

Alzheimer's Association  
Desert Southwest  
Chapter

Southern Nevada Region

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#### INSIDE THIS ISSUE

Volunteer Spotlight	2
Rainbow Girls	
Life Stories	3
CarePRO	
Support in Pahrump	
Driving Resource	4
Advance Directives	
Education Programs	5

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Desert Southwest Chapter

# DSW Times

Keeping Southern Nevada Connected

JANUARY 2012

## Caregiver Conference 2012



Regional Director, Albert Chavez speaking to local high school students about the impact of Alzheimer's disease

The Alzheimer's Association Desert Southwest Chapter's is proud to announce its 9th Annual Southern Nevada Caregiver Education Conference. The Conference is an all-day education seminar, comprised of keynote sessions and workshops designed to provide attendees the latest Alzheimer's information and skill building. The Caregiver Education Conference is on April 26, 2012 at the Alexis Park resort.

"The Caregiver Education Conference is a great way for families and professionals to learn the latest developments in Alzheimer's care, treatment and research," states Christine Terry

MPH, Program Manager for the Alzheimer's Association Southern Nevada Region. "We know how valuable everyone's time is, so we are sure to pack as much useful and constructive information as possible into this day."

Continuing education credits for professionals will also be available. A continental breakfast, boxed lunch and afternoon snacks will also be provided.

**Albert Chavez Ed.S., CFLE**  
Regional Director

9th Annual  
Caregiver  
Conference

Thursday, April  
26, 2012

Alexis Park Resort

375 E. Harmon Ave  
Las Vegas, NV 89169

- Topics & presenters to be announced.
- Registration brochures will be sent early March 2012.
- For more information about the conference or to register, please contact Jenny Martin at 702-248-2770 or [jenny.martin@alz.org](mailto:jenny.martin@alz.org)

# Volunteer Spotlight



Memories in the Making  
volunteer  
Jan Crosby with Plaza  
Regency resident

"People say that art speaks to them. It speaks to their soul in a way that words do not. When words fail, a work of art can tell a story, express an emotion, recreate a memory and serve as a vehicle of expression (Heinly, 2005)."

For over two years, Jan Cosby has dedicated her time, love, and spirit to providing opportunities for individuals with dementia to express their thoughts and feelings, reconnect with their spirit, as well as to connect with others. As a Memories In the Making (Memories In the Making is an art program founded by the National Alzheimer's Association to increase the quality of life for individuals with dementia) art facilitator, Jan has created and facilitated weekly art sessions for the residents of The Marquis Care Plaza Regency in Las Vegas (The Marquis Care Plaza Regency is a skilled nursing facility that serves individuals with dementia and other medical needs).

According to Michele Zander, Director of Activities, Jan's warm, encouraging, and respectful approach creates a bright and happy atmosphere that both residents and staff look forward to and appreciate. She has an affinity for connecting with others and has been able to draw out conversation, illuminate self expression, and validate the feelings and emotions of the most difficult to reach residents.

Jan's good will and impact as a volunteer extends beyond those she has encountered at the care facility. Specifically, she worked with Memories In the Making program participants to create bookmarks for a new magnet school that opened this past year. Community service projects such as this provide a renewed sense of purpose for individuals with dementia, promote awareness, and reduce stigma regarding Alzheimer's and related dementias; dispelling the common misconception that individuals with dementia are completely gone forever. Instead we learn by seeing their art that they are still here, only in a different way. Jan's love and luminosity permeate her surroundings, rekindling and igniting the spirits of others both with and without dementia. We are so very fortunate for all that she has shared and for all that she does as an Alzheimer's Association volunteer!

**Christine Terry, MPH**  
Program Manager

#### References

Heinly, D. (2005). *I'M Still Here*. (p. 10).  
Designed by [www.pausecreative.com](http://www.pausecreative.com).

## Congrats Rainbow Girls!

The International Order of Rainbow for Girls, Daylite Assembly #22 had a Pancake Breakfast in early January 2012. All proceeds for the event benefited the Alzheimer's Association. It was a wonderful event and I was thrilled to be a small

part of their morning.

The dedication these young ladies and their families show for the Alzheimer's Association is incredible. Rainbow Girls learn about giving back to their community with the Alzheimer's Association being their Na-

tional Service Project.

Thank you ladies for all you do!

**Jenny Martin**  
Regional Office Manager

# Life Stories <sup>Nevada</sup>

## Exploring Life through Autobiography



Brought to you by *University of Nevada Cooperative Extension*. Jean Norman and Heidi Petermeier are proud to present a four-week workshop on writing your family's autobiography, designed to preserve family memories and traditions.

**Join Life Stories, a four-week workshop on writing your family's autobiography.**

- Share your story with an informal group of fellow caregivers
- Get tips on how to get started and materials to put it all into words
- Create a legacy for your family!

### Where

**Alzheimer's Association**  
**Desert Southwest Chapter**  
 5190 S. Valley View Blvd., #104  
 Las Vegas, NV 89118  
 (702) 248-2770

### When

**Fridays**  
 10:00-11:30 a.m.  
**February 3-24, 2012**

**Register now at**  
**940-5423 (Jean)**

*All classes and materials are **FREE***  
*Class size limited to 20*



University of Nevada  
 Cooperative Extension

## Nevada CarePRO, Please Join Us

The CarePRO program is now taking applicants for upcoming sessions. Funded by the Federal Administration on Aging, our Chapter is contracted to provide this free service to caregiver's.

Designed by David W. Coon, PhD, an ASU professor who is one of the nation's leading experts on caregiver support, the program is part

of a nationwide effort to provide evidence based skills to caregivers.

Each CarePRO series engages caregivers in education about dementia and its impact on families. Caregivers are trained in ways to manage stress and techniques to help them cope with Alzheimer's disease and communicate better with loved ones suffering from memory loss.

Free respite services offered. Please contact our office if you are interested in participating in this very exciting program. (702) 248-2770



**As a result of attending CarePRO workshops, caregivers have reported:**

*"CarePRO saved my life"*

*"the best decision I ever made was signing up for CarePRO"*

*"using relaxation techniques before bed, I've had the first uninterrupted sleep in years"*

## Support for Pahrump Caregivers

### Pahrump CarePRO

We are now delivering CarePRO, Care Partners Reaching Out at the Pahrump Senior Center in Pahrump, Nevada. We are also happy to announce that the feedback we have received from workshop group members has been overall exciting as well as encouraging.

The Southern Nevada Alzheimer's Association office has worked diligently to establish CarePRO workshops in many areas and sites across Southern Nevada. For more information about a CarePRO workshop near you please feel free to contact our Southern Nevada office at (702) 248-2770.

### Pahrump Senior Center Caregiver Support Group

**Location:** 1370 West Basin Avenue Pahrump NV.

**Date:** 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of every month

**Time:** 10:00 am to 11:30 am

**Facilitator:** Janice Hubbard & Alice Rossington

**Contact:** Janice Hubbard at (775)741-9996 or Alice Rossington at (775) 764-1768

# Dementia and Driving Resource Center

The Alzheimer's Association recently launched an online [Dementia and Driving Resource Center](#). One of the most difficult topics to discuss with a person with dementia is driving. Driving represents independence and freedom but it requires quick reaction time and fast decision making. Because of this, a person with Alzheimer's will at some point become unable to drive. Ideally, families should talk openly about driving soon after a diagnosis of Alzheimer's. Making decisions about the

time to stop driving can be challenging, but dealing with the issue early on can help ease the transition.



The Dementia and Driving Resource Center provides information on having the conversation, planning ahead, and signs of unsafe driving. There are also four short videos which show how four families deal with the different issues related to dementia and driving, a driving safety guide and an example of a driving contract. In addition, one

can access a list of driving specialists in one's area for further guidance and testing.

The videos and some of the information provided on the web site, ([http://www.alz.org/safetycenter/we\\_can\\_help\\_safety\\_driving.asp](http://www.alz.org/safetycenter/we_can_help_safety_driving.asp)) are the product of a cooperative agreement between the Alzheimer's Association and the National Highway Traffic Safety Administration (NHTSA).

**Peggy Gutting**  
Family Care Consultant

*"The Alzheimer's Association, Desert Southwest Chapter provides information and training on emergency planning for caregivers"*

## Advance Directives: Don't leave home without it!

We all face many challenges during our lifetime. When one is faced with decisions as to how much medical treatment a loved-one wants to undergo, the lack of having information in writing can make it distressing for family members.

It is extremely critical to have this information on hand should a loved-one become mentally incapacitated or with an illness that is incurable or irreversible.

Advance Directives is a written instrument that formally expresses one's wishes about the withholding or withdrawal of life prolonging procedures should one become incapacitated and allows one to designate a Health Care Surrogate to carry out those wishes.



It is pivotal to have Advance Directives on hand whether your visit to the hospital is planned or when visiting the emergency room.

The Alzheimer's Association, Desert Southwest Chapter provides information and training on emergency planning for caregivers. Caregivers are provided with a booklet titled [Emergency Folder](#). The materials contained include but are

not limited to essential information on the caregiver as well as the person with dementia. Forms are provided for the caregiver to provide information on physicians, medica-

tions, food/medicine allergies. It is recommended that insurance, copies of Advance Directives as well as any other essential information be included. If

you are a caregiver or know of someone who may benefit from this packet, please contact the office at 702-248-2770.

Lastly, in the state of Nevada, you can file a [copy](#) of your Advance Directives with the Secretary of State for Nevada. You, as well as healthcare providers, will have access to the documents. Once the copy of the Advance Directives and registration paperwork are received a wallet sized card will be mailed containing a registration number to access the documents. For additional information you may call (775) 684-5708 or submit your questions to [info@LivingWillLockbox.com](mailto:info@LivingWillLockbox.com).

**Monica Liriano**  
Family Care Consultant

## February – April 2012 Education Programs

These sessions are open to the community. However, you must RSVP in advance to make sure that there is space available and that the class has not been canceled. Please RSVP to: Christine Terry- (702) 248-2770 or [christine.terry@alz.org](mailto:christine.terry@alz.org). Please Check for updates as new classes are often added.

### February

**Program:** *Know the 10 Signs*

**Date & Time:** February 8, 2012, from 10:00-11:00 am

**Location:** SMA Lifestyle Center Social Club West, 8670 W. Cheyenne Ave. Suite 105, Las Vegas, Nevada

**Description:** Learn about the signs and symptoms of Alzheimer's disease and where to get help.

**Program:** *Know the 10 Signs*

**Date & Time:** February 14, 2012, from 1:00-2 pm

**Location:** SMA Lifestyle Center Social Club East, 5820 S. Eastern Ave. Suite 100, Las Vegas, Nevada

**Description:** Learn about the signs and symptoms of Alzheimer's disease and where to get help.

**Program:** *Coffee Talk: A Caregiver Discussion/Support Group*

*\* Note: Meeting Date Has Changed*

**Date & Time:** Thursday, February 23, 2012, from 10-11:30 am

**Location:** Alzheimer's Association Regional Office, 5190 South Valley View Blvd. Suite # 104

**Meeting Theme:** To be determined

### March

**Program:** *Update on Programs & Services and New Resources for Current Support Group Facilitators*

**Date & Time:** March 15, 2012, from 10:00 am-11:30 am

**Location:** Alzheimer's Association Regional Office, 5190 South Valley View Blvd. Suite # 104, Las Vegas Nevada

**Description:** Get up to date information regarding the local chapter's programs and services, as well as new resource materials to assist you with facilitating your group.

**Program:** *New Support Group Facilitator Training*

**Date & Time:** March 23, 2012, from 8:00 am-4:00 pm

**Location:** Alzheimer's Association Regional Office, 5190 South Valley View Blvd. Suite # 104, Las Vegas Nevada

**Description:** Acquire knowledge, resources, and tools to help you facilitate an Alzheimer's caregiver support group.

**Program:** *Coffee Talk: A Caregiver Discussion/Support Group*

**Date & Time:** March 30, 2012, from 10-11:30 am

**Location:** Alzheimer's Association Regional Office, 5190 South Valley View Blvd. Suite # 104

**Meeting Theme:** To be determined.

### April

**Program:** *Are you Caring for Someone With Memory Loss? Resources for caregivers*

**Date & Time:** April 12, 2012, from 2-4 pm

**Location:** The Barbara Greenspun Women's Care Center, 100 N. Green Valley Pkwy. Suite #330, Henderson Nevada

**Program:** *Alzheimer's Association Annual Southern Nevada Caregiver Conference*

**Date & Time:** April 26, 2012, from 8:00 am-4:30 pm

**Location:** Alexis Park All Suite Resort, 375 E. Harmon, Las Vegas Nevada

**Program:** *Coffee Talk: A Caregiver Discussion/Support Group*

**Date & Time:** April 27, 2012, from 10-11:30 am

**Location:** Alzheimer's Association Regional Office, 5190 South Valley View Blvd. Suite # 104

**Meeting Theme:** To be determined

# Announcements

## Volunteer Appreciation Day!



Join us for an

**OPEN HOUSE** luncheon to show our gratitude for your dedication & support!

**Date:** Thursday, February 23, 2012

**Time:** 11:30am-1pm

**Where:** Alzheimer's Association

5190 South Valley View #104

Please **RSVP** to Jenny Martin at [jenny.martin@alz.org](mailto:jenny.martin@alz.org) or  
702-248-2770

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## Desert Southwest Chapter

The Desert Southwest Chapter of the Alzheimer's Association is a charitable organization incorporated in the State of Arizona and governed by a local board of directors. While we are an affiliate of the National Alzheimer's Association based in Chicago, all our work is devoted to providing service and support to Alzheimer's patients, family members and caregivers throughout Arizona and Southern Nevada.

**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 Vision** A world without Alzheimer's disease.

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

### Join us in making a difference in our community

We are looking for helpline volunteers and clerical volunteers to help us in the office. If you are interested or know someone who might be interested, please call:

Jenny Martin

(702) 248-2770 or email

[jenny.martin@alz.org](mailto:jenny.martin@alz.org)

### ¿Cómo puedo ayudar? Dar ?

**Aporta tu tiempo como voluntario**  
¡Nuestros voluntarios son esenciales!  
Las oportunidades incluyen recibir entrenamiento para ayudar en programas como Helpline (Línea de Ayuda) o Grupos de Apoyo, ser asistente de oficina, promoción multicultural y en la comunidad, y participar activamente en comités.

### Visit us on



<http://twitter.com/AlzheimersDSW>



<http://apps.facebook.com/causes/270841>

Visit us on the web

<http://alz.org/dsw>