



A Legacy of Love

Woman honors grandmother by raising Alzheimer's awareness

The impact Alzheimer's disease has on a family is profound, the effects of which transcend generations. Emily Broughton, of Scottsdale, was just 17 years old when her grandma was diagnosed with the disease. It was a diagnosis that, in many ways, changed the course of Emily's life.

"Alzheimer's is a very scary and life altering disease," says Emily. "But as with any difficult situation, my family relied on humor, love and each other to make it through."

When it comes to Alzheimer's care and support, it's not a journey a care partner can take alone. In Emily's family, care was provided by over a dozen family members. Emily was among them.

"The role of caregiving was exhausting," admits Emily. "No amount of money or love could change the fact that caregiving is a physically and mentally exhausting job. Between eight grandkids, three children and two spouses we had someone with my grandma nearly every hour of the day."

During this time, Emily says her family relied heavily on the Alzheimer's Association for help, resources, care, and support.

"The Alzheimer's Association not only provided my family, and many others, with resources, but companionship and reassurance that we were doing all we could do out of love for our loved one in the face of a relentless disease."



Emily Broughton embraces her grandmother, Barbara, in 2017.

Emily's family kept Barbara at home as long as they could. After careful consideration, and amidst safety concerns, they would ultimately decide to transition her to a nursing home. "You would think that moving a loved one into a nursing home would ease the anxiety of caring for a person with Alzheimer's, but it doesn't," Emily explains. "When a person is diagnosed with Alzheimer's they lose the ability to speak up for themselves— so at this time— we became her advocates."

Emily's grandmother lost her Alzheimer's fight on Christmas Day 2017, seven years after being diagnosed. "I slept alongside her in her hospital bed on her last night on earth

and held her hand as she took her final breath. As much as my heart breaks that she is no longer with me, I have so much comfort in knowing she no longer has to suffer."

"For the past 24 years I have spent each and every Christmas morning with my grandma," adds Emily. "I truly believe that she wanted to spend this last Christmas alongside the ones who meant everything to her. Although grandma won't be here with me physically, I know that every Christmas morning I will reflect on these special memories."

Emily is now a social worker—a career path she chose in honor of her grandmother. "My profession allows me to use my experience to assist professionals, care partners and individuals living with Alzheimer's. It's hard to understand the impact this disease has on a person, a family. I want to make a difference."

Emily is continuing her family's legacy of love by helping others. She has been involved in Alzheimer's Association caregiver support groups and is a Walk to End Alzheimer's committee member. She is committed to do anything she can to help raise Alzheimer's awareness.

"The support and connection I have received is unbelievable. I am so glad I have the opportunity to fight alongside the Alzheimer's Association so that someday no one else will have to suffer through this disease." ♥



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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; and 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 & southern Nevada.

Letter From the Executive Director

Dear Friends,

It's that time of year again: Walk to End Alzheimer's® season. Hopefully you have already seen information about the Walk – a PSA, a billboard, a poster or flier. Perhaps you've even received a call or email asking you to sign up (again) and help us advance our mission. Each year, more and more people answer this call. More and more people join the movement. They join the Walk.



Dan Lawler

That is because the Walk to End Alzheimer's® is more than a fundraising event. The Walk to End Alzheimer's® is the transcendent event for our cause. It brings together people who are united in our mission and touches all of our core pillars: advocacy, awareness, information, programs, services, and research. The Walk is the biggest provider of funding and resources to continue our critical work.

In this newsletter you will read stories of why people walk. Stories that may sound familiar to you; even sharing some aspects of your own personal journey. These stories, as well as your own, and countless others, showcase why we walk. We each travel a different path to the Walk, but we walk the Walk together.

The Walk enables us to continue providing quality, comprehensive services to individuals affected by Alzheimer's and their care partners. The Walk activates young advocates who help affect change with state and federal officials. The Walk advances research, led by world-class researchers right here in our Chapter.

The Walk touches all of this and so much more. Join me and sign up today. Create a Walk team and show your strength; show your dedication; show your commitment to our vision. Join the Walk and help us realize a world without Alzheimer's.

Many Thanks,

Dan Lawler
Executive Director

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

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 our
programs and services
please call:

800.272.3900

Changing the Trajectory

Taking steps to reclaim the future for millions



Mary Sasowski with her daughter, Luba, in 2016.

Mary Sasowski sits in the reception area of WAX Hair Removal Bar in Las Vegas, waiting for her daughter to finish up with work. "She will usually break out into a song, hug our customers or simply speak in her first language, Polish, to clients checking out," says Luba Sasowski.

Luba is the only child of Fedor and Mary Sasowski. Fedor passed away when Luba was just 15. "My mother became my closest friend," admits Luba. "She was an immigrant to this country at the age of 30. She was stubborn, very hard working and the life of any party she joined. She taught me to be strong, independent and always laugh. She is my world and I was hers."

Fifteen years after Luba's dad passed away, Luba's mother, Mary, was diagnosed with dementia. Luba is now 38, her mom is 73. "Her mind is deteriorating in front of my eyes. She

seems lost like a child - confused by her familiar surroundings. Dementia was her diagnosis with no known cure. I had to accept that she was never going to be the woman I once strived to become, the woman who is my world, a woman who is now in her own world."

Luba knows her mom's fate, but she believes the future can be different for millions of others.

"We at WAX have joined forces with the Alzheimer's Association® in raising money and awareness for the cause," says Luba. "There is still so much unknown about these diseases and without that knowledge, a cure can't be discovered."

The Alzheimer's Association® is the largest non-profit funder or research in the world. To date, the Alzheimer's Association® has awarded in excess of \$410 million dollars to more than 2,700 projects.

"Since there is currently no cure for Alzheimer's or dementia, we all need to pitch in and aid research in the quest to cure this disease," says Luba.

Join Luba in the fight to end Alzheimer's by registering for a Walk to End Alzheimer's® near you. Visit alz.org/dsw to sign up or text "ALZWALK" to 51555.

Your contribution helps ensure the continuation of groundbreaking work in finding treatments and cures for this disease.

Your support also provides programs and services for the 170,000 individuals with Alzheimer's and their care partners living in our region. ♥



Women are at the epicenter of the Alzheimer's crisis.



Love Through The Ages

Husband's poetic devotion to his wife, diagnosed with Alzheimer's in 2012

"When you meet her, you like her. When you get to know her, you love her," says John Cosden of his wife, Judy. The couple has been married 51 years — and while some things tarnish with time, John's undying love for Judy has not.

Let's rewind to the beginning of this love story. It's 1962. John, in his junior year of high school, was trying to determine whether he had a vocation to be a priest. "That entire year I prayed for some sign that I should be a priest. No voices or messages arrived," says John.

That is, John says, until the summer of 1963. A few months before John entered his senior year, he met Judy Drager — and his whole world changed. "I was smitten by her cuteness and her unpretentious demeanor."

John and Judy quickly discovered they shared the same deep-seated faith and family values — and soon fell in love. "We not only loved each other, we genuinely liked each other," says John. John and Judy were engaged in 1966 and married the following year. "God does not always answer the

questions we ask; He sends His answer. Judy was the girl who would be united with me in a beautiful, long marriage. It's our love story."

John and Judy have two sons, Greg and Geoff; and two grandchildren, Alexander and Annelise. They've celebrated decades of holidays, birthdays and anniversaries and created countless memories. Judy worked at Xavier College Prep in Phoenix for a number of years. In 2010, at age 62, she retired. According to John, Judy had two uneventful and quite enjoyable retirement years.

But in the Spring of 2012, John and Judy's world was turned upside down. The couple sensed something was wrong, and headed to see a doctor. Judy underwent a series of tests over the course of several days, including an MRI. About two weeks after Judy's initial consultation, the couple received devastating news. Judy was diagnosed with Mild Cognitive Impairment (MCI). In the years that followed, MCI turned into Alzheimer's disease.

► **JUDY** continued on page 5

Timeline: John & Judy Cosden

1963



John, 17, and Judy, 15, at a Catholic youth picnic. This photo was taken about 2 weeks after the couple first met on June 7, 1963.

1967



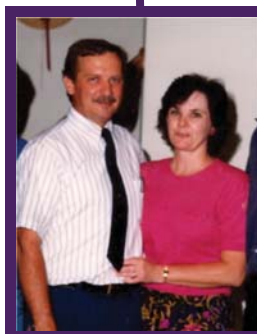
John and Judy share their first dance as husband and wife at their wedding reception on September 16, 1967.

1985



The couple with their two sons, Geoff and Greg, sitting on a rock jetty at Ocean City, MD in the summer of 1985.

1992



John and Judy celebrate their 25th wedding anniversary. This picture taken at a surprise party thrown for them by their sons.

2016



April 2012 trip to London. Photo taken in Trafalgar Square standing at the base of the Admiral Horatio Nelson obelisk.



Alzheimer's typically progresses in three stages.

Desert Southwest Chapter

"...for I am inextricably tied to Judy, entangled in her mussed hair, not only by merely watching her agitated hands rubbing her hair into loosely-formed curl-tangles but also by being 'trapped' by 24/7 care in our home, ever close to Judy's bedside, her inescapable 'prison.'" John Cosden writing — November 4, 2017



Today, Judy is in the late stage of the disease. "Alzheimer's has cruelly cut-off the sweet, friendly, caring, compassionate, giving person that she was all her life," says John.

Over the past six years, John has been steadfast in his devotion to Judy. He has used poetry as a way to express his deep affection, writing "Handwriting on the Wall" in 2014 about Judy's Alzheimer's. "I know but do not wish to acknowledge the disease that each day tears at my dearest's brain, bleeding a shadowy script upon my heart," writes John.

In June 2018, John retired from Xavier College Prep where he taught for 21 years so that he could focus his efforts on caring for Judy.

"My hope is that no other family will experience the loss of a loved one's entire personhood because that individual was unfortunately the target of a heartless disease."

While John knows what the future holds for his beloved Judy, he is unwavering in his belief that love never dies. ♥



September 17, 2016: John and Judy celebrate their 49th wedding anniversary. In this picture, the pair is singing the song "Always" by Irving Bell.

The Handwriting on the Wall

*At an intersection,
I drive past a man
holding a soiled sign,
"Homeless..."
a cardboard wall
for all to see.*

*At work,
I hear a colleague intone
matter-a-factly,
"Hear about the rumored merger?
...layoffs likely."*

*On the radio,
a sportscaster quips,
about a player's injury,
"Another concussion...
his playing days may be over."*

*On the TV,
a politician mouths
an election platitude,
"I promise a recovery that
will include all Americans."*

*On a singular day,
I sit with my wife
in a neurologist's office
amused - in spite of my tenseness -
by a cartoon on his wall
of a blurred photo-copied Han Solo
wielding a light saber
with a caption above him:
"Let's keep the Han in Hanukkah."*

*Then, one evening,
I shuffle up our sidewalk,
pause at the front door;
readying my smile,
I wince at the paint peeling
on the garage's side wall.*

*Had handwriting dotted
those lost flakes?*

*Pushing opening the front door, I
exclaim,
"Hi Tootsie Pop, how was your day?"*

*Later...well after sunset
alone
bracing myself at a kitchen counter,
I prepare her morning meds.
As I drop each pill
into its amber chamber,
a three-inch high
one inch in diameter
plastic cylinder,
thud after thud
thumps into my thoughts.*

*Mindlessly, I glimpse a shadowed
corner
where a vine in a planter hangs
limply.*

*And then, I know
that they - fate's shadows -
had been writ there - in the corners
of our lives - all along
indelible
indomitable
insidious.*

*I know but do not wish to acknowledge
the disease that each day
tears at my dearest's brain, bleeding
a shadowy script upon my heart.*

*I stare at the heartless handwriting
therein...
my heart flinches from its sharp scrawl.*

*Cruelly, its message screams into my
soul.
Tightly, my thoughts embrace Judy.*

*I shudder...
for my beloved is being borne
back to a shadowed world...*

*Imploringly I pray,
"How does Love say goodbye?"*

How?

**By John Cosden
Composed December 2014**



Music and art can enrich the lives of people with Alzheimer's.



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 800.272.3900 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

Beatitudes Campus
Every Saturday – 11:00 am
Younger Onset & Care Partner
September 15 - December 1

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

Golden Gate Community Center
3rd Wednesday – 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
September 10 - November 26

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

Changing Hands Bookstore
Last Friday – 6:30 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

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



Evidence suggests a heart-healthy diet protects the brain.

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 800.272.3900 or visit our website for more information.

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 Savior
2nd & 4th Wednesday – 10:00 am

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

MARANA

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

NOGALES

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

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

TUCSON

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

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

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

TMC Senior Services
2nd Wednesday – 5:00 pm
Younger onset care partners

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
Fridays – 10:00 am
RSVP Early Stage & Care Partner

Alzheimer's Association Office
4th Thursday – 10:00 am
Spanish Language Group

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 800.272.3900 or visit our website at alz.org/dsw for more information.



Regular exercise is beneficial in lowering Alzheimer's risk.



Education & Activity Calendar

OCTOBER

1 Monday - 1:00 pm
Managing Caregiver Stress

Alzheimer's Association Office
Phoenix, AZ

1 Monday - 1:30 pm

Know the 10 Signs
Alta Vista Retirement Living
Prescott, AZ

3 Wednesday - 3:00 pm

Memory Cafe
Coco's Bakery Restaurant
Tucson, AZ

4 Thursday - 1:30 pm

Know the 10 Signs
Barrow Neurological Institute
Phoenix, AZ

5 Friday- 8:45 am

Know the 10 Signs
Cottonwood Public Library
Cottonwood, AZ

8 Monday - 1:30 pm

Healthy Living
Thrive, A Wellness Center
Sierra Vista, AZ

9 Tuesday - 10:00 am

Effective Communication Strategies
Mesquite Senior Recreation Center
Mesquite, AZ

9 Tuesday - 10:00 am

Know the 10 Signs
Cahill Senior Center
Tempe, AZ

9 Tuesday - 10:30 am

Understanding Alzheimer's & Dementia
Graham County Health Department
Safford, AZ

9 Tuesday - 1:00 pm

Holiday Prep & Travel Tips
Alzheimer's Association Office
Phoenix, AZ

10 Wednesday - 3:00 pm

Memory Cafe
Coco's Bakery Restaurant
Tucson, AZ

17 Wednesday - 11:00 am

Know the 10 Signs
Cora Coleman Senior Center
Las Vegas, NV

17 Wednesday - 12:15 pm

Know the 10 Signs
Gilbert Senior Center
Gilbert, AZ

17 Wednesday - 3:00 pm

Memory Cafe
Coco's Bakery Restaurant
Tucson, AZ

18 Thursday - 11:30 am

Dementia Conversations
American Legion Post 60
Las Vegas, NV

18 Thursday - 1:00 pm

Understanding Alzheimer's & Dementia
TMC for Seniors
Tucson, AZ

19 Friday - 1:00 pm

Know the 10 Signs
Murphy-Wilmot Library
Tucson, AZ

19 Friday - 2:00 pm

Understanding Alzheimer's & Dementia
Spring Valley Library
Las Vegas, NV

20 Saturday - 2:00 pm

Know the 10 Signs
Camp Verde Library
Camp Verde, AZ

22 Monday- 9:30 am

Memory Cafe
Tempe Public Library
Tempe, AZ

24 Wednesday - 2:00 pm

Know the 10 Signs
Summerlin Library
Summerlin, AZ

24 Wednesday - 3:00 pm

Memory Cafe
Coco's Bakery Restaurant
Tucson, AZ

29 Monday - 12:00 pm

Caregiver Mini-Conference
Sunrise Mountain Library
Peoria, AZ

31 Wednesday - 12:30 pm

Understanding Alzheimer's & Dementia
Tucson Indian Center
Tucson, AZ

NOVEMBER

1 Thursday 1:30 pm

Healthy Living
Barrow Neurological Institute
Phoenix, AZ

2 Friday 8:45 am

Understanding Alzheimer's & Dementia
Cottonwood Public Library
Cottonwood, AZ

6 Tuesday 12:15 pm

Healthy Living
Gilbert Senior Center
Gilbert, AZ

8 Thursday 3:00 pm

Legal & Financial Planning
Mesa Community College
Mesa, AZ

8 Thursday 6:00 pm

Effective Communication Strategies
Prescott Valley Public Library
Prescott Valley, AZ

9 Friday 10:30 am

Know the 10 Signs
Anthem Center
Henderson, NV

12 Monday 1:00pm

Caregiving During the Holidays
Alzheimer's Association Office
Phoenix, AZ

12 Monday 1:30 pm

Effective Communication Strategies
Canyon Vista Medical Center
Sierra Vista, AZ

13 Tuesday 10:00 am

Legal & Financial Planning
Mesquite Senior Recreation Center
Mesquite, NV

13 Tuesday 10:30 am

Healthy Living
Graham County Health Department
Safford, AZ

13 Tuesday 2:00 pm

Understanding Alzheimer's & Dementia
Sunflower Community Association
Tucson, AZ

14 Wednesday 10:00 am

Behaviors & Communication
Alzheimer's Association Office
Phoenix, AZ

14 Wednesday 11:00 am

Dementia Conversations
Cora Coleman Senior Center
Las Vegas, NV

14 Wednesday 11:00 am

Effective Communication Strategies
Spring Valley Library
Las Vegas, NV

14 Wednesday 11:00 am

Know the 10 Signs
Adult Center of Prescott
Prescott, AZ

14 Wednesday 1:15pm

Effective Communication Strategies
Granite Gate Senior Living
Prescott, AZ

14 Wednesday 3:00 pm

Know the 10 Signs
Mesa Community College
Mesa, AZ
*Spanish-language

16 Friday 1:00 pm

Understanding Alzheimer's & Dementia
Murphy-Wilmot Library
Tucson, AZ

16 Friday 2:00 pm

Know the 10 Signs
Green Valley Recreation Center
Green Valley, AZ



Alzheimer's accounts for 60-80% of dementia cases.

Education & Activity Calendar



17 Saturday 2:00 pm
Dementia Conversations
Camp Verde Library
Camp Verde, AZ

26 Monday 9:30 am
Memory Cafe
Tempe Public Library
Tempe, AZ

28 Wednesday 12:30 pm
Dementia Conversations
Tucson Indian Center
Tucson, AZ

DECEMBER

3 Monday 1:30 pm
Dementia Conversations
Alta Vista Retirement Center
Prescott, AZ

3 Tuesday 10:00 am
Managing Caregiver Stress
Alzheimer's Association Office
Phoenix, AZ

6 Thursday 11:00 am
Memory Cafe
Denny's Restaurant
Tucson, AZ

6 Thursday 1:30 pm
Dementia Conversations
Barrow Neurological Institute
Phoenix, AZ

7 Friday 8:45 am
Dementia Conversations
Cottonwood Public Library
Cottonwood, AZ

7 Friday 2:30 pm
Know the 10 Signs
Las Fuentes Resort Village
Prescott, AZ

11 Tuesday 10:00 am
Healthy Living
Mesquite Senior Center
Mesquite, NV

11 Tuesday 10:30 am
Know the 10 Signs
Graham County Health Department
Safford, AZ

11 Tuesday 12:30 pm
Effective Communication Strategies
Chino Valley Library
Chino Valley, AZ

12 Wednesday 10:00 am
Holiday Prep & Travel Tips
Alzheimer's Association Office
Phoenix, AZ

14 Friday 1:00 pm
Healthy Living
Murphy-Wilmot Library
Tucson, AZ

14 Friday 1:30 pm
Memory Cafe
Carlota's Authentic Restaurant
Catalina, AZ

15 Saturday 2:00 pm
Effective Communication Strategies
Camp Verde Community Library
Camp Verde, AZ

17 Monday 10:00 am
Healthy Living
Desert West Senior Center
Phoenix, AZ
**Spanish-language*

19 Wednesday 11:00 am
Dementia Conversations
Good Samaritan Willage Tower
Prescott, AZ

19 Wednesday 11:00 am
Legal & Financial Planning
Cora Coleman Senior Center
Las Vegas, NV

19 Wednesday 1:30 pm
Understanding Alzheimer's & Dementia
Thrive. A Wellness Center
Sierra Vista, AZ

31 Monday 9:30 am
Memory Cafe
Tempe Public Library
Tempe, AZ

Class Descriptions

Dementia Conversations

Learn tips and information on how to have honest and caring conversations with family members about issues relating to Alzheimer's disease and dementia.

Effective Communication Strategies

Explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help connect and communicate at each stage of the disease.

Healthy Living

Learn the latest research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, using hands-on tools to help you incorporate these into a plan for healthy aging.

Know the 10 Signs

Learn the facts and warning signs of Alzheimer's disease and the need for early detection, information about drug therapy, enrolling in clinical studies, and planning for the future.

Legal & Financial Planning

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. Learn what legal and financial issues to consider and how to put plans in place.

Understanding Alzheimer's & Dementia

Alzheimer's disease is not a normal part of aging. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more.

NOTE: Listings are subject to change

Please contact your Regional Office to RSVP for individual classes.

Visit alz.org/dsw for all educational opportunities and regular updates to these calendar listings.



Education can help lower Alzheimer's risk.



Volunteer Opportunities

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 currently in great need of volunteers to assist in these areas:

Support Group Facilitators

Help facilitate support groups that provide emotional, educational and social support to those impacted by Alzheimer's or another dementia.

Speakers' Bureau

Provide presentations about Alzheimer's, other dementias and memory loss as well as the Alzheimer's Association to audiences including senior centers, health fair attendees, community organizations, clubs, congregations and schools.

Special Events

Assist with the execution of the Walk to End Alzheimer's®. Day of volunteer tasks include, but are not limited to, assisting with registering, greeting and ushering participants, selling merchandise, and decorating the event venue.

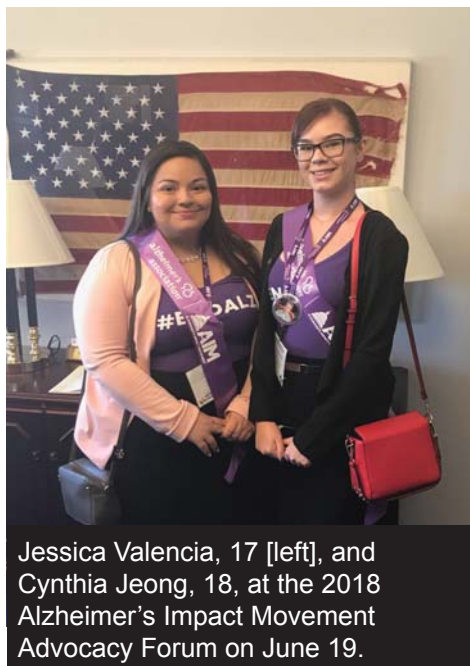
Communications

Assist with efforts to promote the organization's programs and support services, fundraising events, advocacy and public policy work and general awareness of the Alzheimer's Association®. Specific duties will be performed under the guidance of Communications staff and include social media and writing/copy editing.

For more information or to fill out a *Volunteer Interest Form*, please go alz.org/dsw/volunteer.

Cousins for the Cause

Cynthia Jeong and Jessica Valencia are young advocates



Jessica Valencia, 17 [left], and Cynthia Jeong, 18, at the 2018 Alzheimer's Impact Movement Advocacy Forum on June 19.

18-year-old Cynthia Jeong and 17-year-old Jessica Valencia have been volunteering with the Alzheimer's Association® Desert Southwest Chapter for the past six years.

Cynthia and Jessica are cousins who helped care for their grandmother, Flossie Walker. Flossie was diagnosed with younger-onset Alzheimer's disease in 2006. Alzheimer's disease is considered to be younger-onset Alzheimer's if it affects a person under 65. Flossie was 62 years old at the time of her diagnosis.

Both girls were responsible for assisting in showering, dressing, meal prep, companionship, and helping to keep their grandma busy," says Cynthia Valencia, Jessica's mom. "As my mom's needs increased, we had professional care in the home."

From home care to assisted living, Cynthia and Jessica saw not only the emotional toll — but the financial toll Alzheimer's takes on the family.

The cousins also realized that most kids their age know very little about Alzheimer's disease. So when it was time for Cynthia to do her senior project for high school, she decided to do her project on the economic impact the disease will have on their generation. She called her project, "*The Financial Implications of Alzheimer's Disease.*" Cynthia wanted to find a subject that would draw the attention of her peers.

"Both girls are aware that by the time they are in their 30's, Alzheimer's disease will have a crippling effect on our economy," says Cynthia Valencia.

Jessica and Cynthia continue to advocate for the cause. Jessica plans to do her senior project on Alzheimer's disease, as well. Both girls will again participate in Arizona's advocacy day in February — and hope to join the 2019 Alzheimer's Impact Movement Advocacy Forum in Washington DC.

Cynthia Valencia shares this about her daughter: "Jessica's opening statement to her local and state officials has always been 'We feel that we are a voice for our generation!'" ♥

ADVOCATES NEEDED



Make your voice heard by joining with thousands of Alzheimer's advocates nationwide. Help us achieve our vision of a world without Alzheimer's.

For more information on how to become an Alzheimer's Association® Desert Southwest Chapter advocate, visit alz.org/dsw.



Nearly every state has a State Alzheimer's Disease Plan.

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

The State of Dementia Research



Neurologist Dr. Marwan Sabbagh talks candidly about where the science is headed

When it comes to dementia care and research, Dr. Marwan Sabbagh is among the very best. A renowned neurologist and member of the Alzheimer's Association® Desert Southwest Chapter Board, Dr. Sabbagh has over 25 years of experience in the field.

"The Desert Southwest is a vanguard of cutting edge research, cutting edge clinical trials, imaging studies and therapeutics," says Dr. Sabbagh. "I very strongly believe— whatever the disease becomes and whether it's transformed into a chronic disease— the drugs will either be discovered in or tested in Arizona or Las Vegas."

Dr. Sabbagh recently joined the Cleveland Clinic Lou Ruvo Center for Brain Health in Las Vegas. He succeeds Dr. Jeffrey Cummings, who is transitioning into a new, advisory role. Dr. Sabbagh comes to Las Vegas from Phoenix, where he spent 18 years at Barrow Neurological Institute.

"When I moved to Arizona, the research infrastructure and the whole enterprise of Alzheimer's was very underdeveloped. The entire region has grown in the past 18 years."

Cleveland Clinic Lou Ruvo Center for Brain Health opened in 2009. U.S. News & World Report recently ranked it the number two hospital in the country and number four in neurology and neurosurgery.

"The Center is well known in the region and in the world for great care in Alzheimer's and other neurodegenerative diseases," says Dr.

Sabbagh. "We have one of the best research portfolios in the country." Dr. Sabbagh smiles as he says, "My goal in life is to work myself out of a job."

Dr. Sabbagh explains that for the past 15 years, research has been focused on amyloid and whether science can stop the production. "This year, even compared to last year, you're seeing a new set of drugs, a new set of ideas, a new set of targets - things we never thought of before. So the idea is that we're really transforming Alzheimer's from an amyloid specific to a broadly based approach."

Dr. Sabbagh says he believes we're moving away from a diagnosis of exclusion for Alzheimer's— and moving toward guidelines for early and accurate diagnosis.

One avenue of particular interest to researchers: biomarkers. A biomarker is a measure of disease or human condition. "Can you imagine if a blood test gave you an elevated indicator for Alzheimer's? Those are the kinds of things being tested in Arizona and southern Nevada," reveals Dr. Sabbagh.

Beyond research, Dr. Sabbagh emphasizes the importance of utilizing free programs and services offered locally. "The Desert Southwest Chapter is a great resource in the community. A great place to get care, to get knowledge."

"Patients can get the very best care their looking for, the cutting edge research their looking for - and the best resources, all in the Desert Southwest region of the U.S." ♥



Dr. Marwan Sabbagh outside Lou Ruvo Center for Brain Health in Las Vegas.
PHOTO CREDIT: Jérôme Brunet



New study: Lowering blood pressure reduces dementia risk.

602.528.0545
800.272.3900 24 Hour Helpline
800.392.0022 En Español

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STAY INFORMED AND HELP US GO GREEN – VISIT ALZ.ORG/E-NEWS TO SIGN UP FOR OUR E-NEWSLETTER



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OCTOBER 13, 2018

WEST VALLEY
GREEN VALLEY

OCTOBER 27, 2018

LAS VEGAS
YUMA

NOVEMBER 3, 2018

PHOENIX
VERDE VALLEY

NOVEMBER 10, 2018

TUCSON

REGISTER: ALZ.ORG/WALK