



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

UPDATES AND RESOURCES

Hello and Happy June!

Many of you have had the opportunity to meet Ms. Kathleen Eckhardt, Program Assistant for the Office of Alzheimer's and Dementia Care, over the past several years. I am announcing that Kathleen has accepted another position within the Agency, in the Aging Network Department. We would like to take this opportunity to send a very special "Thank You" to Kathleen for her hard work and dedication over these past several years and wish her all the best in her future endeavors.

June is Alzheimer's and Brain Awareness Month. As we promote brain health, we have included some articles on enjoyable activities and health tips. We welcome the beginning of Summer and Father's Day on June 20th; We hope you enjoy your summer and encourage you to stay safe, healthy and active!

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



June is Alzheimer's and Brain Awareness Month

With COVID-19 vaccines rolling out across the country, many Americans are looking forward to resuming their lives and returning to normal. This June, during Alzheimer's and Brain Awareness Month.

The Alzheimer's Association is offering five suggestions to promote brain health and to help Americans restore their mental well-being.

To learn more visit: <https://www.alz.org/news/2021/alzheimers-association-encourages-americans-to-mak>

National Institute on Aging - (NIA): *Participating in Activities You Enjoy*

There are many things you can do to help yourself age well: exercise and be physically active, make healthy food choices, and don't smoke. But did you know that participating in activities you enjoy may also help support healthy aging?

As people get older, they often find themselves spending more and more time at home alone. The isolation can lead to [depression](#) and is not good for your health. If you find yourself spending a lot of time alone, try adding a volunteer or social activity to your routine. This article includes information on: Benefits of an active lifestyle, Activities to consider and Finding the right balance.

Everyone has different limits to the amount of time they can spend on social or other activities. What is perfect for one person might be too much for another. Be careful not to take on too much at once. You might start by adding one or two activities to your routine and see how you feel. You can always add more. Remember—participating in activities you enjoy should be fun, not stressful.

<https://www.nia.nih.gov/health/participating-activities-you-enjoy#benefits>

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>

UPCOMING EVENTS, CLASSES AND PRESENTATIONS

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

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

University of New Mexico (UNM) Health Sciences Memory & Aging Center

The UNM Memory & Aging Center is the first and only center devoted to Alzheimer's and dementia research and treatment in New Mexico. The Center has received two federal research grants from the U.S. Department of Health and Human Services (HHS), through the National Institute on Aging, that could lead to faster diagnosis and new treatments for dementia and Alzheimer's patients with a focus on Native American and Hispanic populations in rural New Mexico. **For more information go to:** <https://unmhealth.org/services/neurosciencesstroke-care/memory-and-aging-center.html> Or call: 505-272-5631 or 505-272-3735

Medicare 101 workshops will be offered the first Wednesday of every month starting June 2, 2021 from 9:30 – 11:00

People can join via Zoom on their computer, tablet, or smartphone:

<https://altsd.zoom.us/j/85872586363?pwd=Qmo0N3hBUmR4eXJiR2dZeXhESnRRZz09>

Meeting ID: 858 7258 6363, Passcode: 800301

Or by phone: 833 548 0276 US Toll-free, Meeting ID: 858 7258 6363

Programs to help reduce health care costs will also be covered. Whether you are looking to understand your

Stress-Busting Program for Family Caregivers™



Do you provide care for a loved one with a chronic illness?

You Are Not Alone

- We know caregiving can be stressful
- This program will:
 - Provide education and support
 - Teach stress management techniques
 - Help caregivers develop coping strategies
- Program available at no cost



Information

Who: Family caregivers of a loved one with a chronic illness

What: Multi-component program

- Meets 90 minutes/week for 9 weeks
- Groups of up to 8 people

Where: Coming soon to Placitas, NM

*"I was at a very low point in my life. This program saved my life."
Participant*



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For more information, contact:

Sharon Lewis 830-377-1484
slewis2@unm.edu
www.caregiverstressbusters.org

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