

Relevant news from the Office of Alzheimer's & Dementia Care, and the Aging Network

## August 18-19, 2015 - 37th Annual New Mexico Conference on Aging

*"Supporting Active Aging Today – Tomorrow – Beyond"*

The conference provides older adults, caregivers and professionals who work with them an opportunity to learn and have fun in an environment that supports independence and dignity. The conference will be held at the Isleta Resort & Casino Conference Center, 11000 Broadway SE, in Albuquerque. For more information, call 505-222-4500 or toll-free at 1-866-842-9230. To register online, go to [www.nmaging.state.nm.us/2015-conference-on-aging.aspx](http://www.nmaging.state.nm.us/2015-conference-on-aging.aspx).

### *"When all things fell together at the right time...."*

By Lora Church, Director IAAA

The **Savvy Caregiver Training Project** is expanding into New Mexico tribal communities through the partnership of the Alzheimer's Association (AA) – New Mexico Chapter, National Indian Council on Aging (NICOA), ALTSD Office of Alzheimer's and Dementia Care, the Indian Area Agency on Aging (IAAA) and IAAA Providers. This is a four-phase project.

- Phase I: Representatives from tribal communities attend the Alzheimer's Association's 7-week Savvy Caregiver Training.
- Phase II: Representatives attend the Alzheimer's Association's 1-day Train-the-Trainer session.
- Phase III: Representatives attend NICOA's "The Savvy Caregiver in Indian Country" Train-the-Trainer Session.
- Phase IV: Representatives implement the Savvy Caregiver training in their tribal communities.

A couple of NM tribal communities are preparing to launch Phase IV – which will be the **first** in the United States! All partners are eager for a successful launch!

A presentation about the Savvy Caregiver Training expansion will be made at the upcoming 37<sup>th</sup> Annual New Mexico Conference on Aging – August 18-19, 2015 at the Isleta Resort & Casino Conference Center. For more information, contact Lora Church, IAAA Director at [Lora.Church@state.nm.us](mailto:Lora.Church@state.nm.us) or Tracy Wohl, Director of the ALTSD Office of Alzheimer's and Dementia Care at [Tracy.Wohl@state.nm.us](mailto:Tracy.Wohl@state.nm.us).

Learn more about Alzheimer's and dementia in Native American Indian communities here: [Honoring Health: Resources for American Indians and Alaska Natives](#). Get a [free presentation toolkit on brain health](#), and learn about the upcoming [National Conference on Alzheimer's Disease/Dementia in Native American Communities](#).



NICOA "The Savvy Caregiver Training in Indian Country"

## Are you caring for a loved one with Alzheimer's disease or another dementia?

*Savvy Caregiver* is a no-cost, evidence-based, interactive educational program for families and caregivers. Participants engage in learning specific to their caregiving approaches. The program consists of a weekly 2-hour class for 7 weeks. Participants may receive reimbursement for the cost of having someone care for their loved ones during the training. **Attend Savvy Caregiver Education Classes** and learn to: anticipate your loved one's needs, stop bouncing from crisis to crisis, understand your loved one's behaviors, communicate more effectively, manage the challenges of caregiving, and improve daily life as a caregiver.

**Classes are now forming around New Mexico.** For more information, and to learn about classes available in your area, contact **The New Mexico Aging & Disability Resource Center (ADRC)** toll-free at 1-800-432-2080 / TTY 505-476-4937 and ask for information about the Savvy Caregiver program and classes.

### Upcoming Events, Classes and Presentations

**Legal Resources for the Elderly Program (LREP)** is a statewide, legal helpline offering New Mexico residents age 55 and older FREE legal information regardless of income. Spanish-speaking attorneys are available. **LREP helpline: 505- 797-6005 Statewide Toll Free: 1-800-876-6657 8 am-5 pm Mon-Fri.** **Website:** [www.nmbar.org/Public/LREP/](http://www.nmbar.org/Public/LREP/) .

### August 2015 Legal Resources for the Elderly Program (LREP) Workshop Schedule:

**Tuesday, August 11, 2015** 10:00-11:15am for a presentation and 12:30-2:30pm for a clinic.

**Location:** Betty Ehart Senior Center, 1101 Bathtub Row, Los Alamos, NM 87544

(Clinic appointments must be scheduled in advance, call 1-800-876-6657 or 505-425-9139).

**Special Event: Power of Attorney and Advance Health Care Directive Clinics are being offered at the 37th Annual New Mexico Conference on Aging for Conference Participants**

**Tuesday & Wednesday, August 18 & 19, 2015, from 11:00am-2:30pm** Location: Isleta Resort & Casino Conference Center, 11000 Broadway SE, Albuquerque - You can meet one-on-one with an LREP attorney to discuss the need for and purpose of powers of attorney, advanced health care directives, estate planning and long-term care Medicaid planning. Presentations by LREP staff attorneys with a question-and-answer period, followed by one-on-one clinic time. You may be able to leave the clinic with fully executed and notarized documents.



Newsletter submissions can be sent to:

[Edith.McCartney@state.nm.us](mailto:Edith.McCartney@state.nm.us)

NM Aging & Long-Term Services Department  
Office of Alzheimer's & Dementia Care  
P.O. Box 27118, Santa Fe, New Mexico 87502  
Information: 505.476.4799 or Toll-Free: 1- 866-451-2901  
[www.nmaging.state.nm.us/alzheimers\\_dementia.aspx](http://www.nmaging.state.nm.us/alzheimers_dementia.aspx)

NM ADRC /Aging & Disability Resource Center  
2550 Cerrillos Road, Santa Fe, New Mexico 87505  
Information: 505-476-4846 or Toll-Free:1-800-432-2080  
TTY: 505-476-4937  
[www.nmaging.state.nm.us/Services.aspx](http://www.nmaging.state.nm.us/Services.aspx)