

CARE & SUPPORT

PROGRAM CALENDAR

April - June 2024

FEATURING: Free classes and caregiver education.

iStock
Credit: supersizer

Additional class opportunities are being added continuously!
For the latest info, contact us at: nmprograms@alz.org or 1 (800) 272-3900.



Real world solutions addressing questions that arise in the various stages of dementia and Alzheimer's disease.

- CARING IN THE EARLY STAGE
- CARING IN THE MIDDLE STAGE
- CARING IN THE LATE STAGE

It's what you need to know, what to plan for, and what to do along the way.

Browse this schedule or contact us for the latest on a class that's just right for you.

New opportunities are added regularly:

Email: nmprograms@alz.org

Phone: 1 (800) 272-3900.



iStock
Credit: PeopleImages

WE OFFER SUPPORT GROUPS FOR CAREGIVERS, INDIVIDUALS LIVING WITH THE DISEASE AND MORE, INCLUDING SPANISH-LANGUAGE AND LGBTQ+.

SUPPORT GROUPS

Support groups provide a sense of connection and peace of mind by providing a safe environment for sharing common experiences.

Visit: [https://www.alz.org/newmexico/helping_you/support_groups_\(1\)](https://www.alz.org/newmexico/helping_you/support_groups_(1))

Or email us at: nmsupportgroups@alz.org



NM Chapter classes

Understanding Alzheimer's and Dementia

Virtual: Friday, April 5th, 1pm-2pm

To register email: nmprograms@alz.org or call 1 (800) 272-3900.

Virtual: Tuesday, April 23rd, 5:30pm-6:30pm

To register email: nmprograms@alz.org or call 1 (800) 272-3900.

In Person: Friday, May 3rd, 3pm-4pm

Alzheimer's Association Albuquerque office
6731 Academy Rd. NE Albuquerque, NM 87109
To register email: nmprograms@alz.org or call 1 (800) 272-3900.

Virtual: Friday, May 24th, 3pm-4pm

To register email: nmprograms@alz.org or call 1 (800) 272-3900.

In Person: Friday, June 14th, 1:30pm-2:30pm

Broadmoor Senior Center
3241 Broadmoor Blvd. NE Rio Rancho NM 87144
To register email: nmprograms@alz.org or call 1 (800) 272-3900.

Online-On Demand anytime:

www.alz.org/training Look For Understanding Alzheimer's and Dementia

Effective Communication Strategies

Virtual: Thursday, April 4th, 11am-12pm

To register email: nmprograms@alz.org or call 1 (800) 272-3900.

Virtual: Thursday, April 18th, 11am-12pm

To register email: nmprograms@alz.org or call 1 (800) 272-3900.

In Person: Tuesday, April 23rd, 1:30pm-3:30pm

Brookdale Santa Fe
640 Alta Vista St., Santa Fe, NM 87505
To register email: nmprograms@alz.org or call 1 (800) 272-3900.

Virtual: Tuesday, April 30th, 11am-12pm

To register email: nmprograms@alz.org or call 1 (800) 272-3900.

In Person: Friday, May 3rd, 4pm-5pm

Alzheimer's Association Albuquerque office
6731 Academy Rd. NE Albuquerque, NM 87109
To register email: nmprograms@alz.org or call 1 (800) 272-3900.

In Person: Tuesday, May 14th, 1pm-3pm

Brookdale Santa Fe
640 Alta Vista St., Santa Fe, NM 87505
To register email: nmprograms@alz.org or call 1 (800) 272-3900.

Virtual: Tuesday, May 21st, 3pm-4pm

To register email: nmprograms@alz.org or call 1 (800) 272-3900.

In Person: Tuesday, June 4th, 10am-12pm

Brookdale Santa Fe
640 Alta Vista St., Santa Fe, NM 87505
To register email: nmprograms@alz.org or call 1 (800) 272-3900.

Virtual: Tuesday, June 18th, 11am-12pm

To register email: nmprograms@alz.org or call 1 (800) 272-3900.

Virtual: Thursday, June 27th, 11am-12pm

To register email: nmprograms@alz.org or call 1 (800) 272-3900.

Online-On Demand anytime:

www.alz.org/training Look For Effective Communication Strategies

10 Warning Signs of Alzheimer's

Virtual: Friday, April 12th, 3pm-4pm

To register email: nmprograms@alz.org or call 1 (800) 272-3900.

In Person: Wednesday, April 17th, 10:30am-11:30am

Tijeras Senior Center
10 Tijeras Ave. Tijeras, NM 87059
To register email: nmprograms@alz.org or call 1 (800) 272-3900.

In Person: Thursday, May 2nd, 10m-11am

Loma Colorado Library
755 Loma Colorado Blvd. NE Rio Rancho, NM 87144
To register email: nmprograms@alz.org or call 1 (800) 272-3900.

Virtual: Friday, May 3rd, 1pm-2pm

To register email: nmprograms@alz.org or call 1 (800) 272-3900.

Virtual: Friday, June 21st, 11am-12pm

To register email: nmprograms@alz.org or call 1 (800) 272-3900.

Online-On Demand anytime:

www.alz.org/training Look For 10 Warning Signs

Healthy Living for Brain and Body

Virtual: Wednesday, April 17th, 11am-12pm

To register email: nmprograms@alz.org or call 1 (800) 272-3900.

Virtual: Wednesday, June 5th, 11am-12pm

To register email: nmprograms@alz.org or call 1 (800) 272-3900.

Online-On Demand anytime:

www.alz.org/training Look For Healthy Living for Brain and Body

Managing Money

Online-On Demand anytime:

www.alz.org/training Look For Managing Money

An Overview of the Dementia World

In Person: Tuesday, April 16th, 2pm-3:30pm

Alzheimer's Association Albuquerque office
6731 Academy Rd. NE Albuquerque, NM 87109
To register email: nmprograms@alz.org or call 1 (800) 272-3900.

In Person: Tuesday, May 21st, 2pm-3:30pm

Alzheimer's Association Albuquerque office
6731 Academy Rd. NE Albuquerque NM, 87109
To register email: nmprograms@alz.org or call 1 (800) 272-3900.

In Person: Tuesday, June 18th, 2pm-3:30pm
Alzheimer's Association Albuquerque office
6731 Academy Rd. NE Albuquerque NM, 87109
To register email: nmprograms@alz.org or call 1 (800) 272-3900.

Dementia Conversations

Virtual: Thursday, May 9th, 11am-12pm
To register email: nmprograms@alz.org or call 1 (800) 272-3900.

Online-On Demand anytime:
www.alz.org/training Look For Dementia Conversations

Understanding Dementia Behaviors

Virtual: Wednesday, May 15th, 11am-12pm
To register email: nmprograms@alz.org or call 1 (800) 272-3900.

Online-On Demand anytime:
www.alz.org/training Look for Understanding Dementia Behaviors

Caring in the Early Stage

Virtual: Wednesday, April 3rd, 11am-2pm
To register email: nmprograms@alz.org or call 505.266.4473

In Person: Tuesday, April 23rd, 1:30pm-4pm
Bear Canyon Senior Center
4645 Pitt St. NE Albuquerque, NM 87111
To register email: nmprograms@alz.org or call 505.266.4473

Virtual: Tuesday, May 7th, 11am-2pm
To register email: nmprograms@alz.org or call 505.266.4473

Virtual: Tuesday, June 11th, 11am-2pm
To register email: nmprograms@alz.org or call 505.266.4473

Caring in the Middle Stage

Virtual: Wednesday, April 10th, 6pm-8:30pm
To register email: nmprograms@alz.org or call 505.266.4473

Virtual: Thursday, April 11th, 11am-2pm
To register email: nmprograms@alz.org or call 505.266.4473

In Person: Tuesday, April 30th, 1:30pm-4pm
Bear Canyon Senior Center
4645 Pitt St. NE Albuquerque, NM 87111
To register email: nmprograms@alz.org or call 505.266.4473

Virtual: Tuesday, May 14th, 11am-2pm
To register email: nmprograms@alz.org or call 505.266.4473

Virtual: Wednesday, June 19th, 11am-2pm
To register email: nmprograms@alz.org or call 505.266.4473

Caring in the Late Stage

Virtual: Thursday, April 25th, 11am-1:30pm
To register email: nmprograms@alz.org or call 505.266.4473

In Person: Tuesday, May 7th, 1:30pm-3:30pm
Bear Canyon Senior Center
4645 Pitt St. NE Albuquerque, NM 87111
To register email: nmprograms@alz.org or call 505.266.4473

Virtual: Wednesday, May 22nd, 6pm-8:30pm
To register email: nmprograms@alz.org or call 505.266.4473

Virtual: Thursday, May 23rd, 11am-1:30pm
To register email: nmprograms@alz.org or call 505.266.4473

Virtual: Wednesday, June 26th, 11am-1:30pm
To register email: nmprograms@alz.org or call 505.266.4473

Virtual: Wednesday, June 26th, 6pm-8:30pm
To register email: nmprograms@alz.org or call 505.266.4473

NOT FINDING WHAT YOU'RE LOOKING FOR?

Additional opportunities are being added continually: seminars, classes, support groups and community forums. For the latest updates, please email nmprograms@alz.org, call 1 (800) 272-3900 or visit alz.org/newmexico.

EARLY DETECTION
KNOW THE 10 SIGNS

- ONE** Memory loss that disrupts daily life
- TWO** Challenges in planning or solving problems
- THREE** Difficulty completing familiar tasks
- FOUR** Confusion with time or place
- FIVE** Trouble understanding visual images and spatial relationships
- SIX** New problems with words in speaking or writing
- SEVEN** Misplacing things and losing the ability to retrace steps
- EIGHT** Decreased or poor judgement
- NINE** Withdrawal from work or social activities
- TEN** Changes in mood and personality



New Mexico Chapter

ALZHEIMER'S DISEASE & RELATED DISORDER ASSOCIATION, INC. NEW MEXICO CHAPTER:

6731 Academy Rd NE, Albuquerque, NM 87109

Phone: (505) 266-4473

24/7 HELPLINE - 1 (800) 272-3900



WANTED: VOLUNTEERS

We need your help. Find volunteer opportunities by visiting: alz.org/get-involved-now/volunteer/find-a-volunteer-opportunity

SAVE THE DATE
Caregive Seminar
Saturday, June 15th, UNM

Details to Follow, contact nmprograms@alz.org or 505.266.4473



Real world solutions addressing questions that arise during the course of caring for someone with dementia.

Saturday, June 15th,
9:00am to 1:30pm
Continental breakfast and lunch to be provided.

Seminar is **FREE** and in person!

This seminar is an in-depth description of this progressive disease. Information is provided about common symptoms and behaviors and shares strategies for caregivers to manage these sometimes difficult situations.

To register, please email: nmprograms@alz.org or call: 1-505-266-4473.



Care & Support Contacts:

CENTRAL NM REGION:
(ALBUQUERQUE AREA)

Craig Coleman,
Program Manager
crcoleman@alz.org
(505) 404-9857
6731 Academy RD. NE
Albuquerque, NM 87109

NORTHEAST REGION:

Beth Hamilton,
NE Regional Manager
behamilton@alz.org
(505) 365-0678
1409 Luisa St., Suite F
Santa Fe, NM 87505

SOUTHEAST REGION:

Kim Ryan,
SE Regional Manager
kiryann@alz.org
(505) 317-0978
400 N. Pennsylvania Ave
(Penn Plaza -411
Beta Suites -office 2)
Roswell NM 88201

NORTHWEST REGION:

Call 1-800-292-3900 or
505-266-4473

SOUTHWEST REGION:

Penney McClarin,
SW Regional Manager
pccmlarin@alz.org
505-312-4883
Las Cruces, NM

OUR MISSION:

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

OUR VISION:

A world without Alzheimer's and all other dementia.

NEED HELP NOW? CALL OUR 24/7 HELPLINE 1 (800) 272-3900.

Receive reliable information, advice and support from trained, knowledgeable staff. Get referrals to services, education, crisis assistance and emotional support. Care consultations available by master's-level clinicians. Translation services provided.

ADVOCACY:

Our advocates play a critical role in our efforts to influence Alzheimer's and dementia policy at the federal and state level. Working together we are making an impact that is improving the lives of caregivers and people with Alzheimer's and dementia. Learn more about our advocacy here: alz.org/get-involved-now/advocate/become_an_advocate

Check out our website at
www.alz.org/newmexico

USE THESE HASHTAGS WHEN YOU POST TO SOCIAL MEDIA:

• #ENDALZ • #Walk2EndAlz

- www.facebook.com/alznmchapter
- www.twitter.com/alz_nm
- www.twitter.com/alz_nm_advocacy *Advocacy News Twitter Account!*
- www.instagram.com/alznm_
- www.linkedin.com/company/alzheimer-s-association-new-mexico-chapter