Spaghetti Dinner Fundraiser, Senior Star at Las Colinas Village, Albuquerque. Photo by Brandon Barela.
MISSION STATEMENT:
To eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

VISION
A world without Alzheimer’s disease. ®
Hello everyone. I am very proud to be serving you as President of the Advisory Board for the Alzheimer’s Association, NM Chapter. Because I’ve been partnering with the Association for the last few years, many of you already know me and I am privileged to know you.

I must also say that I look upon this new role with a deep sense of reverence. Like so many of us, my life has been touched by Alzheimer’s disease. My husband Matt and I were care partners for his grandparents, including his beloved grandmother who passed away from dementia. The experience showed me the very real struggle of how difficult it can be for families faced with this disease.

And in our business, we see the heartache every day. As owner of seven assisted living communities, I’ve worked with over 1200 families dealing with Alzheimer’s and other forms of dementia. The toll on these families is devastating.

As a volunteer for the Association, I teach caregiving classes to family members who are caught in the wave of this public health crisis. It’s fundraising that allows the Association to provide free services like this to the people who need our help now. But fundraising can also make a more lasting impact. The bleak future this disease threatens us with can be altered by funds people like you raise for research.

Fundraising is not only important, it can be a joy — and it actually was my introduction to the Association. We first got involved in 2012, when the Walk to End Alzheimer’s in Las Cruces was looking for sponsors. We jumped on board, started a Walk Team and immediately started our fundraising adventures. Since then, we’ve done car washes, raffles, paint & wine events, drag shows, wine tasting and enchilada dinners.

But our biggest and most popular fundraiser is our annual Green Chile Fundraiser. After a couple of years, we knew we needed something unique and enticing to increase donations. Then it hit us... everybody in New Mexico starts buying green chile in the fall, which happens to be right around Walk season. It was a promising idea. But could we pull it off?

We approached a friend who was a farmer in Hatch. Because he was our friend, and because he wanted to support the cause, he agreed to sell us chile at cost. He let us use his roasters, ultimately donating both chile and roasters. That was a valuable lesson we learned: don’t be afraid to ask your friends and contacts, you never know just how much they might be willing to help.

We kept asking. We found another local farm family that agreed to donate propane. Sensing we were on a roll, I asked my own family, my business partners, our Casa Bella Team in Las Cruces (and their families and friends) for help as volunteers. Soon we had twelve to fifteen people roasting, bagging, taking orders, counting money, cleaning, marketing, etc. We also made green and red chile enchiladas the day people came to pick up their orders, because we knew they couldn’t resist!

It was a successful and rewarding fundraiser. Each year, for two years in row so far, we’ve roasted and sold 4,000 pounds of chile. That’s two tons a year! And we were able to make about $3,500 each year for our Walk Team.

Since then, we’ve honed and evolved the process. It’s still super hard work – but it makes us feel great. We are secure knowing that the money raised allows the Association to continue to provide free programs, care and support to New Mexicans who need help dealing with Alzheimer’s, and to further advance the research that may one day lead to a breakthrough.

My new position has brought me a renewed appreciation of how important fundraising is. I see how creative fundraisers like ours, hundreds of them across the country, some smaller some larger, all contribute to the Association’s larger mission and vision of a world without Alzheimer’s. It’s really up to us to choose our own fundraising journey. Remember, never be afraid to ask or to take on something big. There’s more help out there than you think. Whether it’s a car wash, a bake sale or a two-ton green chile fundraiser; it all makes an important difference.

To those of you who are about to embark on this adventure, and to those of you who have been involved for years now, I thank you. I look forward to being your president.

Tracy Ayers
If you’re reading this newsletter, Alzheimer’s disease has probably already touched you in some way. If it has, then you know that we all need to do something to help defeat it. Organizing a Walk to End Alzheimer’s team is a great way to take action in the fight against this heartbreaking disease.

The Alzheimer’s Association, New Mexico Chapter:
- Provides Care & Support Programs and services to New Mexicans with Alzheimer’s and dementia and their caregivers;
- Funds the operation of a 24/7 Helpline that can manage calls in over 200 languages;
- Supports research to find a cure, prevention or treatment for Alzheimer’s disease;
- Supports public policy efforts to enact legislation that supports persons with Alzheimer’s or dementia and their unpaid family caregivers; and
- Mobilizes volunteers to increase federal funding for Alzheimer’s research (this year funding through the National Institutes of Health is at a historic level of $1.8 billion).

Funds raised from the Walk to End Alzheimer’s support all of these important activities. But we can’t do this without your help. Start a Walk to End Alzheimer’s Team, become a Walk Team Captain. The Walk’s success relies on teams of friends, family and co-workers, led by people like you. As a Team Captain, you’re building excitement and helping your team set fundraising goals. Every person you recruit and every dollar you raise increases awareness and helps advance care, support and research that help us find a prevention treatment or cure.

We encourage you to embrace fundraising ideas that are easy, fun and increase involvement. Find activities that will engage and motivate others. Here’s some helpful thoughts:
- Set a goal together. Plan a team dinner, coffee break or happy hour to determine a fundraising goal and each teammate’s expected contribution. Challenge yourself and your teammates to raise at least $100 each.
- Explore ideas. Discuss fundraising options with your team to determine which have the most potential.
- Make a self-donation. Set an example for your team by showing your own dedication and inspiring others to do the same.
- Use online tools. Each team member has access to many tools, including the Walk Mobile app and the online Participant Center, where they can build a personal webpage and find pre-written email templates to send to friends and family.
- Explore opportunities in your community. Can you raise money at a local fair or event? By hosting a garage sale? You could ask for help from community organizations, local corporations and businesses that you frequent.
- Fundraise at work. Ask your human resources department if you can host a Casual for a Cause dress-down fundraiser at your office. Or consider displaying “Forget-Me-Not” Walk flowers in exchange for donations.
- Reach out to your local volunteers and staff at the NM Chapter. We have a wealth of information, tools and ideas to help you achieve fundraising success.
- Secure matching gifts. Many workplaces will match a portion of the money their employees raise for charity. To see if your office has a matching gift policy, visit alz.org/walkmatch or talk with your human resources department.

And when you do start reaching out for donations, it’s important to remember to share...
- Share your personal story. Nothing creates a connection and inspires action like hearing someone’s experience firsthand. Also, be sure to share your story, inspirations and pictures on your Walk page.
- Share your enthusiasm and excitement with your team as you strive together to reach your fundraising goal.
- Share fundraising advice, team progress and Walk day information with your team members.

You can start with one email. One phone call. One letter asking friends and family to join you. Through your fundraising efforts, you make our mission possible. Together, we can make this Walk season the best one ever.

For more info, Call 1 (800) 272-3900 or visit www.alz.org/walk. If you’re already a Team Captain, log in to your Participant Center at alz.org/walk to access helpful resources and start spreading awareness today!
### Annual Partners

Reflects commitments received as of May 1, 2018.

For more information, contact: Nika Lawrie, Development Director, at (505) 266-4473 or nlawrie@alz.org.

<table>
<thead>
<tr>
<th>Partner Name</th>
<th>Address Details</th>
<th>Contact Information</th>
<th>Website</th>
</tr>
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<tbody>
<tr>
<td>MorningStar Senior Living</td>
<td>8051 Palomas Ave. NE, Albuquerque, NM 87109</td>
<td>(505) 750-9540</td>
<td><a href="http://www.morningstarseniorliving.com">www.morningstarseniorliving.com</a></td>
</tr>
<tr>
<td>Stellar Senior Housing Experts</td>
<td>4600A Montgomery Blvd. NE, Suite 200, Albuquerque, NM 87109</td>
<td>(505) 369-8291</td>
<td><a href="http://www.stellarseniorhousingexperts.com">www.stellarseniorhousingexperts.com</a></td>
</tr>
<tr>
<td>Havencare</td>
<td>7801 Academy Rd. NE, Bldg. 2, Ste. 202, Albuquerque, NM 87109</td>
<td>(505) 275-2275</td>
<td><a href="http://www.havencarenm.com">www.havencarenm.com</a></td>
</tr>
<tr>
<td>Artesia General Hospital</td>
<td>702 N 13th St., Artesia, NM 88210</td>
<td>(575) 748-3333</td>
<td><a href="http://www.artesiagenral.com">www.artesiagenral.com</a></td>
</tr>
<tr>
<td>Peak Intensive Care Services</td>
<td>5055 McNutt Rd, Santa Teresa, NM 88008</td>
<td>(575) 589-3000</td>
<td><a href="http://www.peakbehavioral.com">www.peakbehavioral.com</a></td>
</tr>
<tr>
<td>Retreat at Home</td>
<td>3808 Academy Pkwy. N NE, Albuquerque, NM 87109</td>
<td>(505) 938-4652</td>
<td><a href="http://www.retreathomecare.com">www.retreathomecare.com</a></td>
</tr>
<tr>
<td>Southern Area Health Education Center</td>
<td>4003 Geothermal Dr., Las Cruces, NM 88011</td>
<td>(575) 646-3441</td>
<td><a href="http://www.soahec.nmsu.edu">www.soahec.nmsu.edu</a></td>
</tr>
<tr>
<td>Visiting Angels</td>
<td>4300 Carlisle Blvd. NE, #2, Albuquerque, NM 87107</td>
<td>(505) 821-7500</td>
<td><a href="http://www.visitingangels.com">www.visitingangels.com</a></td>
</tr>
<tr>
<td>Preferred Care</td>
<td>2919 Spitz Street, Las Cruces, NM 88005</td>
<td>(575) 527-5535</td>
<td><a href="http://www.apalinc.com">www.apalinc.com</a></td>
</tr>
<tr>
<td>UNM Memory &amp; Aging Center</td>
<td>2201 Buena Vista Dr. SE, Ste. 306, Albuquerque, NM 87106</td>
<td>(505) 433-2381</td>
<td><a href="mailto:UNM-MAC@unm.edu">UNM-MAC@unm.edu</a></td>
</tr>
<tr>
<td>ELAN Senior Lifestyle</td>
<td>6901 San Vicente Avenue NE, Albuquerque, NM 87109</td>
<td>(505) 445-9200</td>
<td><a href="http://www.elansantamonica.com">www.elansantamonica.com</a></td>
</tr>
<tr>
<td>Home Instead Senior Care</td>
<td>880 S Telshor Blvd #200, Las Cruces, NM 88011</td>
<td>(575) 522-7133</td>
<td><a href="http://www.homeinstead.com">www.homeinstead.com</a></td>
</tr>
<tr>
<td>Santa Monica</td>
<td>4004 Carlisle NE, Suite L, Albuquerque, NM 87107</td>
<td>(505) 830-0202</td>
<td><a href="http://www.abqelderlaw.com">www.abqelderlaw.com</a></td>
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Listings in no particular order...
annual partners Reflects commitments received as of May 1, 2018.
For more information, contact: Nika Lawrie, Development Director, at (505) 266-4473 or nlawrie@alz.org.

Listings in no particular order...

**Reflects commitments received as of May 1, 2018.**

**DANCING STARS GALA 2018 SPONSORS**

- Mark Pardo SalonSpa
- Mya Kai
- PremierX Pest Control
- Quintessence: Choral Artists of the Southwest
- Redhead Studios
- Alliance Home Health Care & Hospice
- Clear Channel Outdoor
- National Distributing
- Pregenzer Baysinger Wideman & Sale, PC
- Visiting Angels
- Magic 99.5 FM
- 94.5 FM/AM 770 News Radio KKOB
- North Ridge Alzheimer’s Special Care
- Preferred Assisted Living
- RBC Wealth Management - Cates Team
- Senior.One
- Compassus Hospice
- Elan Santa Monica
- UNM Memory & Aging Center

**UNFOREGETTABLE GOLF CLASSIC 2018 SPONSORS** (as of May 1, 2018)

- 95.9 FM 610AM The Sports Animal
- Magic 99.5 FM
- 94.5 FM/AM 770 News Radio KKOB
- Cheesecake Factory
- National Distributing Co.
- Whataburger
- Retreat Villas
- RBC Wealth Management – Cates Team
- Stellar Senior Housing Experts
- Senior.One
- Alliance Home Health Care & Hospice
- Haven Care
- Clear Channel Outdoor
- By Your Side HomeCare
- Visiting Angels
- Oppenheimer Funds
- North Ridge Alzheimer’s Special Care Center

**SPECIAL THANKS TO THE BOB TURNER FAMILY**

**PROFESSIONAL CONFERENCE 2018 SPONSORS**

- The Retreat
- Retreat Gardens
- Retreat Villas
- NM Aging & Long Term Services Department
- North Ridge Alzheimer’s Special Care
- Senior.One
- Elan Santa Monica
- Stellar Senior Housing Experts
- By Your Side HomeCare
- Hospice de la Luz
- Retreat at Home
When you browse the class schedules in this issue, you might notice a change. Recently, we’ve changed the name of the “Savvy Caregiving” program to something even more clear and descriptive. It’s the same great class, but now it’s called: “Skills for Dementia Caregiving: a FREE Class for Family & Friends of a Loved One with Dementia.” There’s no mystery in this new title, you know exactly what you’re going to get. Six weekly sessions of free, evidence-based training for families dealing with dementia.

“Education is such a critical component in the caregiver’s toolbox,” says Tina De La Luz, (Program Director, Alzheimer’s Association, NM Chapter).

“Skills for Dementia Caregiving” aims to teach caregivers practical techniques for interacting with loved ones with dementia or Alzheimer’s disease, and for understanding and managing their behavior. It imparts tools for long-term planning and for reducing caregiver stress. It also helps explain the signs, impacts and pathology of dementia and Alzheimer’s disease.

“Caregivers who learn more about strategies and effective communication always report feeling more capable, more confident and competent in their abilities and more gratified by the work of caregiving,” continues De La Luz. “I recommend this class for all family members caring for a loved one with dementia.”

There are FREE classes scheduled now all across New Mexico. Call to find one in your area: 1 (800) 272-3900

Where Does the Money Go?

EVERY DOLLAR DONATED ADVANCES THE FIGHT AGAINST ALZHEIMER'S

- It provides free 24/7 Helpline, Support Groups, Caregiver Education & other Care & Support Programs
- It drives research toward treatment, prevention & ultimately a cure
- It gives voice to the needs & rights of those affected, advocating for Federal & State legislation
- It raises awareness & grows understanding of the disease through free community education presentations, physician outreach & awareness events such as The Walk to End Alzheimer’s and The Longest Day

The Alzheimer’s Association meets or exceeds relevant watchdog standards in its allocation of donor dollars. According to the BBB Wise Giving Alliance, nonprofit organizations should spend at least 65 percent of its total expenses on program activities, with remaining funds going to administrative and fundraising expenses.

We continue to meet and exceed these minimum standards with 77 percent of our total annual expenses going to care, support, research, awareness and advocacy activities.
The Walk to End Alzheimer's and The Longest Day are the Alzheimer's Association's largest and most successful fundraisers, bringing in millions nationally for research, care & support. But what most people don't know, is that these large fundraising events are built on the achievements of hundreds of smaller team and individual fundraisers. In other words, it is the efforts of teams that are made up of people like you and your friends who make these larger events the success stories they are.

For instance, when you sign up for a Walk – or better yet, organize a Walk team – you are asked to try and raise at least $100 for the cause. If you are on a team, you try and raise $100 per person, minimum. But it's not about the minimums. Most teams try and raise as much as possible. Whether it's to honor someone you love, competition with another team, the incentives or simply to advance the cause, teams and individuals continually strive to raise the bar in their fundraising efforts. And that's a good thing.

**FUNDRAISING.** There are clues in the word itself...

**FUN.** It can be a very joyful experience raising money for a great cause and raising awareness at the same time. "I call it 'FUNdraising' because even though there is a lot of work that goes into making it happen, it is fun!" says Bonnie Zeiler (Village at Northrise). "We have raised a lot of money by thinking outside of the box. We have a 'what if' kind of attitude. Our most popular so far has been our Annual Mud Volleyball, and our Annual Yard Sale. FUNdraising is just that; FUN and necessary to end Alzheimer's."

**FUNDS.** Some teams bring in thousands, some bring in hundreds. Either way, every dollar counts. Don’t be intimidated by the idea that you have to hit your goal in one day, or even one event. The Walks technically happen on a specific date. But team fundraising doesn’t have to be only one day. Fundraisers can – and should - happen year-round and are meant to promote continuous involvement and constant awareness to what we are fighting to end.

On any given day of the year, you’ll find several events happening around your community that may look like regular yard sales or car washes, but are actually fundraisers that are advancing the Alzheimer’s Association’s mission. "We encourage year-round fundraising because it allows you to maximize your
effectiveness. Maybe your bake sale in April didn’t hit your fundraising goal, but having two more events scheduled before the Walk will allow you to hit or even surpass it. Ultimately, fundraising is the biggest investment you will ever make, because you are fighting for the future.” says Ashley Martinez (Alzheimer’s Association, NM Chapter).

RAISING. Whether it’s raising funds, raising awareness or raising the motivation level of your team, it’s all about “building”. And to build, you have to start with a good foundation. The first step is getting involved. There’s a few ways to begin. You can sign up for the Walk as an individual, asking your friends and family to donate to support you. You can join an existing team and start volunteering in their fundraising efforts – or you can start a team by engaging people you work with, your friends and family. There are also lots of teams representing businesses, local and national, who have pooled resources to make an even larger impact.

The next step is setting a goal. Involve your team on determining an amount. When the team members help in this decision, they strive harder and will be more excited when the goal is met.

FROM IDEAS TO ACTION. Now you’re ready to start brainstorming on how your team will raise money. Allow for a wide range of creativity. Build off of each other’s diverse ideas and find something with the most potential. Get things going with a self-donation. It’s a great way to set a positive example and show that you are dedicated.

Think about the little worlds around you. Everyone should take into consideration the communities they are already apart of: your social circles, church, children’s sports teams, dentist’s or doctor’s offices and even online. Don’t hesitate to incorporate your family.

“Since he was 9 years-old, my son Cohen has led an Alzheimer’s Association fundraising campaign here at our company, called “children treating change,” says Haeli Miceli (The Retreat Healthcare). “He basically collects spare change from the employees after lunch. But it really adds up! His message is ‘children can change the future’. And it’s true, we are all working together to find a cure. Everything adds up. Your small change can lead to a big change!”

Your workplace really is one of the best opportunities to take fundraising to the next level. Think casual Thursdays...encourage your coworkers to dress down by paying $5 to go towards your team. Another important thing to consider is Matching Gifts. Some companies will match a portion of what you’ve raised - that could be a business you work for or maybe a local bank that wants to be more involved in the community.

“Fundraising is part of our culture. We are fortunate to work for a fantastic company that supports our efforts,” says Melissa Spiers (North Ridge Alzheimer’s Special Care / JEA Senior Living). “We involve our families, residents and staff. For instance, each year, our team, the North Ridge Rocks Stars, creates a T-shirt. Staff and family members must join our team and fundraise or donate $50 to earn the shirt.”

Do-it-yourself fundraisers can be as simple or as extravagant as you imagine and can raise anywhere from $100 to $10,000 or even more. Some popular ideas include garage sales, game nights, ice cream socials, BBQ’s and dine-to-donates. More elaborate ideas could be hosting a yoga night at your yoga studio, a dating game or a wine and cheese party for close friends. The
possibilities are endless. Whatever you think will get people excited to raise money is fair game. There are no rules, and every idea is a potentially great one.

“We try to make it exciting, competitive and engaging,” continues Spiers. “From burrito sales to chili cookoffs... everyone has an opportunity to get involved. With lots of planning and promotion, we easily meet and typically exceed our fundraising goals.”

Getting involved is a success in itself. Don’t be discouraged by early numbers. Continue to focus on all of the meaningful reasons you are doing this in the first place and keep your team members encouraged as well. Motivation is key and you have plenty of reason to be motivated...

The important work of the Alzheimer’s Association could never get accomplished without your individual efforts and team fundraising. We are committed to helping families who need our care & support programs and to finding a way to end this disease through the advancement of research. But we can’t do this without you. Your involvement is vital to our vision of a world without Alzheimer’s disease.

We thank you sincerely for all your fundraising efforts. Now, let’s get creative...

MORE FUNDRAISING IDEAS:
- Dance Off • Adult Spelling Bee • Jail-and Bail
- Kiss the Pig • Lemonade Stand
- Motorcycle Run • Hot Dog-Eating Contest
- Office Olympics • Poker Night
- Pancake Breakfast • Ornament Sale
- VIP Parking at work • Ugly Sweater
- Contest Treasure Hunt • Bowling

WANT TO TALK TO SOMEONE ABOUT FUNDRAISING IDEAS FOR YOUR WALK OR LONGEST DAY TEAM? Call (505) 266-4473.

OTHER HELPFUL SITES: www.alz.org/walk (National Walk Site) or www.alz.org/tld (The Longest Day Site).

OUR NEW MEXICO WALK WEBSITES ARE:
- SW Regional Walk (Las Cruces) act.alz.org/LCWalk18
- NW Regional Walk (Farmington) act.alz.org/FarmWalk18
- SE Regional Walk (Roswell) act.alz.org/Roswalk18
- NE Regional Walk (Santa Fe) act.alz.org/SFWalk18
- Greater Albuquerque Walk act.alz.org/ABQWalk18
EVENT HIGHLIGHTS

Alzheimer’s Advocacy Day at the Legislature (Santa Fe, 1/18/2018)

In January, we shared an incredible day of advocacy and awareness with New Mexico's policymakers at the State Capital in Santa Fe. Our message was loud and clear: Alzheimer's disease is a public health crisis.

Dancing Stars Gala

8th Annual Dancing Stars Gala (Albuquerque, 4/14/2018)

The Kiva Auditorium at the Albuquerque Convention Center was the perfect venue for "our best presentation ever!" A Broadway show tunes-themed competition included a stellar lineup of Dancing Stars: Dan Champine (Albuquerque Police Department), Kendall Corley (Visiting Angels), Crystal Guiterrez (KRQE News 13), Dr. Janice Knoefel (UNM Memory & Aging Center) and Michael Vigil (Caffeinated Financial Group). Special thanks to emcees Jessica Garate and Dean Staley (KRQE News 13), Retreat Healthcare, Enchantment Dancing and ALL who participated in this dazzling event.

Workshop on Alzheimer’s Research in New Mexico (Albuquerque, 5/9/2018)

In early May, we were pleased to participate in the first annual statewide gathering of New Mexico-based Alzheimer’s & dementia researchers, sponsored by the New Mexico Consortium. This important event was presented in cooperation with Los Alamos National Laboratory, UNM Memory & Aging Center, the NM Aging & Long-term Services Department and our chapter.

7th Annual Professional Conference (Albuquerque, 5/10 & 5/11, 2018)

The conference this year shed light on the latest in cutting-edge research and best practices in the fields of Alzheimer’s disease and related dementias. Among the many notable speakers was featured keynote Dr. Keith Fargo (Director of Scientific Programs & Outreach, Alzheimer’s Association) who delivered an update on Alzheimer’s research on a national and international level.

The Longest Day (Worldwide, 6/21/2018)

This year, communities around New Mexico participated in this popular do-it-yourself fundraiser. Highlights included Helen Brooks’ Longest Day Memory Quiz in Santa Fe, Every-BODY Nutrition’s Zumba event in Las Cruces, the Duke City Bridge Club charity game, the NM Bowling News tournament and a concert in Albuquerque featuring Soul Divine (July). For more info on The Longest Day call Rebekah at (505) 266-4473.


This annual charity tournament is always fun and rewarding for all, and this year was no exception. This year featured appearances from radio personalities from 610 The Sports Animal and a round of golf trivia. The Golf Classic is a great way for sports enthusiasts to get excited about raising funds for Alzheimer’s disease. Want to golf for charity next year? Give us a call to sign up your foursome: (505) 266-4473.

www.alz.org/newmexico 800.272.3900
Skills for Dementia Caregiving is a multi-session, evidence-based educational program designed to help caregivers feel more confident and competent in their caregiving skills. It has also been shown to reduce caregiver stress by identifying risks and learning self-care strategies. These classes are offered to caregivers at no charge, and all curriculum materials are provided at no cost.

Cuidando Con Respeto
A two-day linguistic and cultural translation of Skills for Dementia Caregiving.

Skills for Dementia Caregiving Classes

- **Greater Albuquerque Skills for Dementia Caregiving Classes**
  - **Tina De La Luz, Program Director**
  - tdelaluz@alz.org, 1 (800) 272-3900
  - 9500 Montgomery Blvd. NE, Suite 121
  - Albuquerque, NM 87111

- **July 10-August 14, 9:30am-11:30am (Tuesdays)**
  - Skills for Dementia Caregiving
  - Alzheimer's Association, NM Chapter
  - 9500 Montgomery Blvd. NE, Ste. 121, Albuquerque NM, 87111

- **July 10-August 21, 5:30pm-7:30pm (Tuesdays)**
  - Skills for Dementia Caregiving
  - Alzheimer's Association, NM Chapter
  - 9500 Montgomery Blvd. NE, Ste. 121, Albuquerque NM, 87111

- **July 11-August 15, 3:00pm-5:00pm (Wednesdays)**
  - Skills for Dementia Caregiving
  - Alzheimer's Association, NM Chapter
  - 9500 Montgomery Blvd. NE, Ste. 121, Albuquerque NM, 87111

- **July 12-August 16, 10:00am-12:00pm (Thursdays)**
  - Skills for Dementia Caregiving
  - Alzheimer's Association, NM Chapter
  - 9500 Montgomery Blvd. NE, Ste. 121, Albuquerque NM, 87111

- **September 4-October 9, 9:30am-11:30am (Tuesdays)**
  - Skills for Dementia Caregiving
  - Alzheimer's Association, NM Chapter
  - 9500 Montgomery Blvd. NE, Ste. 121, Albuquerque NM, 87111

- **September 4-October 9, 5:30pm-7:30pm (Tuesdays)**
  - Skills for Dementia Caregiving
  - Alzheimer's Association, NM Chapter
  - 9500 Montgomery Blvd. NE, Ste. 121, Albuquerque NM, 87111

- **September 5-October 10, 3:00pm-5:00pm (Wednesdays)**
  - Skills for Dementia Caregiving
  - Alzheimer's Association, NM Chapter
  - 9500 Montgomery Blvd. NE, Ste. 121, Albuquerque NM, 87111

- **September 6-October 11, 10:00am-12:00pm (Thursdays)**
  - Skills for Dementia Caregiving
  - Alzheimer's Association, NM Chapter
  - 9500 Montgomery Blvd. NE, Ste. 121, Albuquerque NM, 87111

- **October 30-December 4, 9:30am-11:30am (Tuesdays)**
  - Skills for Dementia Caregiving
  - Alzheimer's Association, NM Chapter
  - 9500 Montgomery Blvd. NE, Ste. 121, Albuquerque NM, 87111

- **Southwestern Skills for Dementia Caregiving Classes**
  - **Alexis Ramirez, SW Regional Programs Manager**
  - alramirez@alz.org, 1 (800) 272-3900
  - 1155 S. Telshor, Ste. 202
  - Las Cruces, NM 88011

- **July 19 - August 23, 1pm-3pm (Thursdays)**
  - Skills for Dementia Caregiving
  - Alzheimer's Association, NM Chapter
  - 1155 S. Telshor Blvd Suite 202, Las Cruces, NM 88011

- **September 6 - October 18, 1pm-3pm (Thursdays)**
  - Skills for Dementia Caregiving
  - Alzheimer's Association, NM Chapter
  - 1155 S. Telshor Blvd Suite 202, Las Cruces, NM 88011

- **November 1 - December 13, 1pm-3pm (Thursdays)**
  - Skills for Dementia Caregiving
  - Alzheimer's Association, NM Chapter
  - 1155 S. Telshor Blvd Suite 202, Las Cruces, NM 88011

- **August 28 - October 2, 10 am – 12pm (Tuesdays)**
  - Skills for Dementia Caregiving
  - San Juan Center for Independence
  - 1204 San Juan Blvd., Farmington, NM 87401

- **September 1 - October 6, 10 am to 12 Noon (Saturdays)**
  - Skills for Dementia Caregiving
  - San Juan Center for Independence
  - 1204 San Juan Blvd., Farmington, NM 87401

- **October 16 - November 20, 10am-12 Noon (Tuesdays)**
  - Skills for Dementia Caregiving
  - San Juan Center for Independence
  - 1204 San Juan Blvd., Farmington, NM 87401

- **October 20 - November 24, 10am-12pm (Saturdays)**
  - Skills for Dementia Caregiving
  - San Juan Center for Independence
  - 1204 San Juan Blvd., Farmington, NM 87401

- **Northeastern Skills for Dementia Caregiving Classes**
  - **Sarah Bradley, SE Regional Manager**
  - smbradley@alz.org, 1 (800) 272-3900
  - 500 N. Main, Suite 106
  - Santa Fe, NM 87505

For information on additional presentations, training and classes in this region, please contact us using the information provided above. Thank you.

Waldon Lynch, Regional Manager
wilynch@alz.org, 1 (800) 272-3900
3300 N. Butler Avenue, Suite 221
Farmington, NM 87401

For information on presentations, training and classes in this region, please contact us using the information provided above. Thank you.

Regional Map

12
800.272.3900  www.alz.org/newmexico
Educational Classes

Tina De La Luz, Program Director
tdelaluz@alz.org, (1) 505.272.3900
9500 Montgomery Blvd. NE, Suite 121
Albuquerque, NM 87111

July 2, 10:00am-2:30pm
Introduction to Support Groups
Presented by Barbara Michels
Alzheimer’s Association, NM Chapter
9500 Montgomery Blvd NE, Ste. 121, Albuquerque, NM, 87111

July 12, 1:30pm-2:30pm
Legal Issues for Caregivers—What You Should Know
Presented by Don Pinnock, JD
Alzheimer’s Association, NM Chapter
9500 Montgomery Blvd NE, Ste. 121, Albuquerque, NM, 87111

July 18, 10:00am-2:30pm
Basics of Alzheimer’s Disease
Presented by Barbara Michels
Alzheimer’s Association, NM Chapter
9500 Montgomery Blvd NE, Ste. 121, Albuquerque, NM, 87111

August 1, 10:00am-2:30pm
Communications and Behaviors
Presented by Barbara Michels
Alzheimer’s Association, NM Chapter
9500 Montgomery Blvd NE, Ste. 121, Albuquerque, NM, 87111

August 4, 10:00am-2:30pm
Introduction to Support Groups
Presented by Barbara Michels
Alzheimer’s Association, NM Chapter
9500 Montgomery Blvd NE, Ste. 121, Albuquerque, NM, 87111

August 9, 1:30pm-2:30pm
Legal Issues for Caregivers—What You Should Know
Presented by Don Pinnock, JD
Alzheimer’s Association, NM Chapter
9500 Montgomery Blvd NE, Ste. 121, Albuquerque, NM, 87111

August 15, 12:00pm-1:00pm
Choosing Long Term Care
Presented by Tracy Ayers, Chapter Board President
Alzheimer’s Association, NM Chapter
9500 Montgomery Blvd NE, Ste. 121, Albuquerque, NM, 87111

September 5, 10:00am-2:30pm
Hospice and Palliative Care: It’s About Quality of Life
Presented by Libby Hopkins, RN
Alzheimer’s Association, NM Chapter
9500 Montgomery Blvd NE, Ste. 121, Albuquerque, NM, 87111

September 13, 1:30pm-2:30pm
Legal Issues for Caregivers—What You Should Know
Presented by Don Pinnock, JD
Alzheimer’s Association, NM Chapter
9500 Montgomery Blvd NE, Ste. 121, Albuquerque, NM, 87111

September 19, 12:00pm-1:00pm
Basics of Alzheimer’s Disease
Presented by Tina De La Luz, Program Director
Alzheimer’s Association, NM Chapter
9500 Montgomery Blvd NE, Ste. 121, Albuquerque, NM, 87111

October 1, 10:00am-2:30pm
Introduction to Support Groups
Presented by Barbara Michels
Alzheimer’s Association, NM Chapter
9500 Montgomery Blvd NE, Ste. 121, Albuquerque, NM, 87111

October 3, 10:00am-2:30pm
Communications and Behaviors
Presented by Barbara Michels
Alzheimer’s Association, NM Chapter
9500 Montgomery Blvd NE, Ste. 121, Albuquerque, NM, 87111

October 11, 1:30pm-2:30pm
Legal Issues for Caregivers—What You Should Know
Presented by Don Pinnock, JD
Alzheimer’s Association, NM Chapter
9500 Montgomery Blvd NE, Ste. 121, Albuquerque, NM, 87111

October 17, 12:00pm-1:00pm
Clinical Trials and Trial Match
Presented by Gary Glin, Executive Director
Alzheimer’s Association, NM Chapter
9500 Montgomery Blvd NE, Ste. 121, Albuquerque, NM, 87111

November 5, 10:00am-2:30pm
Introduction to Support Groups
Presented by Barbara Michels
Alzheimer’s Association, NM Chapter
9500 Montgomery Blvd NE, Ste. 121, Albuquerque, NM, 87111

November 7, 1:00pm-2:30pm
Basics of Alzheimer’s Disease
Presented by Barbara Michels
Alzheimer’s Association, NM Chapter
9500 Montgomery Blvd NE, Ste. 121, Albuquerque, NM, 87111

November 8, 1:30pm-2:30am
Legal Issues for Caregivers—What You Should Know
Presented by Don Pinnock, JD
Alzheimer’s Association, NM Chapter
9500 Montgomery Blvd NE, Ste. 121, Albuquerque, NM, 87111

November 14, 12:00pm-1:00pm
The Importance of Early Detection—Why It Matters (Tentative)
Presented by Janice Knoefel, MD, MPH
Alzheimer’s Association, NM Chapter
9500 Montgomery Blvd NE, Ste. 121, Albuquerque, NM, 87111

December 3, 1:00pm-2:30pm
Introduction to Support Groups
Presented by Barbara Michels
Alzheimer’s Association, NM Chapter
9500 Montgomery Blvd NE, Ste. 121, Albuquerque, NM, 87111

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

December 13, 1:30pm-2:30pm
Legal Issues for Caregivers—What You Should Know
Presented by Don Pinnock, JD
Alzheimer’s Association, NM Chapter
9500 Montgomery Blvd NE, Ste. 121, Albuquerque, NM, 87111

December 19, 12:00pm-1:00pm
Dealing with Grief (Tentative)
Presented by Don Pinnock, JD
Alzheimer’s Association, NM Chapter
9500 Montgomery Blvd NE, Ste. 121, Albuquerque, NM, 87111

For information on additional presentations, training and classes in this region, please contact us using the information provided above. Thank you.
### Southwestern Educational Classes

Alexis Ramirez, SW Regional Programs Manager  
alaramirez@alz.org, 1 (800) 272-3900  
1155 S. Telshor Ste. 202  
Las Cruces, NM 88011

- **July 18, 2pm-3pm**  
  **Know the 10 Warning Signs**  
  Peace Lutheran Church  
  1701 E Missouri Avenue, Las Cruces, NM 88001

- **July 25, 2pm-3:30pm**  
  **Basics of Alzheimer's Disease**  
  Peace Lutheran Church  
  1701 E Missouri Avenue, Las Cruces, NM 88001

- **August 15, 2pm-3pm**  
  **Safety in the Home**  
  Crossroads In-Home Care  
  189 Howard Place, Las Cruces, NM 88011

- **August 22, 2pm-3:30pm**  
  **Know the 10 Warning Signs**  
  Peace Lutheran Church  
  1701 E Missouri Avenue, Las Cruces, NM 88001

- **September 19, 2pm-3pm**  
  **Basics of Alzheimer's Disease**  
  Crossroads In-Home Care  
  189 Howard Place, Las Cruces, NM 88011

- **October 17, 2pm-3pm**  
  **Communications and Behaviors**  
  Crossroads In-Home Care  
  189 Howard Place, Las Cruces, NM 88011

- **October 24, 2pm-3:30pm**  
  **Basics of Alzheimer's Disease**  
  Peace Lutheran Church  
  1701 E Missouri Avenue, Las Cruces, NM 88001

- **November 21, 2pm-3:30pm**  
  **Know the 10 Warning Signs**  
  Crossroads In-Home Care  
  189 Howard Place, Las Cruces, NM 88011

- **November 28, 2pm-3:30pm**  
  **Basics of Alzheimer's Disease**  
  Peace Lutheran Church  
  1701 E Missouri Avenue, Las Cruces, NM 88001

- **December 12, 2pm-3pm**  
  **Safety in the Home**  
  Crossroads In-Home Care  
  189 Howard Place, Las Cruces, NM 88011

- **December 19, 2pm-3:30pm**  
  **Know the 10 Warning Signs**  
  Peace Lutheran Church  
  1701 E Missouri Avenue, Las Cruces, NM 88001

For information on additional presentations, training and classes in this region, please contact us using the information provided above. Thank you.

### Northwestern Educational Classes

Waldon Lynch, NW Regional Manager  
willynch@alz.org, 1 (800) 272-3900  
3300 North Butler Ave., Ste. 221  
Farmington, NM 87401

- **July 12, 12pm - 2pm**  
  **Basics of Alzheimer’s Disease**  
  San Juan Center for Independence  
  1204 San Juan Blvd, Farmington, NM 87401

- **July 13, 11:45am - 1:15pm**  
  **Basics of Alzheimer’s Disease**  
  Rehoboth McKinley Christian Health Services  
  281 College Dr  
  Gallup, NM 87301

- **August 9, 9:30am - 11:30am**  
  **Basics of Alzheimer’s Disease**  
  Aztec Cultural Center  
  101 South Park Ave., Aztec, NM 87410

- **August 23, 12pm - 2:00pm**  
  **Know the 10 Warning Signs**  
  Bloomfield Cultural Center  
  124 West Ash Ave, Bloomfield, NM 87413

- **September 9, 9:30am - 11:30am**  
  **Know the 10 Warning Signs**  
  Bloomfield Cultural Center  
  124 West Ash Ave, Bloomfield, NM 87413

- **September 20, 9am – 11am**  
  **Basics of Alzheimer’s Disease**  
  San Juan Center for Independence  
  1204 San Juan Blvd, Farmington, NM 87401

- **October 18, 9:30am - 11:30am**  
  **Basics of Alzheimer’s Disease**  
  Aztec Cultural Center  
  101 South Park Ave., Aztec, NM 87410

- **November 8, 9am – 11am**  
  **Basics of Alzheimer’s Disease**  
  San Juan Center for Independence  
  1204 San Juan Blvd, Farmington, NM 87401

For information on presentations, training and classes in this region, please contact us using the information provided above. Thank you.

### Northeastern Educational Classes

Tina De La Luz, Program Director  
tdelaluz@alz.org, 1 (800) 272-3900  
811 St. Michael’s Dr., Suite 106  
Santa Fe, NM 87505

- **August 9, 9:30am - 11:30am**  
  **Basics of Alzheimer’s Disease**  
  Aztec Cultural Center  
  101 South Park Ave., Aztec, NM 87410

For information on presentations, training and classes in this region, please contact us using the information provided above. Thank you.

### Calendar Key

**Skills for Dementia Caregiving**  
Multi-session course which helps caregivers develop practical skills in caring for their loved one and themselves.

**Cuidando Con Respeto**  
Two-day linguistic and cultural translation of Skills for Dementia Caregiving.

**Basics of Alzheimer’s disease**  
Pathology, warning signs, risk factors and scope of the disease.

**Know the 10 Warning Signs**  
Warning signs and prevention of Alzheimer’s.

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

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

**NM WALK TO END ALZHEIMER’S 2018**

- SW Regional Walk to End Alzheimer’s (Las Cruces)
  - September 15th, Young Park, 8:30am. [http://act.alz.org/LCWalk18](http://act.alz.org/LCWalk18)

- NW Regional Walk to End Alzheimer’s (Farmington)
  - September 29th, Berg Park, 8:30am. [http://act.alz.org/FarmWalk18](http://act.alz.org/FarmWalk18)

- SE Regional Walk to End Alzheimer’s (Roswell)
  - October 13th, Pioneer Park, 8:30am. [http://act.alz.org/Roswalk18](http://act.alz.org/Roswalk18)

- Greater Albuquerque Walk to End Alzheimer’s (Albuquerque)
  - October 20, Hoffmanton Church, 8:30am. [http://act.alz.org/ABQWalk18](http://act.alz.org/ABQWalk18)

- NE Regional Walk to End Alzheimer’s (Santa Fe)
  - October 20, Santa Fe Plaza, 9:30am. [http://act.alz.org/SFWalk18](http://act.alz.org/SFWalk18)

For more info on NM Walks, call 1 (800) 272-3900 or visit [www.alz.org/walk](http://www.alz.org/walk).

**ALBUQUERQUE CAREGIVER CONFERENCE**

- **ALBUQUERQUE CAREGIVER CONFERENCE**
  - **11.3.2018 - 8am to 4pm - Sandia Resort & Casino - FREE.** Informative workshop, talks, and presentations designed to educate, inform and improve the experience for both family and professional caregivers. Tracks for both family and professional caregivers are available. To register call 1-800-272-3900.

**SOUTHWESTERN NEW MEXICO FAMILY CAREGIVER EVENT (LAS CRUCES)**

- **10.27.2018 - 8am, Good Samaritan Social Center. A day long workshop to educate and feed the soul of the caregiver. FREE. Contact Tina (505) 266-4473.**

**OPEN HOUSE (ALBUQUERQUE OFFICE)**

- **11.15.2018** Join in celebrating our wonderful volunteers, board members, staff and supporters. Hors d’oeuvres & beverages served. 9500 Montgomery Blvd NE Suite 121, 4pm to 7pm. FREE. Call (505) 266-4473.
in memory/in honor of

(October 7th, 2017 – April 30th, 2018)

IN MEMORY OF...

Jane W. Allen
R.D. Allen Trust
Gina Andreoli
Nancy Gherardi
Shirley Armstrong
Los Alamos National Bank
Navora Baca
Jacqueline Romero
James M. Barnett
Mr. and Mrs. Albert Ballard
Elizabeth Ochoa Bissell
Mr. and Mrs. Charles Wohlenberg
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David Brigante
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John Bristow
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Mary Carlson and Nancy Carlson
Viola Castillo
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Investments (Barbara Browning)
Mary Jane Dickens
Mr. and Mrs. John Dean
Ralph Dixon
The Don W McLeod Trust
(continued)
(October 7th, 2017 – April 30th, 2018)

IN HONOR OF...

Ruth O’Brien
Dee Tumer
Lowell Overby
Linda Stevens
Billy Parker
Mr. and Mrs. Sammie Edwards
Gladys "Mag" Ribble
Eva Flanagan
Charlie Rodriguez
Jacquie Anderson
Aurora Sanchez
Sanchez Family Enterprises, LLC
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Ronald Nelson
Dawn Nelson
Maria Villa
Phil Montano
general donations

(October 7th, 2017 – April 30th, 2018)
general donations continued...
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<table>
<thead>
<tr>
<th>Stewart, Robert and Barbara</th>
<th>The Montecito Santa Fe</th>
</tr>
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<tbody>
<tr>
<td>Sissler, Linda and Randy</td>
<td>The Montecito Walk Team</td>
</tr>
<tr>
<td>Sisser, Lois and Lottie</td>
<td>The Pantry</td>
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<tr>
<td>Silverzom, Sherrie</td>
<td>The Retreat Healthcare</td>
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<tr>
<td>Stone Age Climbing Gym</td>
<td>The Westbrook Family Trust</td>
</tr>
<tr>
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<td>THI of Baltimore, Inc</td>
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<tr>
<td>Stoops, Richard and Marilyn</td>
<td>Things on the Wall</td>
</tr>
<tr>
<td>Stouffer, Lois</td>
<td>Thomas, Candace</td>
</tr>
<tr>
<td>Strange, Barbara and Kent</td>
<td>Thomas, Sherry</td>
</tr>
<tr>
<td>Stress-Busting Program for Family Caregivers</td>
<td>Thompson, Beverly</td>
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<tr>
<td>Strickland, James and Marlene Strive</td>
<td>Thompson, Dawn and James</td>
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<tr>
<td>Stuart, Susan</td>
<td>Thompson, Peggy and Bill</td>
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<td>Thomson, Reuters</td>
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<td>Summer, Amanda</td>
<td>Thorpe, Carol and Kenneth</td>
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<td>Summers, Christina</td>
<td>Tinkertown Museum</td>
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<td>Twie, Jeannette</td>
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<td>Sunland Park Racetrack &amp; Casino</td>
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<td>Todd, Philip and Janette</td>
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<td>Tomaszewski, Mal</td>
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NOTE: Please let us know when you request matching funds from your employer.
Contact: Kathleen Branson, Finance Director (505) 266-4473

TEXT TO DONATE: You can make a difference, anytime.
Text “2endalz” to 51555 to Donate.

Remember to visit us online!
Check out our website at www.alz.org/newmexico

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@alz_nm
www.instagram.com/alznm_
Sign up for our Eblast! http://eepurl.com/balslf

USE THESE HASHTAGS WHEN YOU POST TO SOCIAL MEDIA:
- #EndAlz (Alzheimer’s Association, Nation-wide)
- #Alz_NM (New Mexico Chapter)
- #Walk2EndAlz (Walk to End Alzheimer’s)