

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



## From Cabinet Secretary Gino Rinaldi

### "Healthy Aging Includes Brain Health"

Here at the NM Aging and Long-Term Services Department, promoting healthy aging for all older adults and caregivers is a number one priority. Staying physically active, eating well, engaging in social relationships, and managing any chronic disease is important for maintaining independence and quality of life. There also is some evidence that practicing healthy habits may protect your brain from developing Alzheimer's disease and other dementias.

Explore the opportunities in your community to participate in activities and classes that promote health. Check out the resources provided in this newsletter or call the Aging and Disability Resource Center at 1-800-432-2080 and ask for information about health promotion activities in your area.

## Brain Health

Studies link conditions like diabetes, high blood pressure, and high cholesterol to an increased risk of developing Alzheimer's disease or other dementias. Researchers have found that lifestyle habits, such as a healthy diet, exercise, engaging in cognitive and social activities, and controlling blood pressure and weight, can slow mental decline as you age. It's never too late to make lifestyle changes to keep your body and brain healthy. Learn more about brain health from the [Alzheimer's Association](#) article on "[Brain Health](#)".

Explore the [AARP](#) online [Brain Health Center](#) for information about healthy eating and the importance of staying cognitively, physically and socially active, as well as exercises for your brain (click for free online [Brain Games](#)), and read "[Recipe for Brain Health: Diet, Exercise, Brain Training](#)".

[The NM Aging and Disability Resource Center \(ADRC\)](#) assists New Mexicans in accessing services, resources and more. Ask the ADRC staff about wellness programs such as the "[Chronic Disease Self-Management Program](#)", "[Know Your Numbers, Change Your Numbers, Change Your Life!](#)", "[EnhanceFitness](#)", [Senior Olympics](#), and other services to maintain or improve physical and mental well-being. Call toll-free at 1-800-432-2080 or TTY: 505-476-4937, or visit the website at <http://www.nmaging.state.nm.us/services.aspx>.

[The National Institute on Aging](#) offers "The Brain Health Resource", designed for use at senior centers and other community settings it provides information on how people can maintain brain function. The presentation toolkit includes four components: a [powerpoint presentation](#), an [educator guide](#), a [one-page handout](#) ("[Brain Health as You Age](#)"), and a [supplementary resource list](#).

## Upcoming Events

**May 28 & 29, 2015: 4th Annual Professional Conference "Becoming Dementia-Capable Providers; Improving the Human Connection"**, a two-day educational conference for professionals and family caregivers interested in Alzheimer's disease and other related dementias. For more information call 505-266-4473 or go to [www.alz.org/newmexico](http://www.alz.org/newmexico).

## Ongoing Classes, Presentations, Legal Help Workshops and More

**Alzheimer's Association, New Mexico Chapter:** Go to [www.alz.org/newmexico](http://www.alz.org/newmexico) for information about statewide events, classes and presentations. *Savvy Caregiver* in an evidence-based, interactive educational program for families and caregivers. Participants engage in learning specific to their caregiving approaches. FREE for caregivers and their families! Consists of a weekly 2-hour class for 7 weeks. [Click here](#) to find a class near you; for more information call toll-free: 1-800-272-3900.

**Senior Citizens Law Office (SCLO)** The SCLO calendar lists many classes, presentations and more that are free to persons 60 and older in Bernalillo, Sandoval, Torrance, and Valencia Counties. Seating is limited and pre-registration required. Call 505-265-2300 or go to [www.sclonm.org](http://www.sclonm.org).

**Legal Resources for the Elderly Program (LREP)** Offers workshops, provided at no cost. Call 800-876-6657, or the following click links for more information. [Artesia Senior Center](#) on Tuesday, April 21, 2015; [Roswell @ Chaves County JOY Center](#) on Wednesday, April 22, 2015; [Chama Senior Center](#) on Wednesday, April 29, 2015; [Tierra Amarilla Senior Center](#) on Wednesday, April 29, 2015; [Santa Fe @ Mary Esther Gonzales Senior Center](#) on Tuesday, May 5, 2015.

**Health & Safety Training for Caregivers** Free, 10-hour training classes are being presented statewide by the New Mexico Direct Caregiver Coalition (NMDCC) in partnership with the New Mexico Governor's Commission on Disability. Pre-registration is required. Care recipients are welcome to accompany caregivers. A certificate of completion will be awarded. Call NMDCC at 505-867-6046 or email at [info@nmdcc.org](mailto:info@nmdcc.org) or click links for more information. **April 16, 2015** "[Customized Training for Caregivers - Health and Safety](#)", in Crownpoint, *exclusively for the Navajo Nation Area Agency on Aging*. **May 15-16, 2015** "[Health and Safety Training for Caregivers](#)," in Farmington.



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