savvy Caregiver
Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

March 12 - April 23
(Thursdays)
10am-12pm
Savvy Caregiver
Alzheimer's Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

May 7 - June 18
(Thursdays)
10am-12pm
Savvy Caregiver
Alzheimer’s Association Office
9500 Montgomery Blvd. NE Suite 121
Albuquerque, NM 87111

SOUTHWEST REGION
January 7 - February 18
(Wednesdays)
1-3pm
Savvy Caregiver
Alamogordo Senior Center
2201 Puerto Rico Ave
Alamogordo, NM 88310

January 23 - February 6
(Fridays)
10am-2pm
Savvy Caregiver
Reserve Wellness Center
115 B. Main Street
Reserve, NM 87830

January 15 - February 26
2-4pm
Savvy Caregiver
Las Cruces, NM
Location TBD

March 4 - April 15
(Wednesdays)
1-3pm
Savvy Caregiver
Deming senior Center
800 S. Granite
Deming, NM 88030

March 6 - April 17
(Fridays)
6:30-8:30 pm
Savvy Caregiver
Alzheimer's Association
125 N. Main Street
Las Cruces, NM 88011

May 6 - June 17
(Wednesdays)
1-3pm
Savvy Caregiver
Sierra Health Care
1300 N Silver Street
Truth or Consequences, NM 87901

Statewide Savvy Caregiver Classes

Savvy Caregiver is a seven-week evidence-based class that helps family caregivers increase their skills and decrease their stress. Research has shown that caring for a person with Alzheimer's disease or other dementia is different than caring for a person with another chronic condition. On average, the care lasts longer, and is more stressful. This class aims to equip caregivers with the skills to maintain good quality of life for themselves and their loved-ones. The class is offered free-of-charge to family caregivers throughout the state. See the schedule above to find a class near you, and call 800-272-3900 to enroll.
Viva Volunteers

When you think of a volunteer, what springs to mind?

Is it stuffing envelopes and answering phones? Or maybe you think of carrying boxes, serving food, or passing out information. At the Alzheimer’s Association, New Mexico Chapter all those things certainly need to be done, but there is so much more!

Simply put: much of our work would not happen without volunteers. They help with all the many projects which are done throughout the year to help accomplish our goal of a world without Alzheimer’s disease.

The New Mexico chapter is comprised of 5 offices across the state, and each office relies on volunteers to answer phones, and send out mailings, and maintain records. Volunteers also facilitate support groups, take helpline calls, raise funds, plan events, deliver educational programs, and communicate with state and federal legislators urging their support for increased funding for research.

Can you help?

Every 67 seconds, someone develops Alzheimer’s disease, and as the number of people with the disease increases our need for volunteers increases as well. We need to expand our support to caregivers through more educational programs and support groups. We need to raise more money to support these programs and to provide funding to those who are looking for a cure.

If you would like to donate your time and talents, please contact us at 505-266-4473 and we will be delighted to tell you about what we do and how you can help.

An UnFOREgettable Day!

October 6th dawned cool and clear; a beautiful day for the 2014 UnFOREgettable Golf Classic at Tanoan Country Club in Albuquerque. We had the highest number of participants ever with 182 golfers playing in the shotgun start, 18-hole tournament. Haven Care 2 was the winning team with Tom Schoneman, Jeff Kirkpatrick, Scott Sample and Jason Smith taking home the prize of a golf foursome at PaaKo Ridge and dinner at Luca Italian Bistro. Please plan to join us next year!

Thank you to our UnFOREgettable Sponsors!

- RBC Wealth Management –The Cates Team
- New Mexico Bank & Trust
- North Ridge Alzheimer’s Special Care Center
- Retreat Gardens
- Addus Healthcare
- Heritage Home Healthcare & Hospice
- Haven Care

Christine and Mimi from New Mexico Bank & Trust were on the hunt for the cure out on the course!
In Memory Of...

Mary Sue Allen
  Mr. and Mrs. Bobby Carroll

Mike Andrews
  Mr. and Mrs. Melvin Flamm
  NEU

Vera Mae Ashley
  Western States Insurance Group, Inc.
  (Barbara Brian)

Vita Atencio
  Mary Boyce

Amy Arlene Baxter
  Mr. and Mrs. Richard Cantrall
  Audra Hemphill
  Netherwood Park Church of Christ
  Elizabeth Wills

Phyllis Berstler
  Olive De Angelis
  Barbara Fry
  Mr. and Mrs. Christopher Lewis

Nettie James Bradley
  Mr. and Mrs. Dale Lewis

Lois Branscombe
  Mr. and Mrs. George Revels

Teresa C. Navarro
  Ted Candelaria

Charlotte Carroll
  First Baptist Church
  Ruth Mayhew
  Peltier, Gustafson and Miller, PA

Marjorie L. Dearden
  Rebecca Noland
  Peter Papineau

Pete Del Valle
  Inez Sisneros and Janet Wiggins

Elsie Dickert
  Mr. and Mrs. Malcolm Stringer

Gabrielle Miles and Dorothy Walker
  John Booth and Diana Duff

William Douglass
  Mr. and Mrs. Patrick Nolte

Martha Dudley
  Elizabeth Churchill

Joan L. Emery
  Mr. and Mrs. David Warner

Wardene Judith Evans Ryan
  Foster Witthauer

Virginia Farris
  Denise Farris

Fay Fields
  Mr. and Mrs. Gary Michels

John W. Geisler
  Max Kuykendall

Arthur Gonzales
  James Vergo and
  Angie Gurule-Vergo

Diana V. Guzzardi
  Mr. and Mrs. David Laird
  Frances Montoya
  Ana Santangelo

Louise Hackett
  Richard Eaton, Jr.
  Mr. and Mrs. Michael Flick

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Zylker, Raesha
It was an exciting year for the New Mexico Chapter; we added two regional family caregiver conferences to our slate, giving us a total of four throughout the state!

The Third Annual Southwestern Regional Family Caregiver Conference was held on June 19th at the Las Cruces Civic Center. The full-day of education for caregivers was presented in both English and Spanish and featured a keynote speech by former State Representative Manny Najera, who is living with Alzheimer’s. Sessions on subjects such as managing behavioral expressions, medication, and late stage care were offered to the nearly 100 participants who also enjoyed lunch and snacks.

The First Northern Regional Family Caregiver Conference was held on June 26th at the Lodge at Santa Fe. It was a full day of education and pampering for 94 family caregivers from all over northern New Mexico. Dr. Lena Smith delivered the keynote address on types of dementia, and career educator Ben Baca closed the day with a talk about his experience as a caregiver, and advice to participants. In between, there were sessions on managing crisis, legal issues, and caregiver self-care. One participant commented “I’m blown away by how valuable this (day) was!”

On October 18th, the first Southeastern Family Caregiver Conference was held at the Sally Port Inn in Roswell. Attended by 31 family caregivers, the conference included sessions on working with someone who has Alzheimer’s, legal issues, and a keynote speech by Barbara Michels on caring for the caregiver. Participants were very satisfied...
Chapter Family Caregiver Conferences

with the opportunities for learning and interaction; one commented “I really needed this!”

Our last conference of the year was the 10th Annual Family Caregiver Conference in Albuquerque on November 1st. This year’s theme was “Quality of Life” and the day included a keynote speech by caregiver DuWayne Branscombe, sessions on stress relief, and dealing with feelings of guilt, as well as pampering provided by the Garden Gate Spa. A big part of the conference every year are the awards. This year’s Marian Vallejos Caregiver of the Year Award went to Bernadette Meza, who cares for three elderly relatives and two teenagers. As her daughter Brandi wrote in her nomination, Bernadette is a “triple decker in the sandwich generation!” There were also three Community Hero Awards given out: to Susan Heckethorn who chairs the Los Alamos Walk to End Alzheimer’s committee and volunteers as an Ambassador to Rep. Ben Ray Lujan; to Katie Roper who was honored for her tireless work on this year’s Farmington Walk to End Alzheimer’s and continued support of our mission; and to Dr. Lena Smith-Ernst for her dedication to supporting and caring for people living with Alzheimer’s disease and their caregivers.

If you are a caregiver, or know someone who is, please plan to join us in 2015 for one of our conferences!

L-R Susan Heckethorn, Katie Roper, and Dr. Lena Smith-Ernst.
Alzheimer’s Association New Mexico

Upcoming Events

Statewide Walk to End Alzheimer's® Events
September, 2015

Alzheimer's Day at the Legislature
Roundhouse, Santa Fe
March 10, 2015

The Longest Day
Statewide
June 21, 2015

Dancing Stars Gala
Hotel Albuquerque
April 15, 2015

4th Annual Professional Conference
Albuquerque Marriott Pyramid
May 28 and 29, 2015

For information on participating in any (or all!) of these activities, please call us at (800) 272-3900