



Early Detection is Critical

Nearly Half of People with Dementia Have Not Been Diagnosed

What if we could diagnose Alzheimer's disease before symptoms started? The hope is, future treatments could then target the disease in its earliest stages, before mental decline or irreversible brain damage has occurred.

Research on new strategies for earlier diagnosis are among the most active areas in Alzheimer's science. Funding from the Alzheimer's Association continues to lead to significant advances and steady progress.

Even though there are currently no treatments that change the underlying course of Alzheimer's, early detection – a core function of public health – is critically important.

“Early detection opens up access to health and support services,” says James Fitzpatrick, Program & Advocacy Director for the Desert Southwest Chapter. “It also gives the individual an opportunity to make legal, financial and care plans for themselves, while they are still able to do so.”

With early detection, you can also get the maximum benefit from available treatments – which could help you maintain a level of independence for a longer period of time.

A key component to early detection is knowing the **10 warning signs**. Every individual may experience one or more of these signs to a different degree. If you notice any of them, please see your doctor.

- 1 Memory loss that disrupts daily life
- 2 Challenges in planning or solving problems
- 3 Difficulty completing familiar tasks
- 4 Confusion with time or place
- 5 Trouble understanding visual images and spatial relationships
- 6 New problems with words in speaking or writing
- 7 Misplacing things and losing the ability to retrace steps
- 8 Decreased or poor judgement
- 9 Withdrawal from work or social activities
- 10 Changes in mood and personality

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.

MediAlert® + 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:



@alzds

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Letter From the Executive Director

Dear Friends,

This is a hopeful time as we celebrate the end of 2017 and welcome in 2018. While the challenges of Alzheimer's disease are daunting, we press ahead with the knowledge that brighter days are on the horizon. While the demands of this disease are complex and often immeasurable, I know that each of us has the courage and determination to rise up and meet them.



Dan Lawler

In this issue, you will read about such individuals. Individuals whom have not let Alzheimer's define who they are, but whom have a rich and full story to tell. Individuals such as legendary coach, John MacLeod, and his family. Individuals like Barbara Payne and her lifetime of volunteerism on behalf of others. Individuals who walk to end Alzheimer's disease or participate in our Early stage programs.

These individuals' stories are just a few of the thousands of stories within our Chapter area. Stories that are unique, yet all too familiar. Stories that reinforce what we all know and live each and every day: this fight is not a fight against Alzheimer's disease, this fight is a fight for individuals.

These stories are powerful. They let us know that as unique as our individual struggle may be, we are not alone - that the Association is here to support and empower individuals; to help us draw strength from each other.

I know that together we are stronger than this disease. I know that together we will win this fight.

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
1028 E. McDowell Rd
Phoenix, AZ 85006
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



Commitment to the Cause

Kathy & Jean Norris-Wilhelm

Jean and Kathy Norris-Wilhelm are the kind of people you like immediately. So full of life and love - the pair embodies the definitions of grace and dignity.

"We try to live for today. That's really the best philosophy," says Kathy. "When you look too far down the road, that's when things can get scary."

Kathy's wife, Jean, was diagnosed with Alzheimer's disease at the age of 55. Jean was teaching the day she first realized something was wrong. She decided she couldn't go on in that role and decided to retire - her students' well-being her number one priority.

Several years would pass before Jean received a diagnosis of Alzheimer's disease.

"I'm tiny but I'm mighty, a Warrior really," says Jean. "Despite this diagnosis, I'm determined more than ever to keep going and going, living life to the fullest."

Kathy and Jean are a dynamic duo, determined to be outspoken advocates and ambassadors.

"I would really encourage people - when they recognize symptoms in themselves or a loved one - that they don't hide and they don't ignore it," says Kathy. "The sooner you get a diagnosis, the sooner you can get tied in with the Alzheimer's Association, which has a wealth of knowledge and resources. They've just been amazing for us."

In Arizona alone, there are more than 130,000 people living with the disease along with 325,000 caregivers. Kathy is now both wife and care partner. She says Jean inspires her daily.



Jean [left] and Kathy Norris-Wilhelm at the 2017 Phoenix Walk to End Alzheimer's on November 11, 2017.

"I continue to learn so much about life and living from her, especially since she was diagnosed with early onset Alzheimer's," shares Kathy. "She isn't about to let anything stop her, not even this disease. We are committed to help raise awareness about Alzheimer's and funding to help find a cure."

Perhaps it's fitting that when Jean and Kathy signed up for this year's Phoenix Walk to End Alzheimer's, they named their team: Team Grace & Dignity.

Jean is one of approximately 200,000 people under the age of 65 living with younger-onset Alzheimer's disease.

Jean isn't defined by her diagnosis. She's defined by her many accomplishments. She holds a Bachelor of Arts Degree in Secondary Education (Mathematics) from Arizona State University, a Master of Education in Secondary Education and Principal Graduate Certification Degree.

TELL US YOUR STORY



We connect with others through storytelling. The Alzheimer's Association Desert Southwest Chapter invites you to share your Alzheimer's disease or dementia story. Contact Katie Skvarce at 602.528.0545 or kskvarce@alz.org for more information.

Jean began teaching in the Chandler Unified School District in 1998. She was awarded the Apple Achievement Award, a peer nominated Teacher of the Year Award. She also received Intel Teach to the Future Master Teacher Award. She was one of only 100 educators selected for that award.

"I've never been a victim and I'm not starting now. Alzheimer's is not going to define me," says Jean.



Jean & Kathy outside KNXV-TV on November 9, 2017.



Alzheimer's Disease Is The 6th Leading Cause Of Death In The United States.



The Fight for Alzheimer's First Survivor

The 2017 Walk Season Sets Record For Desert Southwest Chapter

THANK YOU!

Thank you to the following companies for their sponsorship, helping families and individuals in our community.

Diamond Level

Affinity Gaming

Sapphire Level

AARP Arizona
Bayada
United Healthcare

Gold Level

Adultcare Assistance Homecare
All Valley Home Health Care
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Glencroft Senior Living
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Merrill Gardens at Siena Hills
Montevista Hospital
Optum Care
Pacifica Senior Living
Quail Run Behavioral Health
Right at Home
Savanna House
Territory Neurology
Tohono O'odham Gaming Enterprise
University of Nevada

Thank you to all the volunteers, donors, sponsors and participants who helped make 2017 a huge success! Together over 11,000 registered participants attended our 11 chapter Walks, raising over \$1.2 million dollars for Alzheimer's programs, services and research.

"It's inspiring to see a community come together in such an amazing way - not only to support individuals impacted by dementia, but standing together to fight for the first survivor," says Erin Krivanek, Chapter Development Director.

"The Walk to End Alzheimer's unites people by sharing the capacity to care and empowering those on this devastating journey."

To view more photos from the 2017 Walk or donate to the cause, please visit our website at www.alz.org/dsw.

2017 TOP TEAMS

Affinity Gaming - Las Vegas
\$33,660

Gallagher & Kennedy
\$31,175

ASU Sigma Kappa
\$16,280

Sigma Kappa - Zeta Omicron
\$13,640

Sigma Kappa UNLV
\$12,920

EJ-REG054-Memory Keepers
\$11,785

SRS PHOENIX
\$11,703



Prescott, AZ



Las Vegas, NV



Phoenix, AZ



Tucson, AZ



There Are Over 400,000 Caregivers Across Arizona And Southern Nevada.

Honoring a Basketball Legend

Matt MacLeod, Son of Former Suns Coach John MacLeod, Talks About His Dad



John MacLeod is the winningest head coach in Suns history - a legend in Arizona sports. While avid sports fans may think they know everything about John MacLeod, they are likely unaware of the diagnosis that has touched the entire MacLeod family.

The 80-year-old former coach is living with Alzheimer's disease. MacLeod was diagnosed in 2008, although his son, Matt, says symptoms were visible well before that.

Matt MacLeod is an attorney with Gallagher & Kennedy in Phoenix. He also serves on the Board for the Alzheimer's Association Desert Southwest Chapter.

In a recent interview with the *Arizona Republic*, Matt remarked: "Don't be afraid to admit what your loved one is going through and don't be reluctant to reach out for help. You're not alone and you can't do it alone."

His name may be synonymous with basketball, but John MacLeod is more than a coach. "He came in the door at night after a game - he was a father, a husband. He didn't let it affect him, he didn't wallow in it. Too big of a man," says Matt.

John MacLeod has been married to his wife, Carol, for 44 years. They have two children (Kathleen, Matt) and five grandchildren: Lucy (8), Grace (6), Maggie (5), John (3), and Marc (3).

"My kids, my sister's kids - will never know their grandfather the way he was. But they're not going to forget. They'll hear about him, they'll read about him. They're going to know him," says Matt. "My dad lived an exceptional life."

Matt says coaching, especially on the professional level, can be ruthless. But his dad always rose above it.

"What really defines him is his integrity, his class and his dignity. Second to none."



John MacLeod and son, Matt, in 1980.

MacLeod coached in the 1970s and 1980s, years before the Diamondbacks or Cardinals came to Arizona. Back then, the Suns were the only game in town.

Before coming to Phoenix, MacLeod coached at the University of Oklahoma. After leaving the NBA, MacLeod coached the Fighting Irish. He spent 8 years at Notre Dame - from 1991 to 1999.

MacLeod's resume is impressive. Among his achievements: Election into the Indiana Basketball Hall of Fame in 2005, the Phoenix Suns Ring of Honor in 2012, and the Arizona Sports Hall of Fame in 2016.

MARK YOUR CALENDAR



A Love Not Forgotten Gala

February 3, 2018

JW Marriott Camelback Inn

5:30 pm - Reception

7:00 pm - Dinner

The Alzheimer's Association Desert Southwest Chapter proudly presents the 9th Annual 'A Love Not Forgotten' Gala featuring Matt MacLeod as the keynote speaker, honoring his father, John MacLeod.

The reception and silent auction begin at 5:30 pm. Dinner will begin at 7:00 and the program, live auction, and entertainment will follow.

For tickets, sponsorship or information: Contact Erin Krivanek at 602.528.0545 or ekrivanek@alz.org.



John and Matt MacLeod at Silverado Golf Club in Scottsdale on October 10, 2009.

"My dad always told me leave your mark, leave your mark. Well he certainly did. He left a legacy of class, integrity and dignity," says Matt.

89

Since 2000, Deaths From Alzheimer's Have Increased By 89%.



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 Community Center
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

Trinity United Methodist Church
2nd Saturday – 10:00 am

GOLD CANYON

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

GOODYEAR

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

MESA

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

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

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

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

Duet at Church of the Beatitudes
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

Beatitudes Campus
Every Saturday – 11:00 am
Early Stage & Care Partner
Meets 8 weeks on, 4 weeks off (Starts 1/6)

RIO VERDE

Verde Cares
1st Tuesday – 3:00 pm

SCOTTSDALE

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

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

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

SUN CITY AREA

Sun City Christian Church
Every Thursday – 9:30 am

Sun Health Research Institute
Every Monday – 1:30 pm
Early Stage & Care Partner
Meets 8 weeks on, 4 weeks off (Starts 1/1)

SUN LAKES

Sun Lakes Methodist Church
Every Thursday – 9:00 am
Early Stage & Care Partner
Meets 8 weeks on, 4 weeks off (Starts 1/4)

SURPRISE

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

TELEPHONE GROUP

1st & 3rd Tuesday – 1:00 pm
Early Stage without Care Partner

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 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

Unity Church
Every Monday – 10:00 am



In 2015, Alzheimer's And Other Dementias Will Cost The Nation \$226 Billion...

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.

PRESCOTT

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

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

Lutheran Church of the Risen Saviour
2nd & 4th Wednesday – 10:00 am
Seasonal (September - April)

MARANA

William Taft Abbett Sr. Library
2nd Wednesday – 10:30 am

NOGALES

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

ORO VALLEY

Casas Adobes United Congregational
Church
2nd & 4th Wednesday – 1:00 pm

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

Rancho Vistoso Community Center
Last Tuesday – 4:00 pm

SAFFORD

SEACUS
2nd Thursday – 1:30 pm

SAN MANUEL

Sun Life Health Care Center
3rd Wednesday – 10:00 am
Seasonal (October - April)

SIERRA VISTA

Sierra Vista Library
4th Thursday – 10:30 am

TUCSON

Casas Adobes United Congregational
Church
Every Wednesday – 1:30 pm
Early Stage & Care Partner
January 10 - February 28
March 14 - May 9

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

Cornerstone Fellowship
2nd & 4th Thursday – 5:30 pm
LGBTQ Caregivers

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

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

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

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

Rincon UCC
1st & 3rd Tuesday – 9:30 am
Early Stage & Care Partner

St. Paul's United Methodist Church
Every Thursday – 10:00 am
Early Stage & Care Partner
February 8 - March 29

TMC Senior Services
2nd Wednesday – 5:00 pm

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

Voyager RV Resort
Every Friday – 3:30 pm
Seasonal (January - March)

YUMA

AmVets
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

TLC Care Center
4th Thursday – 4:30 pm

MESQUITE

Mesquite Senior Center
2nd Tuesday – 2:00 pm

LAUGHLIN

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

LAS VEGAS

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

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

Alzheimer's Association Office
Fridays – 10:00 am
RSVP Early Stage & Care Partner

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

H2U Mountain View
3rd Tuesday – 10:00 am

Nevada Adult Day Healthcare Center
3rd & 4th Tuesday – 4:30 pm

United States Veterans Initiative
1st & 3rd Monday – 3:00 pm

PAHRUMP

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

SUMMERLIN

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



By 2050, These Costs Could Rise As High As \$1.1 Trillion.



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

JANUARY

12 Friday - 10:00 am
Living w/ Alzheimer's: For Caregivers (3-pt series)
Bowman Senior Residences
229 N. Grand Avenue
Nogales, AZ

12 Friday - 10:00 am
Memories in the Making
Tucson Museum of Art
140 N. Main Avenue
Tucson, AZ

12 Friday - 2:00 pm
Understanding & Responding to Dementia-Related Behavior
Quality Hotel Americana
639 N. Grand Avenue
Nogales, AZ
(Presented in Spanish)

15 Monday - 2:00 pm
Healthy Living
Impact of Southern Arizona
1590 N. Oracle Road
Catalina, AZ

17 Wednesday - 11:30 am
Healthy Living
Peoria Public Library
8463 W. Monroe Street
Peoria, AZ

17 Wednesday - 11:30 am
Partners Socialization Group
Via Linda Senior Center
10440 E. Via Linda, Rm 7
Scottsdale, AZ

17 Wednesday - 2:00 pm
Know the 10 Signs
Casa Bill Soltero
6001 W. Missouri Avenue
Glendale, AZ
(Presented in Spanish)

17 Wednesday - 5:30 pm
Healthy Living
Safford City-Graham County Library
808 S. 7th Avenue
Safford, AZ

17 Wednesday - 6:30 pm
Know the 10 Signs
Safford City-Graham County Library
808 S. 7th Avenue
Safford, AZ

18 Thursday - 10:00 am
Dementia Conversations
Alzheimer's Association Office
5190 S. Valley View Blvd, Suite 104
Las Vegas, NV

19 Friday - 10:00 am
Basics of Alzheimer's
Christ Evangelical Lutheran Church
918 S. Litchfield Road, Building A
Goodyear, AZ

19 Friday - 10:30 am
Know the 10 Signs
St. John Neumann Catholic Church
11545 E. 40th Street
Yuma, AZ

22 Monday - 10:15 am
Know the 10 Signs
Sunshine Valley Senior Living
1901 S. 20th Avenue
Safford, AZ

22 Monday - 10:30 am
Healthy Living
Surprise Senior Center
15832 N. Hollyhock Street
Surprise, AZ

23 Tuesday - 10:00 am
Healthy Living
Paradise Valley Senior Center
17402 N. 40th Street
Phoenix, AZ

23 Tuesday - 11:00 am
Dementia Conversations
Adult Center of Prescott
1280 E. Rosser Street B
Prescott, AZ

24 Wednesday - 10:30 am
Healthy Living
Mohave County Public Library
1770 McCulloch Blvd N
Lake Havasu City, AZ

24 Wednesday - 1:00 pm
Basics of Alzheimer's
Prescott Athletic Club
1 Kingswood Drive
Prescott, AZ

24 Wednesday - 1:30 pm
Understanding & Responding to Dementia-Related Behavior
Barrow Neurological Institute
240 W. Thomas Road
Phoenix, AZ

25 Thursday - 9:00 am
Know the 10 Signs
Cora Coleman Senior Center
2100 Bonnie Lane
Las Vegas, NV

25 Thursday - 6:00 pm
Know the 10 Signs
All Saints Catholic Church
1534 N. Recker Road
Mesa, AZ

26 Friday - 8:00 am
Alzheimer's Education Conference
Registration Req: 520.322.6601
Green Valley, AZ

27 Saturday - 9:30 am
Know the 10 Signs
All Saints Catholic Church
1534 N. Recker Road
Mesa, AZ

29 Monday - 10:00 am
Living w/ Alzheimer's: For People w/ Alzheimer's
Sunrise Mountain Library
21109 N. 98th Avenue
Peoria, AZ

31 Wednesday - 1:00 pm
Alzheimer's Prevention: Pipe Dream or Possibility
Scottsdale, AZ
Registration Req: 602.528.0545

FEBRUARY

1 Thursday - 10:00 am
Arts in Mind
Mesa Arts Center
Registration Req: 480.644.6564

5 Monday - 10:00 am
Basics of Alzheimer's
Anthem Civic Building
3701 W. Anthem Way
Anthem, AZ

5 Monday - 12:30 pm
Healthy Living
Yuma YMCA
1917 W. 32nd Street, Suite 2
Yuma, AZ

5 Monday - 1:30 pm
Understanding & Responding to Dementia-Related Behavior
Alta Vista Senior Living Community
916 Canterbury Lane
Prescott, AZ

6 Tuesday - 10:00 am
Healthy Living
Avondale Haciendas
910 S. Dysart Road
Avondale, AZ
(Presented in Spanish)

7 Wednesday - 10:00 am
Healthy Living
Paradise Valley Senior Center
17402 N. 40th Street
Phoenix, AZ

7 Wednesday - 11:30 am
Partners Socialization Group
Via Linda Senior Center
10440 E. Via Linda, Rm 7
Scottsdale, AZ

8 Thursday - 12:00 pm
Basics of Alzheimer's
Prescott Valley Christian Church
7655 E. Long Look Drive
Prescott Valley, AZ

9 Friday - 10:00 am
Early Stage Social Engagement
Las Vegas, NV
Registration Req: 702.248.2770



An Estimated 5 Million Americans Are Living With Alzheimer's Disease In 2016.

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

12 Monday - 12:30 pm

Know the 10 Signs

Peoria Public Library
8463 Monroe Street
Peoria, AZ

12 Monday - 2:30 pm

Healthy Living

Casa Bill Soltero
6001 W. Missouri Avenue
Glendale, AZ
(Presented in Spanish)

13 Tuesday - 12:00 pm

Basics of Alzheimer's

Graham County Health Department
825 W. Main Street
Safford, AZ

13 Tuesday - 12:30 pm

Basics of Alzheimer's

Chino Valley Public Library
1020 W. Palomino Road
Chino Valley, AZ

14 Wednesday - 1:30 pm

Legal & Financial Planning for Alzheimer's Disease

Barrow Neurological Institute
240 W. Thomas Road
Phoenix, AZ

15 Thursday - 9:00 am

Healthy Living

Cora Coleman Senior Center
2100 Bonnie Lane
Las Vegas, NV

15 Thursday - 10:00 am

Basics of Alzheimer's

TMC Senior Services
1400 N. Wilmot Road
Tucson, AZ

16 Friday - 10:00 am

Dementia Conversations

Christ Evangelical Church
918 S. Litchfield Road, Bldg. A
Goodyear, AZ

16 Friday - 10:00 am

Memories in the Making

Tucson Museum of Art
140 N. Main Avenue
Tucson, AZ

19 Monday - 2:00 pm

Basics of Alzheimer's

Impact of Southern Arizona
1590 N. Oracle Road
Catalina, AZ

19 Monday - 3:00 pm

Basics of Alzheimer's

Alzheimer's Association Office
1028 E. McDowell Road
Phoenix, AZ

20 Tuesday - 10:00 am

Understanding and Responding to Dementia-Related Behavior

Alzheimer's Association Office
5190 S. Valley View Blvd, Suite 104
Las Vegas, NV

21 Wednesday - 11:30 am

Partners Socialization Group

Via Linda Senior Center
10440 E. Via Linda, Room 7
Scottsdale, AZ

22 Thursday - 1:00 pm

Living w/ Alzheimer's: For Caregivers - Mid Stage

Fountain of Life House of Worship
8838 S. 2nd Drive
Phoenix, AZ

23 Friday - 11:30 am

Healthy Living

Western Arizona Regional Medical Ctr
2735 Silver Creek Road
Bullhead City, AZ

26 Tuesday - 8:30 am

Alzheimer's Caregivers Conference

Holy Trinity Lutheran Church
739 W. Erie Street
Chandler, AZ

26 Tuesday - 10:15 am

Healthy Living

Sunshine Valley Senior Living
1901 S. 20th Avenue
Safford, AZ

27 Wednesday - 10:00 am

Know the 10 Signs

McDowell Senior Center
1845 E. McDowell Road
Phoenix, AZ

27 Wednesday - 3:00 pm

Dementia Conversations

Highgate Senior Living
1600 Petroglyph Point Drive
Prescott, AZ

28 Thursday - 10:00 am

Memory and Mental Health

Willow Hills Baptist Church
1071 Mogollon Road
Prescott, AZ

28 Thursday - 10:00 am

Living w/ Alzheimer's: For Caregivers - Early Stage

Granite Reef Senior Center
1700 N. Granite Reef Road
Scottsdale, AZ

28 Wednesday - 10:30 am

Know the 10 Signs

Mohave County Public Library
1770 McCulloch Blvd N
Lake Havasu City, AZ

28 Wednesday - 1:30 pm

Dementia, Caregivers & Stress

Barrow Neurological Institute
240 W. Thomas Road
Phoenix, AZ

MARCH

1 Monday - 10:00 am

Arts in Mind

Mesa Arts Center
Registration Req: 480.644.6564

1 Monday - 1:00 pm

Basics of Alzheimer's

Thrive Wellness Depot
2200 El Mercado Loop
Sierra Vista, AZ

2 Friday - 11:00 am

Healthy Living

Holy Trinity Lutheran Church
739 W. Erie Street
Chandler, AZ

2 Friday - 2:30 pm

Dementia Conversations

Las Fuentes
1035 Scott Drive
Prescott, AZ

7 Wednesday - 11:30 am

Partners Socialization Group

Via Linda Senior Center
10440 Via Linda, Room 7
Scottsdale, AZ

8 Thursday - 8:00 am

Annual Education Conference

Tucson Jewish Community Center
3800 East River Road
Tucson, AZ

8 Thursday - 9:00 am

Dementia Conversations

Cora Coleman Senior Center
2100 Bonnie Lane
Las Vegas, NV

9 Friday - 11:00 am

Know the 10 Signs

Holy Trinity Lutheran Church
739 W. Erie Street
Chandler, AZ

12 Monday - 10:00 am

Living w/ Alzheimer's: For Caregivers - Late Stage

Alzheimer's Association Office
1028 E. McDowell Road
Phoenix, AZ

13 Tuesday - 11:00 am

Healthy Living

Graham County Health Department
825 W. Main Street
Safford, AZ

14 Wednesday - 10:30 am

Dementia Conversations

Mohave County Public Library
1770 McCulloch Blvd N
Lake Havasu City, AZ

14 Wednesday - 1:30 pm

Basics of Alzheimer's

Barrow Neurological Institute
240 W. Thomas Road
Phoenix, AZ

15 Thursday - 10:00 am

Dementia Conversations

TMC Senior Services
1400 N. Wilmot Road
Tucson, AZ



It's The Only Cause Of Death In The Top 10 In America
That Cannot Be Prevented, Cured Or Slowed.



Education & Activity Calendar

MARCH *(continued)*

19 Monday - 10:00 am

Effective Communication Strategies

Alzheimer's Association Office
5190 S. Valley View Blvd, Suite 104
Las Vegas, NV

20 Tuesday - 10:00 am

Healthy Living

Paradise Valley Senior Center
17402 N. 40th Street
Phoenix, AZ

21 Wednesday - 10:30 am

Basics of Alzheimer's

5900 W. Western Way Circle
Tucson, AZ

21 Wednesday - 11:30 am

Partners Socialization Group

Via Linda Senior Center
10440 E. Via Linda, Room 7
Scottsdale, AZ

22 Thursday - 11:00 am

Know the 10 Signs

Goodyear City Hall
190 Litchfield Road
Goodyear, AZ

23 Friday - 10:00 am

Memories in the Making

Tucson Museum of Art
140 N. Main Avenue
Tucson, AZ

26 Monday - 10:15 am

Basics of Alzheimer's

Sunshine Valley Senior Living
1901 S. 20th Avenue
Safford, AZ

28 Wednesday - 8:00 am

Annual Education Conference

Adult Center of Prescott
1280 E. Rosser Street B
Prescott, AZ

28 Wednesday - 1:30 pm

Understanding & Responding to Dementia-Related Behavior

Barrow Neurological Institute
240 W. Thomas Road
Phoenix, AZ

Volunteer Recognition

Barbara Payne Has Actively Volunteered For 3+ Years



Barbara Payne began attending an Alzheimer's Association support group near her home in southern Nevada about two years before her husband, Doyle, died from dementia.

It was a friend who suggested she attend - even though at the time, Doyle had not been diagnosed. Even then Barbara says she knew something was wrong with her husband.

"He always had a wonderful memory and I noticed that it was fading," says Barbara. "After I started going to the support group, I realized he probably had it for 10 years. I didn't know it. No doctor told us."

One evening, Barbara got a phone call from one of Doyle's colleagues. He told her he thought something was really wrong with her husband. That's when Barbara got him to a doctor and Doyle was diagnosed with dementia.

Barb continued to go to the support group for several years. The girl that was facilitating moved to another area. Because Barb attended all the time, she naturally moved into the facilitator role. She's been filling that role and volunteering ever since.

"As a widow you need to have something to do - and this opportunity presented itself to me," says Barbara.

Barbara is very devoted and spends so much of her personal time and energy providing support and guidance and participating in events to learn more about the disease.

Barbara says she knows she's not there as a doctor. Her goal is to empower people to make decisions for themselves. She encourages them to choose happiness each and every day.



Barbara attends educational seminar in Scottsdale, Arizona alongside James Fitzpatrick, Program & Advocacy Director.

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.

We are in need of volunteers to fill various roles across Arizona and southern Nevada. We want to ensure your volunteer work is rewarding and fits your schedule.

For more information on volunteering, 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



Seniors Dies With Alzheimer's Or Another Form Of Dementia.

EPIC - Early-stage Partners In Care

Developing the Skills Needed to Address Early-Stage Memory Loss



About EPIC

Have you or a loved one been diagnosed with early-stage dementia or the beginnings of memory loss? Do you have questions or concerns about how to handle these changes?

A team that includes the Desert Southwest Chapter of the Alzheimer's Association, the Department of Economic Security Aging & Adult Services, Arizona State University, and the Area Agencies on Aging, are collaborating on the EPIC program.

The EPIC (Early-stage Partners In Care) program is designed to assist people with early-stage memory loss and their care partners by providing early-stage related education and training workshops created to reduce stress, enhance well-being, and help manage challenges.

Through the free workshops, you will learn about early-stage memory loss and its impact. You'll learn how to manage your concerns, stress, and distress. You'll also be prepared for changes because of the memory loss and how to better communicate.

What is the project's purpose?

To assist people with early-stage memory loss and their care partners by providing free early-stage related education and sessions designed to reduce stress, enhance well-being, and help manage challenges. Also, to gather feedback from individuals about their experience to continue to improve programs for individuals affected by early-stage memory loss.



Who will be involved in this project?

Approximately 160 early-stage dyads residing in Arizona or Nevada, who report one partner with early-stage memory loss. Also, project staff from the Alzheimer's Association Desert Southwest Chapter or the Alzheimer's Association Northern Nevada Region, local community health workers or Promotores, and ASU.

What will involvement mean for me?

If you decide to voluntarily participate in this program, you will be asked to:

- 1) Meet others with memory loss and their care partners.
- 2) Attend six group sessions (2 hours & 30 minutes each) to learn strategies to help you handle new situations, reduce stress, improve mood, communicate better with each other, and discuss and plan for the future.
- 3) Participate in one 90-minute individualized session to address specific issues that may be unique to your situation.

4) Participate in five 2-hour confidential interviews that involve questions about your background, mood, and quality of life. You will be asked to participate in interviews at the start, and again at about 3, 6, 9 and 12 months to help us to continue to improve the program. Each person will receive up to \$95 for completing all follow-up interviews, or \$20 to \$25 for each interview completed. All participants are offered the EPIC sessions shortly after their first interview or shortly after their 3-month interview.

5) Some participants will also attend an additional free education workshop.

How will this help my community and me?

Many early-stage dyads appreciate the opportunity to learn new strategies and meet others like them. You will be encouraged to give information about this project to others who have been impacted by early-stage memory loss. The feedback gathered from speaking with early-stage dyads like you will be used to help improve the quality of early-stage education programs.

Who will know the information I give during these interviews?

Every precaution will be taken to protect your privacy. No one will be identified individually in reports or materials developed from the project.

How do I sign up or get more information about EPIC?

Please call 602-496-1239 (1-844-418-5538 if you are outside Maricopa County).



Every 66 Seconds Someone In The United States Develops Alzheimer's Disease.

602.528.0545
800.272.3900 24 Hour Helpline
800.392.0022 En Español

Change Service Requested



STAY INFORMED AND HELP US GO GREEN – EMAIL KSKVARCE@ALZ.ORG TO SIGN UP FOR OUR E-NEWSLETTER

SAVE THE DATE



FEBRUARY 3, 2018

A LOVE NOT FORGOTTEN GALA
PHOENIX | act.alz.org/alovenotforgotten

MARCH 7, 2018

ANNUAL EDUCATION CONFERENCE
TUCSON

MARCH 28, 2018

ANNUAL EDUCATION CONFERENCE
PRESCOTT

APRIL 8, 2018

WINE TO REMEMBER
TUCSON

APRIL 20, 2018

ANNUAL EDUCATION CONFERENCE
PHOENIX

APRIL 24, 2018

ANNUAL EDUCATION CONFERENCE
LAS VEGAS