



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

### UPDATES AND RESOURCES



As we enter the month of May in this edition of the Newsletter, there are a couple of topics that address "Supporting America's Military and Veteran Caregivers" and "Brain Health Awareness for Veterans." Recognizing that May 15<sup>th</sup> is National Armed Forces Day and May 31<sup>st</sup> is Memorial Day; we salute all Veterans and the current men and women serving in our armed forces. We sincerely thank you for lending yourself to serving our country.

Best regards,  
Cara Ortega, LCSW, MSW  
Director of the Office of Alzheimer's and Dementia Care

#### Alzheimer's Foundation of America ® (AFA) "Brain Health Awareness for Veterans"

The AFA is introducing a national "Brain Health Awareness for Veterans" an online program to provide Veterans and their families with knowledge and facts about dementia, how to be informed about brain health, and what resources and benefits are available. Free webinars are open to veterans, family members, and caregivers.

For more information call ☎ **1-866-232-8484**, or go to <https://alzfdn.org/veterans/>.

#### New Mexico Veteran's Administration (VA) Caregiver Support Line

The New Mexico VA's Caregiver Support Line is available to provide support, resources, and information to caregivers of Veterans. The Support Line offers telephone assistance Monday through Friday from 6:00 am to 9:00 pm MT and Saturday from 8:30 am to 4:00 pm. Call ☎ **1-855-260-3274**.

#### OADC New Director Cara Ortega, MSW, LCSW

Hello, I am Cara Ortega, and I am pleased to introduce myself as the new Director of the Office of Alzheimer's and Dementia Care. I am a native of northern New Mexico and over the past 26 years, as a Licensed Clinical Social Worker, my career has been dedicated to the medical and behavioral healthcare industry. During this time, I have had the opportunity to serve in direct patient care as well as management positions within the private, state and federal government sectors.

I anticipate this year to be an exciting time, as we prepare to turn the page and address the continued needs and challenges that our fellow New Mexicans face regarding Alzheimer's Disease and Dementia. I look forward to the positive opportunities that are before us in the New Mexico Office of Alzheimer's and Dementia Care.

#### The Elizabeth Dole Foundation Supporting America's Military Caregivers

The Elizabeth Dole Foundation, founded by Senator Elizabeth Dole in 2012, is the country's leading organization supporting military and veteran caregivers, family members, and friends of America's wounded, injured, or disabled veterans.

**Hidden Heroes**, an effort campaign of the Foundation, provides services and support to military caregivers, and provides a nationwide registry, encouraging military caregivers to sign up at [HiddenHeroes.org](https://HiddenHeroes.org) so they can be better connected to services and support. For more information go to:

<https://www.elizabethdolefoundation.org/contact-us/>

## UPCOMING EVENTS, CLASSES AND PRESENTATIONS

### American Society on Aging Person-Centered Goal Discovery for People with Dementia

Tuesday May 18, 2021 11:00 am to 12:00 pm

This free webinar will explore how support for people with dementia and their families are most successful when it is person-centered and the product of a thoughtful and inclusive planning process that considers what is important to the individual and their family.

Call ☎1-800-537-9728 or register at:

📄<https://www.asaging.org/web-seminars/person-centered-goal-discovery-people-dementia>

### American Society on Aging Caring for Those Who Care: Meeting the Needs of African American and Black Family Caregivers

Thursday May 27, 2021 12:00 pm to 1:30 pm

This training will help providers gain a better understanding of African American and Black caregivers' perspectives, as well as develop their multicultural capacities to meet these caregivers' needs.

The Diverse Elders Coalition (DEC) and its six member organizations developed the cultural competency training program with the help of a grant from The John A. Hartford Foundation.

Call ☎1-800-537-9728 or to learn more and to register go to:

📄<https://www.asaging.org/web-seminars/caring-those-who-care-meeting-needs-african-american-and-black-family-caregivers>

### 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. ☎505-265-2300

📄<http://sclonm.org/>

### Alzheimer's Association® NM Chapter Living With Alzheimer's For Caregivers Spring 2021 Classes

Free instructional courses and caregiver training to answer questions and concerns that occur at various stages of the disease. Classes available in Spanish.

To register send email to: [nmprograms@alz.org](mailto:nmprograms@alz.org) or call: ☎505-266-4473 or 1-800-272-3900.

To view the program calendar go to:

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

### The Hummingbird Memory Cafe presents: Relationships: Creating Connections

Wednesday, May 12, 2021

2:00 pm MT via Zoom

Join in sharing stories about our connections to one another and other creative expression.

For Zoom link call 505-787-6322 or send email to [hummingbirdmemorycafe@gmail.com](mailto:hummingbirdmemorycafe@gmail.com)

### Alzheimer's Association® New Mexico Chapter Online Support Groups

Virtual support groups are available for everyone affected by Alzheimer's disease. ☎505-266-4473 or 1-800-272-3900 📄[https://www.alz.org/newmexico/helping\\_you/support\\_groups\(1\)](https://www.alz.org/newmexico/helping_you/support_groups(1))

### Legal Resources for the Elderly Program (LREP) Free Legal Workshops

Thursday May 27, 2021 at 11:00 am

Workshop topics include information on Estate Planning, the Probate process, Non-Probate Transfers, and Institutional Medicaid.

To register and for more information call LREP at: 505-797-6005 or 1-800-876-6657 or visit:

📄<https://www.sbnm.org/For-Public/I-Need-a-Lawyer/Legal-Resources-for-the-Elderly/Calendar>

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Office of Alzheimer's and Dementia Care  
PO Box 27118  
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[www.nmaging.state.nm.us/alzheimer-s](http://www.nmaging.state.nm.us/alzheimer-s)

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