

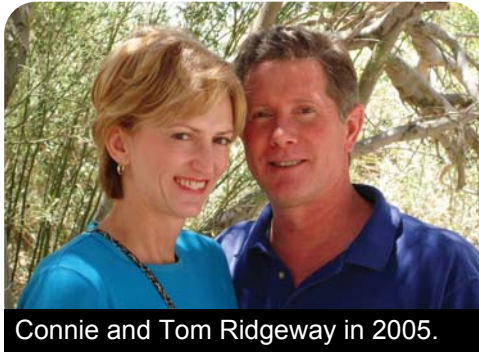


Ambiguous Loss

Mesa woman recounts husband's Alzheimer's diagnosis

"I was 52 years old in 2005 when Tom and I met. He was 50. We enjoyed doing everything together."

Connie Ridgeway sits at the kitchen table of her Mesa, Arizona home, reflecting on her late husband. She's understandably emotional as she recounts how they met, fell in love, and married in May 2006. Connie says Tom swept her off her feet.



Connie and Tom Ridgeway in 2005.

anymore," says Connie. "He was having difficulty drafting letters.

Tom was a fraud investigator, a position he held for nearly a decade. "In the back of my mind I'm saying to myself, this man

has been in his job for nine years. I don't understand why he can't do this," recalls Connie. "I wanted to help him, so I started helping draft the letters at home after work."

"He loved classical music and the Rolling Stones," Connie reminisces. "Our first date, he invited me to the Phoenix Symphony. "That was the night he swept me off my feet," says Connie. She also talks about how Tom would come alive and break out into song and dance whenever he heard the Stones.

Tom lived in Arizona his entire life. He loved the outdoors - hunting and golfing among his favorite activities. "We golfed almost every weekend, traveling to different courses all over the state. We loved that time together," says Connie.

Early 2008, just two years into their marriage, Connie started noticing things weren't quite right.

"He often complained to me that he wasn't able to keep up with his work

Meanwhile, Tom would repeatedly trigger the security system. "He would come home from work, walk through the door and not remember the security code," says Connie. The security company would call Connie on her cell phone, asking if they should contact the police. "I tried everything to help him remember the code. It was his dad's birthdate. He just couldn't do it, so we stopped setting the alarm."

Tom continued to struggle at work. He was written up several times and eventually let go. His boss discovered Tom was taking work home in the evening. It was considered a breach of security and privacy. He was let go.

After his termination Tom struggled with putting his resume together. He was unable to update it or create cover letters; and he was now more

►TOM (continued on page 3)

Programs for YOU

24 Hour Helpline

Trained staff and volunteers are available to provide information, referrals and support.

Family Care Consultation

Staff assist individuals with dementia and their families to better understand, cope & plan for the future.

Support Groups

Regular group sessions offer education and support to persons with dementia and their care partners.

Education Programs

Programs teach individuals the skills necessary to provide quality care to persons with dementia, and educate everyone about the disease.

MedicAlert® + Safe Return®

National identification and mobilization program that assists in the location and return of persons who wander.

Early Stage Programs

Activities that engage, encourage and empower individuals to fully utilize their strengths.

CarePRO

Intensive multi-week education and skills-based training for care partners.

EPIC

A multi-week workshop series for both people with early memory loss and their care partner together.

For more information about or to use any program, please call us at:

800.272.3900



Follow us on social media: @alzdsd



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Letter From the Executive Director

Dear Friends,

Alzheimer's disease is relentless. The number of people affected by this disease continues to grow at an alarming rate. More than 5.7 million Americans are living with this disease, with a new case developing every 65 seconds. Arizona and Nevada are ground zero for this increase, having some of the highest projected growth rates over the next 6 years.



Dan Lawler

As this need has grown, so have we. The Chapter recently relocated its offices, to accommodate a larger staff and the need to do more in the community. We have more volunteers engaged in communities across our Chapter, delivering programs and support. Yet, there is still so much more work to be done.

Alzheimer's disease is not about the numbers. Alzheimer's, as we each know, is about the individuals. It is about the person. It is about their individual story.

Stories such as Jean & Kathy Norris-Wilhelm. Stories like Manuel & Elena Balderrama. Stories like Laura Rogers. These stories, and tens of thousands of others, are Alzheimer's. We each have a story — a story of love, of laughter, of heartbreak, of loss.

It is important to tell these stories. Not only to keep alive the joy and happiness we shared with our loved ones, but to also recognize the difficulties and challenges we faced because of this disease. In each of these we find strength. The determination to ensure that our loved ones are remembered for the individual they are, not the disease; and the resolve to create a future for our children free from this disease.

Please, share your story. Raise your voice and join the chorus. Only together will we realize a world without Alzheimer's.

Many thanks,



Dan Lawler
Executive Director

Our Vision

A World Without Alzheimer's Disease

Our Mission

To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; & to reduce the risk of dementia through the promotion of brain health.

Our Purpose

To empower and support individuals, families, care partners and communities affected by dementia in Arizona and southern Nevada.

Desert Southwest Regional Offices

Please contact the Regional Office in your area for any help.



Chapter Office & Central Arizona Region
340 E. Palm Lane, Suite 230
Phoenix, AZ 85004
602.528.0545



Southern Arizona Region
1159 N. Craycroft Rd
Tucson, AZ 85712
520.322.6601



Northern Arizona Region
3111 Clearwater Dr, Suite A
Prescott, AZ 86305
928.771.9257



Southern Nevada Region
5190 S. Valley View Blvd, #104
Las Vegas, NV 89118
702.248.2770

Living with Uncertainty

Life After a Dementia Diagnosis



► **TOM** (continued from page 1)

frequently misplacing things: his wallet, eye glasses, money, driver's license, his wedding ring. "We spent more time looking for things than doing just about anything else," recalls Connie. "It was frustrating to both of us. Neither of us knew what was going on."

"I found his keys inside his shoes in the closet," says Connie. "I don't know why I looked in there but I did. This was now affecting our everyday lives. I was completely puzzled and couldn't understand it."

Connie gradually began taking over all the household responsibilities, her anxiety over the situation escalating. "I could no longer trust him to take care of things — like pay the bills — but I was still unsure why," says Connie.

"Does he not love me? Does he not care? Anger was building inside of me as it seemed I was losing my partner, my marriage. We hardly had a chance to get it off the ground and it seemed like we were in trouble already. I didn't know what was going on."

At one point, Connie came home from work to find the gas burner on and nothing on the stove. When Connie told Tom about it, he was completely unaware. "That was one of the last straws," says Connie. "Life and death were involved." On April 21, 2011, they went to see the doctor.

Connie describes how the doctor first asked Tom a series of questions. He then gave him a pen and paper and asked Tom to draw a picture. It could be anything, even a stick figure. "Tom looked at the pen and paper, hesitated as he was thinking, then picked up the



Connie says Tom was in his element when he was outdoors.

pen as if he were going to draw, then put it down and slid it back to the doctor and said, 'I can't do it.'"

The doctor was direct, Connie says, telling Tom he believed he may have Alzheimer's disease. "We couldn't believe it. We didn't even know what that was."

After months of visits and testing, in October of 2011, a neurologist confirmed what their primary care doctor suspected: Tom had Alzheimer's. He was 55-years-old and already in the moderate stage.

Connie did her best to care for Tom while coping with ambiguous loss. In her struggle to manage care responsibilities and work, Connie lost her job. She eventually found work again, and received much needed respite. Her mother-in-law was a great help. "She stayed with Tom until she got home from work until we needed to begin utilizing adult daycare."

Connie vowed to take care of Tom as long as she could. It was now the end of 2014 and Tom was declining fast.

"He could no longer walk or even stand," says Connie. In February 2015, she was forced to place him in hospice. "I could no longer take care of his needs. He passed away a few weeks later."

"I choose to remember the time Tom and I had, and not focus on the time we didn't have or could have had," says Connie. "I do not regret a thing."

Connie smiles when she talks about Tom, his love for the outdoors, golfing, how he made her laugh. "One of the things I miss most about Tom is laughing together. He forever changed my life and who I am."

"I want to memorialize him by getting involved in the Alzheimer's cause," says Connie. "I continue to educate myself on the disease by reading, attending events and searching for clinical trials to participate in. If I can help one person by sharing what we went through, I will consider it a gift from Tom."

Tom is father to two daughters and has four grandchildren.



Ambiguous loss is a loss that occurs without understanding.



Voices of Alzheimer's

Four couples talk candidly about life after the diagnosis

Ron & Bonny Lepore

"I think that there is sometimes just a lack of understanding of how this all works. They're not alone because I have it myself," admits Bonny Lepore. Her husband, Ron, was diagnosed with Alzheimer's earlier this year at 74-years-old.

Ron is a Vietnam War veteran and avid New England Patriots fan who enjoys volunteering his time at the Prescott VA. He also loves hiking and will travel with a Prescott hiking group 2-4 days a week. "It gives [Bonny] a break. I know that she's got to do so many things that I can't do," says Ron.

"I've always been very independent. I've always done it my way," admits Ron. "It got really frustrating because [Bonny's] helping me but I didn't [always] know that."

"This is a tough subject but in a committed team, when your original safety net has holes in it, you've got to do something," persists Bonny. "The other guy's got to come in there and patch it up."

Together, Ron and Bonny are ready to tackle what's ahead. "It doesn't bother me. I'm not afraid of it," says Ron. "I know what's going to happen and I'm going to enjoy what's left."



Ron and Bonny live in Prescott Valley, AZ.

Jean & Kathy Norris-Wilhelm



Jean and Kathy live in Mesa, AZ.

"Warrior is what I'd call Jean," says Kathy Norris-Wilhelm. "It embodies so much about her strength and courage. She's brave no matter what she does."

Jean taught in the Chandler Unified School District for nearly two decades. She was in the classroom teaching when she realized something wasn't right. She decided to retire, putting her students best interests first. Later, in 2016, Jean was diagnosed with Alzheimer's disease.

"The first day I found out what happened, a tear came down," recalls Jean. But she said that was the end of that. "I am not doing that. I'm not going to look at it that way."

"If us talking about it can help just one family, one person – that's critical," says Kathy. "There's power in knowledge."

Kathy says dementia is often misunderstood. "The emphasis only on memory is a huge misconception. For Jean, it's language-based."

"It's not going to take our joy. Every single day we find something to be happy about," says Kathy. "It's love. It's always been love," adds Jean.



In Arizona, Alzheimer's is expected to grow 42.9% by 2025.



Watch the Videos

Visit youtube.com/alzdsw



Manuel & Elena Balderrama



Manuel and Elena live in Nogales, AZ.

Manuel and Elena met in Mexico when they were young. “At first, we were neighbors,” says Manuel Balderrama. “I liked her, and she liked me. There was chemistry and we became sweethearts.”

Manuel and Elena have been married 54 years. They have five children (one of whom passed away) and six grandchildren.

In 2006, Manuel says Elena began having symptoms. An Alzheimer’s diagnosis came years later, in 2012. “The process was very slow,” says Manuel. “She was losing and losing consciousness.”

Manuel admits he didn’t know a lot about Alzheimer’s and mistakenly thought she would recover. He soon realized there was no cure. “I felt sad but I never expressed it,” recalls Manuel. “I did not show her that I felt down so she did not worry.”

Elena is now in the later stages of the disease. Manuel says he is preparing for what’s next and is determined to keep Elena home with him as long as possible. “All my children and my grandchildren support me in that way,” says Manuel. “Mexican people want to keep the family close to each other. There is a lot of family unity. I think it is part of the culture.”

Steve & Jackie Johnson

Steve Johnson was diagnosed with Alzheimer’s in 2013. “Walking the dogs is part of my routine,” says Steve. “I get out. I’m not sitting in the house all day.”

“I think they picture somebody who just kind of sits there, doesn’t recognize anybody, and doesn’t do anything; those later stages, says Jackie. “Where he’s at - early to moderate - it can last a really long time...which I didn’t realize.”

Steve and Jackie have been married for 42 years. “I’m the anti-social person. He’s the gregarious one,” says Jackie. “He wants to be with people, chatting away all the time. He doesn’t do the chatting anymore like he used to. He’s very quiet. And that’s not him.”

“I don’t have the confidence I used to have,” admits Steve. “I used to be able to carry on a conversation. I can’t.”

“He’s still a person,” says Jackie. “He still likes to have social interactions. He would really like to be with people more.”

“People stay away,” says Steve. “Don’t stop. Keep coming at me.”



Steve and Jackie live in Las Vegas, NV.



In Nevada, Alzheimer’s is expected to grow 42.2% by 2025.



Support Groups

There is no cost for attending and no commitment to come back – just a family of friends who care. This listing is subject to change. Please call your regional office or visit our website for more information.

CENTRAL AZ



AHWATUKEE

Mountain View Lutheran Church
1st Saturday – 10:00 am

ANTHEM

Anthem Civic Building
4th Saturday – 10:00 am

ARIZONA CITY

Golden Harvest Cowboy Church
1st Tuesday – 1:00 pm

CASA GRANDE

Caliche Adult Day Club
4th Wednesday – 1:00 pm

CHANDLER

Chandler Reg Hospital, Morrison Bldg
2nd Thursday – 5:30 pm

FLORENCE

Dorothy Nolan Senior Center
2nd Thursday – 10:00 am

GILBERT

First United Methodist Church of Gilbert
1st & 3rd Friday – 1:30 pm

GLENDALE

Sarah's Place at Glencroft
Every Thursday – 2:30 pm

GOLD CANYON

Superstition Foothills Baptist Church
1st & 3rd Tuesday – 2:00 pm

GOODYEAR

Christ Evangelical Lutheran Church
1st & 3rd Monday – 3:00 pm

MARICOPA

Copper Sky Recreation Complex
2nd Wednesday – 10:00 am

MESA

Mesa Active Adult Center
2nd & 4th Tuesday – 10:00 am

Red Mountain Active Adult Center
1st & 3rd Friday – 2:00 pm

Sunland Village East
3rd Thursday – 1:00 pm

PAYSON

Payson Senior Center
1st & 3rd Wednesday – 1:30 pm

PEORIA

Peoria Community Center
2nd & 4th Monday – 10:00 am

PHOENIX

Barrow Neurological Institute
2nd Wednesday – 10:00 am

Deer Valley Community Center
1st & 3rd Wednesday – 4:00 pm

Duet Partners in Health and Aging
1st & 3rd Tuesday – 12:00 pm
1st & 3rd Thursday – 10:00 am

St Theresa's Catholic Church
Last Tuesday – 4:00 pm

Wesley Community Center
3rd Tuesday – 5:30 pm
Spanish Language Group

RIO VERDE

Verde Cares
1st Tuesday – 3:00 pm

SCOTTSDALE

Desert Mission Methodist Church
2nd & 4th Wednesday – 10:30 am

Granite Reef Senior Center
1st Monday – 1:00 pm

La Casa de Cristo Lutheran Church
2nd Wednesday – 7:00 pm
4th Wednesday – 10:00 am

Via Linda Senior Center
2nd and 4th Wednesday – 11:30 am

SUN CITY

Sun City Christian Church
Every Thursday – 9:30 am

Sun Health Research Institute
Every Monday – 1:30 pm
Early Stage & Care Partner
June 18 - August 6

SUN LAKES

Sun Lakes Methodist Church
2nd & 4th Thursday – 9:00 am
Early Stage & Care Partner

SURPRISE

Sun City Grand Recreation Center
2nd & 4th Thursday – 10:00 am

TEMPE

Tempe Lutheran Church
2nd Saturday – 2:00 pm

WICKENBURG

R&R Respite Care
1st & 3rd Wednesday – 1:00 pm

NORTHERN AZ



BULLHEAD CITY

Western AZ Regional Medical Center
1st Monday – 10:00 am

COTTONWOOD

Verde Valley Medical Center
1st & 3rd Wednesday – 10:00 am

FLAGSTAFF

Brookdale Senior Living
3rd Wednesday – 6:00 pm

San Francisco de Asis Catholic Church
2nd & 4th Tuesday – 10:00 am

KINGMAN

Lingenfelter Center
Every Wednesday – 10:00 am

Kingman WACOG
3rd Thursday – 9:30 am

LAKESIDE / SHOW LOW

Solterra at White Mountains Senior Living
2nd Monday – 1:30 pm

PRESCOTT

Prescott United Methodist Church
Every Monday – 10:00 am

Veterans Administration Hospital
Every Friday – 1:30 pm
Veterans & Spouses

PRESCOTT VALLEY

Susan J Rheem Adult Day Center
Every Monday – 10:00 am

SEDONA

Sedona Methodist Church
1st & 3rd Tuesday – 9:30 am



Alzheimer's symptoms change over a period of years.

Desert Southwest Chapter

Support Groups *(continued)*



There is no cost for attending and no commitment to come back – just a family of friends who care.
This listing is subject to change. Please call your regional office or visit our website for more information.

SOUTHERN AZ



CLIFTON

Clifton Public Library
3rd Friday – 2:30 pm

DUNCAN

Duncan Senior Center
2nd Thursday – 2:30 pm

GREEN VALLEY

Green Valley Community Church
1st Monday – 1:00 pm

Valley Presbyterian Church
1st & 3rd Thursday – 1:00 pm

MARANA

William Taft Abbett Sr. Library
4th Wednesday – 10:30 am

NOGALES

Southeast Arizona Area Health
Education Center
2nd Friday – 10:00 am

ORO VALLEY

Rancho Vistoso Community Center
Last Tuesday – 4:00 pm

Oro Valley Public Library
1st & 3rd Thursday – 1:30 pm

SAFFORD

SEACUS
2nd Thursday – 1:30 pm

SIERRA VISTA

Sierra Vista Library
4th Thursday – 10:30 am

TUCSON

Arizona State Veterans Home
2nd Tuesday – 2:00 pm

Civano Business Center
1st & 3rd Monday – 2:00 pm

Grace Health & Healing Clinic
1st & 3rd Saturday – 9:00 am

Our Saviour's Lutheran Church
3rd Tuesday – 10:30 am

TMC Senior Services
2nd Wednesday - 5:00 pm
Younger Onset Caregivers

Pima Council on Aging Offices
2nd & 4th Wednesday – 2:30 pm

Por Unidas Un Arizona Unido
3rd Tuesday – 10:00 am

TMC Senior Services
1st & 3rd Thursday – 10:30 am

Veteran's Administration Hospital
2nd Friday – 3:00 pm

YUMA

American Veterans Post 330
1st & 3rd Friday – 10:30 am

SOUTHERN NV



BOULDER CITY

Nevada State Veterans Home
4th Tuesday – 1:00 pm

Senior Center of Boulder City
2nd & 4th Wednesday – 1:00 pm

HENDERSON

Barbara Greenspan Women's Care Ctr
4th Tuesday – 4:30 pm

LAS VEGAS

Alzheimer's Association Office
4th Friday – 10:00 am
Coffee Talk

Alzheimer's Association Office
Fridays – 10:00 am
*RSVP Early Stage & Care Partner
July 6 - August 31*

Alzheimer's Association Office
4th Thursday – 11:00 am
Spanish Language Group

Alzheimer's Association Office
1st Friday – 10:00 am
Bereavement

H2U Mountain View
3rd Tuesday – 10:00 am

LAUGHLIN

American Legion Post #60
3rd Thursday – 10:30 am

MESQUITE

Mesquite Senior Center
2nd Tuesday – 2:00 pm

PAHRUMP

Nye Communities Coalition
2nd & 4th Wednesday – 10:00 am

SUMMERLIN

Desert Vista Community Center
1st & 3rd Wednesday – 10:00 am

ABOUT OUR GROUPS

Alzheimer's Association Desert Southwest Chapter offers a variety of specialized Support Groups. From general community to Veteran's to Early Stage, our groups are ready to help you along your journey.

All our support groups are facilitated by trained individuals. It's a place to:

- Exchange practical information
- Discuss problems and solutions
- Talk through challenges
- Share feelings and concerns
- Learn about available resources

There is no cost for attending and no commitment to come back - just a family of friends who care.

This listing is subject to change. Please call your regional office with questions or visit our website at www.alz.org/dsw.

**Support groups and their facilitators are not to be contacted for commercial purposes, solicitation, or visits from anyone who is not currently caring for someone with dementia.*



In the mild stage, most function independently in many areas.



Education & Activity Calendar

Please contact your Regional Office to RSVP for individual classes.
Call your Regional Office or visit www.alz.org/dsw for regular updates to this Calendar

JULY

2 Monday - 9:30 am

Early-Stage Partners in Care

Our Saviour's Lutheran Church
1200 N Campbell Avenue
Tucson, AZ
Registration Req: 520.322.6601

6 Friday - 1:00 pm

Understanding & Responding to Dementia-Related Behavior

Nevada State Veteran's Home
100 Veterans Memorial Drive
Boulder City, NV

9 Monday - 11:30 am

Know the 10 Signs

Alzheimer's Association Office
340 E Palm Lane, Suite 230
Phoenix, AZ

9 Monday - 3:30 pm

Know the 10 Signs

Casa Pedro Ruiz
6327 W Fillmore Street
Phoenix, AZ
Presented in Spanish

10 Tuesday - 10:30 am

Healthy Living

Graham County Health Department
826 W Main Street
Safford, AZ

10 Tuesday - 12:15 pm

Know the 10 Signs

Gilbert Senior Center
130 N Oak Street
Gilbert, AZ

11 Wednesday - 10:00 am

Know the 10 Signs

Glendale Senior Center
5401 W Ocotillo Road
Glendale, AZ

11 Wednesday - 1:30 pm

Understanding Alzheimer's & Dementia

Barrow Neurological Institute
240 W Thomas Road, 3rd Floor
Phoenix, AZ

10 Tuesday - 4:00 pm

Volunteer Orientation

Alzheimer's Association Office
1159 N Craycroft Road
Tucson, AZ
Please RSVP: 520.322.6601

11 Wednesday - 12:00 pm

Understanding Alzheimer's & Dementia

Nye County Coalition Center
1020 E Wilson Road
Pahrump, NV

11 Wednesday - 1:15 pm

Dementia Conversations

Granite Gate Senior Living
3850 N US Highway 89
Prescott, AZ

11 Wednesday - 3:00 pm

Memory Cafe

Coco's Bakery Restaurant
7250 N Oracle Road
Tucson, AZ

16 Monday - 9:30 am

Know the 10 Signs

Shepherd of the Hills UMC
13658 W Meeker Boulevard
Sun City West, AZ

17 Tuesday - 1:00 pm

CarePRO (10 Week Series)

Southwest Medical Associates West
8670 W Cheyenne, Suite 105
Las Vegas, NV
Registration Req: 702.248.2770

17 Tuesday - 1:30 pm

CarePRO (10 Week Series)

Graham County Health Department
826 W Main Street, Annex Building
Safford, AZ
Registration Req: 520.322.6601

18 Wednesday - 11:30 am

Early Stage Social Engagement

Via Linda Senior Center
10440 E Via Linda
Scottsdale, AZ

18 Wednesday - 10:00 am

Support Group Facilitator Training

Alzheimer's Association Office
1159 N Craycroft Road
Tucson, AZ
Please RSVP: 520.322.6601

18 Wednesday - 3:00 pm

Memory Cafe

Coco's Bakery Restaurant
7250 N Oracle Road
Tucson, AZ

19 Thursday - 11:30 am

Living with Alzheimer's: For Care

Partners - Early Stage
American Legion Post 60
1510 Bruce Woodbury Drive
Laughlin, NV

19 Thursday - 12:00 pm

Understanding & Responding to Dementia-Related Behavior

Las Fuentes Resort Village
1035 Scott Drive
Prescott, AZ

23 Monday - 9:30 am

Memory Cafe

Tempe Public Library
3500 S Rural Road
Tempe, AZ

23 Monday - 9:30 am

Memory Cafe

Tempe Public Library
3500 S Rural Road
Tempe, AZ

23 Monday - 11:30 am

Dementia Conversations

Alzheimer's Association Office
340 E Palm Lane, Suite 230
Phoenix, AZ

24 Tuesday - 4:00 pm

Volunteer Orientation

Alzheimer's Association Office
1159 N Craycroft Road
Tucson, AZ
Please RSVP: 520.322.6601

26 Wednesday - 3:00 pm

Memory Cafe

Coco's Bakery Restaurant
7250 N Oracle Road
Tucson, AZ

27 Friday - 9:00 am

Understanding Alzheimer's & Dementia

Amargosa Senior Center
443 E Desert Senior Lane
Amargosa Valley, NV

27 Friday - 9:00 am

Support Group Facilitator Training

Alzheimer's Association Office
340 E Palm Lane, Suite 230
Phoenix, AZ
Please RSVP: 602.528.0545

30 Monday - 11:30 am

Understanding Alzheimer's & Dementia

Alzheimer's Association Office
340 E Palm Lane, Suite 230
Phoenix, AZ

AUGUST

1 Wednesday - 11:30 am

Early Stage Social Engagement

Via Linda Senior Center
10440 E Via Linda
Scottsdale, AZ

1 Wednesday - 1:00 pm

CarePRO (10 Week Series)

Southwest Medical Associates West
8670 W Cheyenne, Suite 105
Las Vegas, NV
Registration Req: 702.248.2770

1 Wednesday - 3:00 pm

Memory Cafe

Coco's Bakery Restaurant
7250 N Oracle Road
Tucson, AZ

2 Thursday - 1:00 pm

Effective Communication Strategies

Nevada State Veteran's Home
100 Veterans Memorial Drive
Boulder City, NV

3 Friday - 9:00 am

Healthy Living

Alzheimer's Association Office
340 E Palm Lane, Suite 230
Phoenix, AZ



Every 65 seconds someone in the U.S. develops Alzheimer's.

Desert Southwest Chapter

Education & Activity Calendar



Please contact your Regional Office to RSVP for individual classes.
Call your Regional Office or visit www.alz.org/dsw for regular updates to this Calendar

6 Monday - 10:00 am

Know the 10 Signs

Desert West Senior Center
6501 W Virginia Avenue
Phoenix, AZ

8 Wednesday - 10:00 am

Healthy Living

Glendale Senior Center
5401 W Ocotillo Road
Glendale, AZ

8 Wednesday - 11:00 am

Know the 10 Signs

Nye County Coalition Center
1020 E Wilson Road
Pahrump, NV

8 Wednesday - 1:30 pm

Behaviors & Communication

Barrow Neurological Institute
240 W Thomas Road, 3rd Floor
Phoenix, AZ

8 Wednesday - 3:00 pm

Memory Cafe

Coco's Bakery Restaurant
7250 N Oracle Road
Tucson, AZ

10 Friday - 9:30 am

Know the 10 Signs

Peoria Public Library
8463 W Monroe Street
Peoria, AZ

13 Monday - 9:00 am

Understanding Alzheimer's & Dementia

Alzheimer's Association Office
340 E Palm Lane, Suite 230
Phoenix, AZ

14 Tuesday - 10:00 am

Know the 10 Signs

Graham County Health Department
826 W Main Street
Safford, AZ

14 Tuesday - 4:00 pm

Volunteer Orientation

Alzheimer's Association Office
1159 N Craycroft Road
Tucson, AZ
Please RSVP: 520.322.6601

15 Wednesday - 11:30 am

Early Stage Social Engagement

Via Linda Senior Center
10440 E Via Linda
Scottsdale, AZ

15 Wednesday - 3:00 pm

Memory Cafe

Coco's Bakery Restaurant
7250 N Oracle Road
Tucson, AZ

16 Thursday - 11:30 am

**Living with Alzheimer's:
For Caregivers - Middle Stage**

American Legion Post 60
1510 Bruce Woodbury Drive
Laughlin, NV

20 Monday - 10:00 am

Healthy Living

Desert West Senior Center
6501 W Virginia Avenue
Phoenix, AZ

22 Wednesday - 3:00 pm

Memory Cafe

Coco's Bakery Restaurant
7250 N Oracle Road
Tucson, AZ

27 Monday - 9:30 am

Memory Cafe

Tempe Public Library
3500 S Rural Road
Tempe, AZ

27 Monday - 11:00 am

Early-Stage Partners in Care

Alzheimer's Association Office
5190 S Valley View Boulevard, Ste. 104
Las Vegas, NV
Pre-screening req: 702.248.2770

28 Tuesday - 10:00 am

Know the 10 Signs

Shadow Mountain Senior Center
3546 E Sweetwater Avenue
Phoenix, AZ

28 Tuesday - 4:00 pm

Volunteer Orientation

Alzheimer's Association Office
1159 N Craycroft Road
Tucson, AZ
Please RSVP: 520.322.6601

29 Wednesday - 9:00 am

Behaviors & Communication

Alzheimer's Association Office
340 E Palm Lane, Suite 230
Phoenix, AZ

29 Wednesday - 12:30 pm

Healthy Living

Tucson Indian Center
160 N Stone Avenue
Tucson, AZ

30 Thursday - 9:00 am

Understanding Alzheimer's & Dementia

Beatty Senior Center
150 A Avenue South
Beatty, NV

SEPT

5 Wednesday - 11:30 am

Early Stage Social Engagement

Via Linda Senior Center
10440 E Via Linda
Scottsdale, AZ

6 Thursday - 10:00 am

Understanding Alzheimer's & Dementia

Cahill Senior Center
715 W 5th Street
Tempe, AZ

6 Thursday - 1:00 pm

Dementia Conversations

Nevada State Veteran's Home
100 Veterans Memorial Drive
Boulder City, NV

10 Monday - 9:00 am

Dementia Conversations

Alzheimer's Association Office
340 E Palm Lane, Suite 230
Phoenix, AZ

10 Monday - 9:30 am

**Living with Alzheimer's:
For Younger-Onset Alzheimer's**

Tucson Medical Center
1400 N Wilmot Road
Tucson, AZ

11 Tuesday - 10:30 am

**Understanding & Responding
to Dementia-Related Behavior**

Graham County Health Department
826 W Main Street
Safford, AZ

11 Tuesday - 4:00 pm

Volunteer Orientation

Alzheimer's Association Office
1159 N Craycroft Road
Tucson, AZ
Please RSVP: 520.322.6601

12 Wednesday - 1:30 pm

Dementia, Caregivers & Stress

Barrow Neurological Institute
240 W Thomas Road, 3rd Floor
Phoenix, AZ

12 Wednesday - 6:30 pm

**Understanding & Responding
to Dementia-Related Behavior**

Via Elegante Assisted Living
4120 E Ramsey Road
Hereford, AZ

14 Friday - 9:30 am

Understanding Alzheimer's & Dementia

Peoria Public Library
8463 W Monroe Street
Peoria, AZ

17 Monday - 9:00 am

Healthy Living

Alzheimer's Association Office
340 E Palm Lane, Suite 230
Phoenix, AZ

19 Wednesday - 11:30 am

Early Stage Social Engagement

Via Linda Senior Center
10440 E Via Linda
Scottsdale, AZ

20 Thursday - 10:00 am

Healthy Living

Shadow Mountain Senior Center
3546 E Sweetwater Avenue
Phoenix, AZ



Early diagnosis could save \$7.9 trillion in medical costs.



Education Calendar

SEPT *(continued)*

20 Thursday - 11:30 am
**Living with Alzheimer's:
 For Caregivers - Late Stage**
 American Legion Post 60
 1510 Bruce Woodbury Drive
 Laughlin, NV

21 Friday - 10:00 am
Memories in the Making
 Tucson Museum of Art
 140 N Main Avenue
 Tucson, AZ
 Registration Req: 520.322.6601

24 Monday - 9:30 am
Memory Cafe
 Tempe Public Library
 3500 S Rural Road
 Tempe, AZ

24 Monday - 10:00 am
Healthy Living
 South Mountain Senior Center
 212 E Alta Vista Road
 Phoenix, AZ

26 Wednesday - 10:00 am
Know the 10 Signs
 St. Paul's United Methodist Church
 8051 E Broadway Boulevard
 Tucson, AZ

27 Thursday - 11:30 am
**Understanding & Responding to
 Dementia-Related Behavior**
 Western Arizona Regional Medical
 2735 Silver Creek Road
 Bullhead City, AZ

28 Friday - 9:00 am
Dementia Conversations
 Amargosa Senior Center
 443 E Desert Senior Lane
 Amargosa Valley, NV

28 Friday - 10:00 am
Memories in the Making
 Tucson Museum of Art
 140 N Main Avenue
 Tucson, AZ
 Registration Req: 520.322.6601

Volunteer Recognition

Laura Rogers Provides Community Education and Support



Laura Rogers is personally touched by Alzheimer's. Several family members are living with the disease.

Laura is also trained as a Dementia Friend Champion and provides information sessions throughout Graham County for people interested in how to become a Dementia Friend.

Like so many of us, Alzheimer's disease has impacted Laura personally. While this important cause aligns with her work at the Graham County Health Department, she continues to go above and beyond in helping bring awareness to those in Southeast Arizona.

Laura has presented at the Graham County Senior Citizens Center and the Church of Latter Day Saints and has been instrumental in coordinating upcoming First Responder training Sessions across multiple departments.

Thank you, Laura, for being a model partner for County Public Health Departments throughout Southern Arizona! We couldn't serve the community without committed people like you!

The Alzheimer's Association Desert Southwest Chapter recognizes the importance in the relationships forged with our community partners. Through these partnerships, we are able to expand our reach to help the many people affected by Alzheimer's disease across Arizona and southern Nevada. These two states are hit particularly hard by Alzheimer's and Laura is committed to raising awareness about the disease.

Laura Rogers, the Health in Arizona Policy Initiative (HAPI) Manager at the Graham County Health Department has been instrumental in our efforts to serve residents in Southeast Arizona.

In her role as a dedicated volunteer and community partner, Laura serves as a member of our Speaker's Bureau. That means Laura receives training to provide educations and presentations about topics like the warning signs of Alzheimer's, maintaining brain health and strategies for reducing risk.

VOLUNTEERS NEEDED



Every volunteer contributes to our ability to serve the community. With your help, we are able to advance our mission and increase our reach.

For more information, please call your local regional office:

- Northern Arizona: 928.771.9257
- Central Arizona: 602.528.0545
- Southern Arizona: 520.322.6601
- Southern Nevada: 702.248.2770



Many with early onset Alzheimer's are in their 40s & 50s.

THE DESERT SOUTHWEST CHAPTER STRIVES TO PROVIDE THE LATEST IN RESEARCH INFORMATION.
TO LEARN MORE INFORMATION ON ALZHEIMER'S RESEARCH, VISIT US ONLINE AT WWW.ALZ.ORG/RESEARCH

Preventing the Onset of Alzheimer's?

Generation Program could hold the key to stopping the disease before it starts



Dr. William Burke

The Alzheimer's Association is committed to funding global research efforts to eliminate Alzheimer's disease. It's an epidemic that is ballooning,

particularly in Arizona and Nevada where the growth rate for the disease is second and third in the United States respectively.

The U.S. has a National Plan to address Alzheimer's that was put in place in 2012. There are five goals: 1) Prevent and effectively treat Alzheimer's disease by 2025; 2) Optimize care quality and efficiency; 3) Expand supports for people with Alzheimer's disease and their families; 4) enhance public awareness and engagement; 5) Track progress and drive improvement.

Arizona and Nevada have a number of premier research facilities dedicated to Alzheimer's research.

Banner Alzheimer's Institute (BAI) is among the facilities leading the way. BAI is an international leader in preventative studies. They are currently conducting 40 clinical trials, over a dozen of which are actively enrolling participants.

"We have several promising trials underway," says Dr. William Burke,

Director of The Stead Family Memory Center at Banner Alzheimer's Institute. "We are active in the prevention space. [We] think we'll be more successful in protecting the brain from these bad proteins that cause dementia, opposed to after the damage is already done."

One project Dr. Burke is working on is the Generation Program. It is comprised of two clinical trials: Generation 1 and Generation 2. Each trial will last 5-8 years, exploring treatments that may be able to prevent the onset of Alzheimer's.

"So many of our participants are motivated," says Dr. Burke. "It's not so much for themselves, but because they want to be involved in finding an answer for this terrible disease."

The Generation Program isn't looking for people with Alzheimer's, rather those with a specific gene (APOE4) that increases the risk of developing the disease. "We want to intervene before people actually develop symptoms," says Dr. Burke. "Prevent the loss of nerve cells in the brain is what we're really trying to do."

To participate in the Generation Program, you must be 60-75 years old and have not been diagnosed with any memory impairment. You also have to be willing to find out your genetic status. If you have the APOE4 gene, it doesn't mean you will develop Alzheimer's. But it does mean you are at more risk than those without the gene. Participation is voluntary; you can leave at any time.

The study is funded by the NIH, private philanthropists, and pharmaceutical

companies Novartis and Amgen. The Generation Program was spearheaded by Banner Alzheimer's Institute, but Dr. Burke says the research is being done at facilities around the world. The goal is to end Alzheimer's before we lose another generation.

In the meantime, there are things you can do right now to reduce your risk of developing Alzheimer's. Dr. Burke says exercise is proven to help. "There was a study in Sweden that followed women for 20 years. The women in the top band of fitness had a 90% reduction in Alzheimer's disease. Even people in middle of the pack had a 50% reduction in the disease."

If you want to learn more about the Generation Program contact Banner Alzheimer's Institute or visit www.generationprogram.com.

ABOUT DR. BURKE



Dr. William Burke is the Director of the Stead Family Memory Center at Banner Alzheimer's Institute (BAI).

Dr. Burke is also Research Professor of Psychiatry at the University of Arizona College of Medicine in Phoenix.

He is a fellow of the American Geriatric Society and the American Psychiatric Association. He has over 250 publications including scientific articles, book chapters and abstracts.



Participation in research helps accelerate progress.

602.528.0545

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YUMA

NOVEMBER 3, 2018

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VERDE VALLEY

NOVEMBER 10, 2018

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