



Newsletter – APRIL 2022

NEW MEXICO AGING AND LONG-TERM SERVICES DEPARTMENT

Office of Alzheimer's and Dementia Care and the Aging Network

RESOURCES & INFORMATION

Greetings & Happy April!!!

April is a HUGE month for volunteering and we couldn't be more excited to share the importance of this month! The entire month of April is National Volunteer Month. This is a month dedicated to recognizing the importance of volunteering and honoring the significant contributions that volunteers make by generously donating their time and talents to worthy causes.

Under the big umbrella of National Volunteer Month, there is also National Volunteer Week (also called National Volunteer Appreciation Week). National Volunteer Week in the United States has been celebrated annually since 1974 and has continued to grow each year, with thousands of volunteer projects and special events scheduled throughout the week across the country. Volunteering has been shown to be beneficial because it increases happiness by enabling volunteers to help others and improve their overall well-being in the process.

Let's reach out by thanking and appreciating ALL our volunteers for all they do!

Stay Safe and have a Wonderful Month!

Cara Ortega, MSW, LCSW
Director
Office of Alzheimer's & Dementia Care



Call for Volunteers:

Are you interested in serving your community?

Call ALTSD Senior Service Bureau to be matched with an AmeriCorps program in your area.

Call: 1-800-432-2080



New Mexico Aging and Long-Term Services celebrates 50th anniversary of Senior Nutrition Program

Senior Nutrition Program has been supporting services for older adults since 1972

This March, New Mexico's Aging and Long-Term Services Department (ALTSD) joins the Administration for Community Living and senior nutrition service providers across the country to celebrate the 50th anniversary of the national Senior Nutrition Program.



Collaborating with the Area Agencies on Aging and Community Programs

Providing direct services under the Older Americans Act.

The Older Americans Act (OAA)

connects older adults and their caregivers to services that help older adults age with health, dignity, and independence in their homes and communities—where they want to be! Older Adults in Bernalillo County can call Metro AAA - City of Albuquerque -505-768-2084 & all other Counties Non-Metro Area Agency on Aging – 1-866-699-4927

UPCOMING EVENTS, CLASSES AND PRESENTATIONS



Ready to get your Covid booster? We Got You.

By partnering with our friends at the New Mexico Aging and Long Term Services Department, an on site **FREE VACCINATION STATION** will be set up at the Santa Fe Community College from 11:00 - 2:00 during our Caregiver Day on Saturday, April 9th.

Anyone over the age of 50 and 4+ months since your last booster will be eligible. You will need to present a valid ID and your vaccination card. Pfizer, Moderna and the J&J vaccines will be available. This will be for all of our attendees, vendors and other guests, but also will be open to the public.

Let others in our community know about this event and let's all keep each other safe and healthy.

A special thank you to ALTS Cabinet Secretary, Katrina Hotrum-Lopez, and State Director for Alzheimer's and Dementia Care Services, Cara Ortega for arranging this event.

Sponsored by:

Aging and Long Term Services Department

Rx Innovations

The Memory Care Alliance.

www.thememorycarealliance.org
<https://nmaging.state.nm.us/>



National Institute on Aging (NIA)

Announces New Website

Alzheimer's.Gov

The new website, Alzheimer's.Gov, is designed to educate and assist people affected by Alzheimer's disease and associated dementias. It serves as the federal government portal for dementia information and resources for both the public and professionals.

☎ **1-800-438-4380**

💻 <https://www.alzheimers.gov/>

Senior Citizens Law Office (SCLO)

Free legal advice and representation to Bernalillo County seniors, age 60 and over, on healthcare, public benefits, advance directives, consumer rights, and other issues. For more information go to: <http://sclonm.org/>. Or call: **505-265-2300**



Alzheimer's Association® New Mexico Chapter

Online Support Groups

Virtual support groups are available for everyone affected by Alzheimer's disease. For more information go to :

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

Or call: **505-266-4473** or **1-800-272-3900**

The Memory Care Alliance

Our Mission is to provide pro-active comprehensive on-going support, education and resources for those families living with Alzheimer's and all other dementia-related illnesses. To educate and raise community awareness concerning the level of need. To remove the stigma associated with dementia-related illnesses and replace it with compassionate understanding.

Office hours are Monday-Friday, 9:00 AM—5:00 PM. The Memory Care Alliance provides service to the following counties: Santa Fe, Los Alamos, Rio Arriba, and San Miguel Counties. All services are free of charge. MCA is funded through private donations, fundraising events and grants. For more information about these free programs go to:

<https://www.thememorycarealliance.org/programs>

Or call: **505-310-9752**

NM Aging and Long-Term Services Department
Office of Alzheimer's and Dementia Care
PO Box 27118
Santa Fe, NM 87502
www.nmaging.state.nm.us/alzheimer-s

NM Aging and Disability Resource Center (ADRC)
PO Box 27118
Santa Fe, NM 87502
505-476-4846 1-800-432-2080
TTY: 505-476-4937
www.nmaging.state.nm.us/adrc.aspx

UPCOMING EVENTS, CLASSES AND PRESENTATIONS

THE MEMORY CARE ALLIANCE

Events for March and April

Friday Caregiver Meetings - Santa Fe. All meetings are held at the Unitarian Universalist Church in Santa Fe. 107 W. Barcelona

11:30 - 12:30 Professional Caregiver Meeting. All those who provide care for anyone living with Alzheimer's or any other dementia-related illness as their occupation are invited to attend.

1:00 - 2:00 Gentleman's Caregiver Meeting. All active or past male caregivers providing care either for a spouse, parent, or another family member are invited to attend.

2:00 - 3:00 Open Meeting for All Caregivers. All current active family caregivers are welcome. Past caregiver who have lost a loved-one are also welcome and encouraged to attend.

2:00 - 3:30 Alliance Memory Cafe. ...it's a party, really. Held the last Friday of every month in place of the Open Caregiver Meeting. Unitarian Church Santa Fe. A monthly social event open to those living with Alzheimer's or a related illness, their families, caregivers, our volunteers and our community partners who wish to support them. Come socialize with us and don't forget there is always an exciting game with a chance to win a prize.

Tuesdays in Los Alamos. Meetings are held every Tuesday at the Betty Ehart Senior Center. 1101 Bathtub Row in Los Alamos. Meetings are open to all current or past caregivers living in the Los Alamos and White Rock communities.

Santa Fe Doorways 11:45 - 1:00 the second Thursday of every month. Online. A monthly group that addresses a variety of end of life issues, options and challenges. The Memory Care Alliance is proud to provide the technical support for the online program. For more info please contact Denys Cope at denysc@cybermesa.com. To attend via zoom use Zoom Room ID# 823 4352 7718. No password required.

Prepare To Care

Tuesdays April 5th, 12th, 19th and 26th 3:00 - 5:00 online via zoom

Thursdays June 9th, 16th, 23rd and 30th 3:00 - 5:00 online via zoom

This eight hour caregiver course over a four week period will continue to be presented online. This is a game-changer for anyone who is caring for a loved one with Alzheimer's. It covers a wide range of topics ranging from understanding the types of dementia, long term planning strategies, self care, legal/financial challenges, on-going daily care techniques, and shopping for services, and many other skills that a caregiver needs to find success.

Email director@thememorycarealliance.org for more info.

DID YOU KNOW?

The Memory Care Alliance provides FREE, that's right,
free respite care for all of our programs.
Contact our director for more information.



STATE OF NEW MEXICO EXECUTIVE OFFICE SANTA FE, NEW MEXICO

Proclamation

WHEREAS, The Serve New Mexico Commission was established to engage New Mexicans in National Service opportunities to help communities throughout our state; and

WHEREAS, The State of New Mexico, The Department of Workforce Solutions, and the Aging and Long-Term Services Department celebrate the 4,700 senior volunteers who, in spite of the pandemic, continue to give back to their community; and

WHEREAS, AmeriCorp volunteers meet critical community needs while contributing to longer, healthier lives by donating their time, skills, and energy through one of the three AmeriCorp Programs: Foster Grandparents, Senior Companion, and the Retired Senior Volunteer Program; and

WHEREAS, the Foster Grandparents volunteers tutored and mentored 1,469 young people, Senior Companions volunteers helped 4,070 older adults live independently, and Retired Senior volunteers provided 159,907 hours of service in 200 organizations across the state; and

WHEREAS, the New Mexico volunteer ombudsman continued a statewide initiative to partner with law enforcement, first responders, and other state agencies to help deter and detect forms of abuse, neglect, or harm occurring in long term care facilities; and

WHEREAS, older adults and adults with disabilities continue to reach out to the Aging and Long-Term Services Department to access services, and volunteers play a critical role in providing those supportive services; and

WHEREAS, New Mexico is projected to have the fourth largest senior population per capita by 2030, therefore we must continue to come together as a community to serve the needs of our aging population, adults with disabilities, and their caregivers; and

WHEREAS, the State of New Mexico unites to celebrate and honor our volunteers; encourage volunteerism, bolster community resources and support, and thank volunteers for their tireless efforts that have led to countless successes and life-changing services for older adults and adults with disabilities.

NOW THEREFORE, I, Michelle Lujan Grisham, Governor of New Mexico, do hereby proclaim April 2022 as:

“Volunteer Appreciation Month”

throughout the state of New Mexico.

Attest:


Maggie Toulouse Oliver
Secretary of State

Done at the Executive Office this
15th day of March 2022.

Witness my hand and the Great Seal
of the State of New Mexico.


Michelle Lujan Grisham
Governor





New Mexico Senior Olympics

Ernesto Ramos State Summer Games – Las Cruces NM

June 8-11th, 2022

**50+ Seniors still
got GAME!**

Limited Menu of Events due to COVID-19 • 18 Sports will be offered

Largest multi-sport event for Seniors 50+

Athletes compete in 5-year age divisions

50-54, 55-59, 60-64.... 95+

Open registration – no pre-qualifying required

Online or paper registration

\$60 registration entry fee for 1-5 sports

Campus housing and dining available

'22 Summer Games is a qualifying event for the
'23 National Senior Games scheduled for Pittsburgh, PA.



GAME INFORMATION (Updated March 2022)

As announced, the 2022 State Summer Games will happen this summer with the understanding that being safe during this pandemic is of the utmost importance. NMSO announced several changes recently, as we move forward, and we will require athletes to check our website for all current Game Updates! The '22 State Summer Games schedule is "limited" to the number of sports that we are offering, and each sport has been adjusted to limit the number of participants. The '22 Games will look different from previous years, and we ask for your patience and understanding as we all "Get Back in the Games!" This is temporary and our games will return to all sports in the future.

The '22 Games will allow **spectators** to attend with an athlete and presently there are no plans to offer any social events. We will offer dormitory housing and meals during the Games for all pre-registered athletes. Game registration fees will be refunded (to the extent possible) in the event State Summer Games are cancelled due to COVID. Athletes in-state and out-of-state may register by paper form or online and are required to sign a liability waiver. Out of state athletes may only compete in the sports that are offered by National Senior Games. See Event Schedule for details. The 2022 State Summer Games will be a qualifier for the '23 National Games planned for Pittsburgh, PA in 2023. The NMSO website will include ongoing Game details for Athlete Check-In, University Parking, Ancillary recreation opportunities at the University while at the Games, Sport Check-In, COVID guidelines and much more. Please visit our website often.

Due to the pandemic changing, NMSO is committed to providing a safe and healthy environment during the '22 Games and will adhere to all University COVID guidelines. Currently, athletes will not be required to compete with "masks". Participation in all State Summer Game events is voluntary, and it is expected that participants honor the known Senior Games athlete's pledge of sportsmanship conduct in safe play and follow appropriate precautions. Check our website often for the latest updates/details

www.nmseniorolympics.org

2022 New Mexico Senior Olympics Summer Games Venues

SPORT *OPEN TO OUT OF STATE	SPORT COORDINATOR	VENUE	WED. JUNE 8	THURS JUNE 9	FRI JUNE 10	SAT JUNE 11
AIR GUN	BOB DISTLEHORST	Lynn Middle School	X	X		
* ARCHERY	BOB DUKE	NMSU Intramural Field				X
* BADMINTON	ANDREA WEISS	Las Cruces High School	X			
* CYCLING	TBA	Off NMSU Campus				X
* FIELD	SCOTT FISTER	NMSU Track Complex	X	X		
FRISBEE DISTANCE	CONNIE LIMON OHS	NMSU Intramural Field		X		
* GOLF	JASON WHITE	NMSU Golf Course		X		
HORSESHOES	SEAN BLAIR	Youngblood Horseshoe Courts	X			
HUACHAS (Washers)	TBA	NMSU Intramural Field - outdoor	X			
* PICKLEBALL	FELIX RABANAL	NMSU Activity Center			X	X
* RACE WALK	BETTY BURGESS	NMSU venue		X		
* ROAD RACE RUN	DAVID NUNEZ	NMSU Williams Ave.			X	
SOCCER ACCURACY	SANTIAGO MEZA MHS	NMSU Intramural Field	X			
* SHUFFLEBOARD	GLADIE PELTOMAKI	NMSU Corbett Center – Level III		X	X	
* SWIMMING	MICHELLE MASON	NMSU Aquatic Center – outdoor pool		X	X	
* TABLE TENNIS	MARV SOMMERS	Las Cruces High School			X	
* TENNIS	EMILY WANG	NMSU Tennis Courts	X	X		
* TRACK	SCOTT FISTER	NMSU Track Complex				X
GAME HEADQUARTERS	Gina Montague Registrar	NMSU Corbett Center Level I - Otero	X	X	X	X

3-15-22

Subject to change

ATHLETE CHECK-IN

All athletes will be required to check-in prior to their competition at Games Headquarters located at the New Mexico State University Corbett Center. Bring a photo ID with date of birth. Athletes will receive a welcome bag and game credentials.

NMSU PARKING

A current NMSU parking permit is required to park in NMSU parking lots or along any street on campus, **only exceptions are vehicles with properly displayed handicap placards and vehicles with state government plates**. Purchase a parking permit on the registration form. **Or** you may obtain a free, one day e-permit online at www.park.nmsu.edu/visitor. E-Permits are the responsibility of each Participant. Housing packages include a free parking permit.

CANCELLATIONS/DEADLINES

Registrations are accepted through May 15th. All registration fees will be refunded (to the extent possible) if it is due to COVID.



All athletes planning to participate must complete a paper form or
register online @ www.nmseniorolympics.org

NEW MEXICO SENIOR OLYMPICS ERNESTO RAMOS STATE SUMMER GAMES 2022 ENTRY FORM

Game events are limited due to the pandemic

LAST NAME _____ FIRST NAME _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

DATE OF BIRTH _____ / _____ / _____ GENDER ☐ F ☐ M
MONTH DAY YEAR

ETHNICITY: ☐ CAUCASIAN ☐ HISPANIC ☐ NATIVE AMERICAN ☐ AFRICAN AMERICAN ☐ ASIAN ☐ OTHER

PHONE - HOME _____ PHONE - WORK/CELL _____

E-MAIL (required) _____

EMERGENCY CONTACT _____

(Preferably someone NOT attending Summer Games)

PHONE - HOME _____ PHONE - WORK/CELL _____

UNIVERSITY HOUSING/DINING PACKAGES *all options are per person

Packages include Linens (bedding, bath towel & wash cloth) NMSU ID with Aggie Dining Dollars,
Continental Breakfast, and a Parking Pass.

Dormitory Housing - 1 person per room, 2 rooms per suite, shared bathroom

GOLD Package - 5 consecutive nights (\$125 Dining dollars included) – \$400

A ☐ Check-in Tuesday June 7th – check-out Sunday, June 12th

SILVER Package - 4 consecutive nights (\$100 Dining dollars included) – \$340

B ☐ Check-in Tuesday, June 7th – checkout Saturday, June 11th

C ☐ Check-in Wednesday, June 8th – check-out Sunday, June 12th

BRONZE Package - 3 consecutive nights (\$75 Dining dollars included) – \$270

D ☐ Check-in Tuesday June 7th – check-out Friday, June 10th

E ☐ Check-in Wednesday, June 8th – check-out Saturday, June 11th

F ☐ Check-in Thursday, June 9th – check-out Sunday, June 12th

Dining Options include
Taos Cafeteria
Breakfast, Lunch & Dinner
Corbett Center Food Court
Lunch & Dinner
Pete's Patio
Lunch & Dinner

All Dorm housing options
will adhere to
COVID safe Guidelines

FEE BOX		TOTALS
Entry fees - All Athletes	Through May 15 \$ 60.00 (Registration closes at midnight)	\$
Housing/Dining package <input type="checkbox"/> Check if you need the included parking permit	Suitemate Preference	\$
Golf (includes cart)	\$38.50	\$
Result Book (post game)	\$15.00	\$
NMSU Parking permit (only if you did NOT purchase a Housing/Dining package)	\$2.50 per week	\$
Administrative Fee per Athlete	\$5.00	\$ 5.00
Donation to New Mexico Senior Olympics, Inc. 501(c)3		\$
TOTAL FEES DUE TO NMSO		\$

CHECKS, MC, VISA, AMEX, DISCOVER CREDIT CARDS ACCEPTED, CASH NOT ACCEPTED

A 2.5% card processing fee will be charged. Call NMSO office to pay by phone

New Mexico Senior Olympics, Inc. • PO Box 2690 • Roswell, NM 88202 • 888-623-6676 • (575) 623-5777 • Fax (575) 622-9244 • E-mail: nmso@nmseniorolympics.org • www.nmseniorolympics.org

NEW MEXICO SENIOR OLYMPICS ERNESTO RAMOS STATE SUMMER GAMES 2022 EVENT REGISTRATION

Mark (X) the event(s) you wish to enter. Liability Waiver must be signed to complete registration process. **Maximum of Five (5) Sports. PLEASE RETURN ENTRY FORM. Deadline to make event changes is May 15th**



National Qualifier Open to out of state

Athlete's Name (Please Print)	State

AIR GUN – Lynn Middle School

- ☐ Pistol-Supported ☐ Rifle-Supported

ARCHERY – NMSU Intramural Field

- ☐ Barebow Recurve ☐ Recurve
☐ Compound Fingers ☐ Compound Release
☐ Barebow Compound

BADMINTON – Las Cruces High School – Main Gym

- ☐ Singles
☐ Doubles _____
Partner's Name (required)

- ☐ Mixed Doubles _____
Partner's Name (required)

CYCLING – TBD

- ☐ 5K Time Trial ☐ 20K Road Race

FIELD – NMSU Track Complex

- ☐ Discus ☐ Javelin
☐ Shot Put ☐ Running Long Jump
☐ High Jump

FRISBEE DISTANCE – NMSU Intramural Field

- ☐ Frisbee Distance

GOLF – NMSU Golf Course (18 holes)

- ☐ Golf

HORSESHOES – Youngblood Horseshoe Courts

- ☐ Horseshoes

HUACHAS – NMSU Intramural Field, Outdoor

- ☐ Huachas (Washers)

PICKLEBALL – NMSU Activity Center

- ☐ Singles
☐ Doubles _____
Partner's Name (required)
☐ Mixed Doubles _____
Partner's Name (required)

RACE WALK – NMSU

- ☐ 5K

ROAD RACE RUN – NMSU Williams Ave.

- ☐ 5K

SHUFFLEBOARD – NMSU Corbett Center - Level III

- ☐ Singles
☐ Doubles _____
Partner's Name (required)

SOCCER KICK ACCURACY – NMSU Intramural Field

- ☐ Soccer Kick Accuracy

SWIMMING – NMSU Aquatic Center – Outdoor Pool

- ☐ 50Y Back ☐ 50Y Free ☐ 50Y Fly ☐ 50Y Breast
☐ 100Y Back ☐ 100Y Free ☐ 100Y IM ☐ 100Y Breast
☐ 200Y Back ☐ 200Y Free ☐ 200Y IM ☐ 500Y Free

TABLE TENNIS – Las Cruces High School – Aux Gym

- ☐ Singles
☐ Doubles _____
Partner's Name (required)

TENNIS – NMSU Tennis Courts

- ☐ Singles
☐ Doubles _____
Partner's Name (required)
☐ Mixed Doubles _____
Partner's Name (required)

TRACK – NMSU Track Complex

- ☐ 50M ☐ 800M
☐ 100M ☐ 200M
☐ 400M ☐ 1500M
☐ 800M Estimated Run/Walk *Not a National qualifier

3/18/22

New Mexico Senior Olympics, Inc. LIABILITY WAIVER

In consideration of being accepted in this event, I, the undersigned, intending to be legally bound, do hereby, for myself, my heirs, my personal representatives and assigns, waive release and forever discharge any and all rights and claims for damages which I may have or may hereafter occur to me against all Senior Olympic Summer Games sponsors, or their officers, agents, representatives, successors and/or assigns or any other corporations or individuals associated with the New Mexico Senior Olympics from any and all damages, claims, injuries or actions sustained or suffered in connection with my association or entry in or arising out of my participation in said event. I attest and verify that I have full knowledge of the risks involved in this event, and that I am physically fit and sufficiently trained to participate in this event. Further, I grant full permission to any and all the foregoing to use my likeness and photograph participating in this event without obligation or liability to me. In the event the Games are cancelled due to COVID, I understand that my registration fee will be refunded to the extent possible.

Agreement to abide by Rules and Regulations. I agree to abide by all rules and regulations of the New Mexico Senior Olympic Summer Games, to observe all rules of play, to exercise good sportsmanship and follow all written or oral instructions given by authorized personnel of the Games. I agree that failure to do so may result in my disqualification or suspension from the Games. This signature is used for this liability waiver.

ATHLETE FULL SIGNATURE

City _____ Date _____

CARE & SUPPORT

PROGRAM CALENDAR

April - June 2022

FEATURING:

Free classes and caregiver education.

Great news! Though the programs listed here are currently virtual, in-person options will be added this quarter! Contact us for the latest updates: nmprograms@alz.org and 1 (800) 272-3900.



FREE POPULAR CLASS!

LIVING WITH ALZHEIMER'S FOR CAREGIVERS

A series of education programs addressing questions that arise in the early, middle and late stages of the disease. Learn what you need to know, what to plan and what to do along the way.

Program covers:

- Early-stage Alzheimer's disease
- Middle-stage Alzheimer's disease
- Late-stage Alzheimer's disease

For Registration and more Information:
nmprograms@alz.org or 1 (800) 272-3900.



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

SUPPORT GROUPS

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

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

Or email us at: nmsupportgroups@alz.org



NM Chapter virtual classes

April - June 2022

APRIL

Understanding Alzheimer's and Dementia

Tuesday, April 5th, 10am-11am

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

Effective Communication Strategies

Wednesday, April 6th, 1pm-2pm

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

Living with Alzheimer's for Caregivers- Late Stage

Thursday, April 7th, 11am-1:30pm

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

Healthy Living for Brain and Body

Tuesday, April 12th, 10am-11am

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

10 Warning Signs of Alzheimer's

Thursday, April 14th, 1pm-2pm

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

Living with Alzheimer's for Caregivers-Early Stage

Saturday, April 16th, 9am- 11:30am

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

Covid and Caregiving

Tuesday, April 19th, 11am-12pm

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

Dementia Conversations

Wednesday, April 20th, 1pm-2pm

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

Living with Alzheimer's for Caregivers-Middle Stage

Thursday, April 21st, 1pm-3:30pm

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

Understanding Alzheimer's and Dementia

Tuesday, April 26th, 10am-11am

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

Effective Communication Strategies

Tuesday, April 26th, 2pm-3pm

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

Living with Alzheimer's for Caregivers-Late Stage

Friday, April 29th, 1pm-3:30pm

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

MAY

10 Warning Signs of Alzheimer's

Tuesday, May 3rd, 10am-11am

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

Healthy Living for Brain and Body

Tuesday, May 3rd, 5pm-6pm

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

Living with Alzheimer's for Caregivers-Early Stage

Thursday, May 5th, 1pm-3:30pm

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

Dementia Conversations

Tuesday, May 10th, 10am-11am

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

Living with Alzheimer's for Caregivers-Middle Stage

Thursday, May 12th, 1pm-3:30pm

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

Understanding Alzheimer's and Dementia

Friday, May 13th, 5pm-6pm

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

10 Warning Signs of Alzheimer's

Monday, May 16th, 12pm-1pm

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

Living with Alzheimer's for Caregivers-Late Stage

Thursday, May 19th, 1pm-3:30pm

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

Living with Alzheimer's for Caregivers-Early Stage

Monday, May 23rd, 12pm-2:30pm

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

Dementia Conversations

Tuesday, May 24th, 5pm-6pm

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

Healthy Living for Brain and Body

Wednesday, May 25th, 5pm-6pm

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

Effective Communication Strategies

Thursday, May 26th, 1pm-2pm

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

