

# NEWSLETTER JULY 2021

## NEW MEXICO AGING AND LONG-TERM SERVICES DEPARTMENT

### OFFICE OF ALZHEIMER'S AND DEMENTIA CARE



## Relevant News from the Office of Alzheimer's and Dementia Care and the Aging Network

### UPDATES AND RESOURCES

Hello and Happy July!

As we get ready to celebrate our Nation's Independence Day on July 4th; "Independence" has always been something that has been greatly valued by all of us. It is sometimes also taken for granted. Our Nation's "Independence" only came after a hard-fought military battle.

As we think about our own independence, we ask what does "independence" mean? The dictionary defines it as "freedom from outside control or support: the state of being independent." Independence is a simple concept; at its' most basic level, it means having full autonomy over one's own life.

In an article printed in AARP (American Association for Retired People) Magazine, March 17, 2021 edition, titled "A Gift of Dementia: 'I Didn't Know I Could Have Fun!' By Mary Fridley, shared how "adults have very few opportunities to play with the same "rule-less" joy, abandon, and fearlessness that young children are allowed to do. Add that to the shame, stigma, and fear-inducing "tragedy narrative" that shapes, and often distorts how we see dementia" and we have less opportunity to have fun or enjoyment. The same article went on to share a comment made by a gentleman named Mike Belleville, who was diagnosed with early-onset dementia eight years ago. He responded to an AARP (American Association for Retired People) Magazine story whose headline read, "Tony Bennett reveals battle with Alzheimer's." Mike, so eloquently tweeted, "I am not 'battling' dementia, I am battling the attitudes of those around me."

The time to "battle" the "tragedy narrative" of dementia and Alzheimer's is now. We can set the tone for hope and positivity for individuals who are living with Dementia and Alzheimer's. This July 4th, as we celebrate our Nation's Birthday and Independence; let us also celebrate the many individuals, their families, loved ones and caregivers; and start building "Dementia-Friendly Communities."

Stay safe!

Cara Ortega, Director  
Office of Alzheimer's and Dementia Care

### Centers for Disease Control and Prevention (CDC)

#### Care Plans Help Both Older Adults and Caregivers

Through CDC's website you can complete a care plan. Which summarizes a person's health conditions and current treatments for their care. Creating and managing a care plan will assist you in balancing your life while caregiving for someone with Alzheimer's disease, dementia, or another chronic health condition. For more information visit: <https://www.cdc.gov/aging/publications/features/caregivers-month.html>

**alzheimer's  association®**

Friends and Partners,

Hello and warm regards. As we continue our collective efforts addressing health concerns vital to New Mexicans, the Alzheimer's Association, NM Chapter would appreciate any assistance you can provide us by sharing our new Care & Support Program Calendar with your various networks. The calendar features our class schedule for July-September 2021, and contains many free virtual offerings to families facing dementia. Though our programs continue to be offered virtually, in-person options will become available in the coming weeks.

The calendar is attached as pdf, and the following link to our Classes Page can be used for downloading, sharing or social media:

[https://www.alz.org/newmexico/helping\\_you/nm\\_classes](https://www.alz.org/newmexico/helping_you/nm_classes)

Additionally, below is a link to our most current Support Group listings:

[https://www.alz.org/newmexico/helping\\_you/support\\_groups\\_\(1\)](https://www.alz.org/newmexico/helping_you/support_groups_(1))

## UPCOMING EVENTS, CLASSES AND PRESENTATIONS



### SAVE THE DATE!!!

#### 2021 AGING CONFERENCE “VIRTUAL”

**November 17th & 18th**

The 2021 Aging Conference will be held “virtually” this year. More information will be forthcoming. Please save the dates on your calendar. Hope to see you there!!!

### The Memory Care Alliance

#### Men’s Alliance Group In Santa Fe

There are statistically more men caregivers than women, but little, if any support or program is ever directed specifically to how men manage caregiving differently than women. Open to all men who are active caregivers.

Meets 1st, 2nd, 3rd and 5th Fridays of each month from 1:00pm - 2:00pm at the Unitarian Universalist Church, 107 W Barcelona in Santa Fe or call: (505) 310-5792

#### 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

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](http://www.nmaging.state.nm.us/alzheimer-s)

#### The Alzheimer's Association® Respite Care

Respite care helps caregivers take a break from caregiving while the person with Alzheimer's continues to receive care in a secure setting. Respite Programs will help support and improve your capacity to care for others.

To learn more about using respite care, types of respite care and overcoming concerns, go to:

<https://www.alz.org/help-support/caregiving/care-options/respite-care> Or call: 1-800-272-3900

### The Memory Care Alliance

#### Friday Alliance Group In Santa Fe

A weekly gathering for all active caregivers in our community. This is Santa Fe's only group that meets weekly. Members share the challenges and difficulties of caregiving, but also share in providing ideas and solutions with each other. We celebrate when success is achieved with a particular challenge or problem. The group is based in a community that is about not only getting help and support, but also giving it to others. Those caregivers who have lost someone are still welcomed and encouraged to attend so they may continue to be a part of our community.

If you are unable to leave your loved-one alone while attending the group, a free respite program is available. Please inquire.

Meets 1st, 2nd, 3rd and 5th Fridays of each month from 2:00pm - 3:00pm at the Unitarian Universalist Church, 107 W Barcelona in Santa Fe or Call: (505) 310-5792

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](http://www.nmaging.state.nm.us/adrc.aspx)