

Next Meeting: Thurs., November 20 11am-1pm

Nov/Dec 2014

## Tanoan Country Club

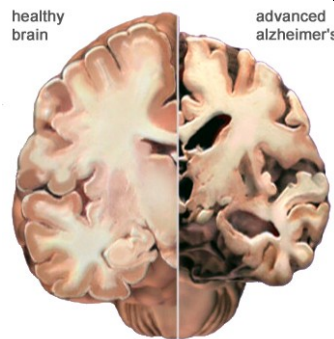
Sponsored by:

Hospice of the Sandias

The Retreat Healthcare

## Unravelling Alzheimer's Disease

Speaker: **Andy Riddle**



Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks.

Alzheimer's symptoms vary. The stages below provide a general idea of how abilities change during the course of the disease.

*Stage 1: No impairment*

*Stage 2: Very mild decline*

*Stage 3: Mild decline*

*Stage 4: Moderate decline*

*Stage 5: Moderately severe decline*

*Stage 6: Severe decline*

*Stage 7: Very severe decline*

*Andy Riddle will discuss the anatomy of cognitive impairment and Alzheimer's in our meeting.*

### *Related Hot Links:*

Our friends at the [Alzheimer's Association](#) - and National Alzheimer's Disease Awareness and National Caregiver Month.

What is [Mild Cognitive Impairment \(MCI\)](#) as defined by the Mayo Clinic?

Wikipedia on [Cognitive Deficit](#).

NIH: How do we [talk to our senior friends](#) about Cognitive issues?

["Coping With Mild Cognitive Impairment"](#) - by Judith Graham, NY Times

["Inexpensive Alzheimer's Tests Offer Promise"](#) - Karen Weintraub, USA Today

### **Anderson (Andy) Riddle**

Andy Riddle grew up in Albuquerque and graduated from Albuquerque Academy High School. He holds a degree in Biochemistry from [Biola University in La Mirada](#), California, graduating Magna Cum Laude. He has worked alongside [Dr. Glenn Michael Dempsey](#) as a Research Coordinator at [Albuquerque Neuroscience Inc.](#) since 2002, participating in over 60 clinical trials, including major depression, bi-polar, anxiety, insomnia, and fibromyalgia. Andy has helped conduct 12 Alzheimer's trials, including three ongoing and has extensive knowledge of the disease. He has earned the designation of [Certified Clinical Research Coordinator \(CCRS\)](#).

# NMACC to go Continued

## *NMACC Partypacks:* (open houses, social gatherings, verified hearsay...)

- The [New Mexico Chapter of the Society for Healthcare Strategy & Market Development](#) “Holiday Inspiration Fair” will be held on Thursday, Dec. 11, from 5:30-7pm at First Citizen’s Bank, 4701 Lang Ave. NE (near Jefferson/Paseo Del Norte). There is no charge for this event and meal, but all are encouraged to bring \$10.00 gift cards for [Safe House of Albuquerque](#), Serving Family Abuse Victims.

## *NMACC Snacks:* (non-profit events/causes...)

- On the **20th anniversary of Presbyterian Healthcare Foundation's Memorial Tree**, Presbyterian offers the chance for you to memorialize your loved one at a time that tends to be most difficult—the holidays. [Memorial Tree Celebration of Life](#), Tuesday, Dec. 2, Kaseman Presbyterian Hospital main lobby.

## *NMACC Sac:* (fast links to helpful educational tidbits)

- “What’s Next? **TRANSITIONING TO RETIREMENT & BEYOND**” - This presentation is by NMACC member Sharon Miles, [Senior Care Options](#), focused on transitional counseling for those getting close to retirement. December 2, 6:30PM – 7:30PM, North Domingo Baca Community Room 1. 836-5794.
- “**A Time for Gratitude & Reflection**”—**Annual Program - Women Make a Difference**, Friday, Dec. 12. For more information, go to [http://abqwomenmakeadifference.com/Albuquerque Luncheon.html](http://abqwomenmakeadifference.com/Albuquerque_Luncheon.html).

## *Next Month: NMACC Holiday Party!* December 4, 5:30pm



### Wrap up the year right with us!

#### Buffet Dinner (Members are FREE - Guests are welcome at \$20 each)

- Holiday networking!
- Prizes!
- Adult Beverages!
- Music/Dancing!



**Arsenio!!!**

### Raffle this and every month!

**Be prepared!** We will raffle off some cool stuff—to help enhance our NMACC education fund!

## *NMACC Almanac:* (Upcoming Meetings)

January 15, February 19, March 19, April 16, May 21, June 18

## *“NMACC To Go”*

Submissions for announcements of any kind will be published the month of the event, unless the event scheduled occurs before the date of distribution. For accuracy, “Series” events (regular meetings) must be submitted monthly. Deadline for next edition: **January 1, 2015**

Please provide a link **and** email contact/phone number to your activity/event. Send submissions to: [NMACC to go](#)

Want to find out more about NMACC? Go to [New Mexico Association for Continuity of Care](#). Attend the luncheon? Go to [“Calendar of Events”/NOTE](#).