

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



It's February: Think "Healthy Heart, Healthy Brain"



"What's Good For Your Heart Is Good For Your Brain"

Studies link conditions like diabetes, high blood pressure, and high cholesterol to possible 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, may 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". Go to [www.alz.org/we can help brain health maintain your brain.asp](http://www.alz.org/we-can-help-brain-health-maintain-your-brain.asp).

Explore the [AARP](#) online "Brain Health Center" for information about healthy eating, and staying cognitively, physically and socially active. Go to www.aarp.org/health/brain-health/.



[The National Institute on Aging](#) offers "The Brain Health Resource" toolkit, designed for use at senior centers and in other community settings. It provides information on how people can maintain brain function. The presentation toolkit includes: (1) PowerPoint Presentation, (2) Educator Guide, (3) One-Page Handout [Brain Health as You Age], (4) [Supplementary Resource List](#). Visit: www.nia.nih.gov/health/publication/brain-health-resource.

[The NM Aging and Disability Resource Center \(ADRC\)](#) assists New Mexicans in accessing services and resources, including wellness programs such as the "Chronic Disease Self-Management Program", also known as MyCD, "EnhanceFitness", NM Senior Olympics, and other services. Explore opportunities in your community to participate in activities and classes that promote health. Call toll-free at 1-800-432-2080 or TTY: 505-476-4937. Or visit <http://www.nmaging.state.nm.us/> and click on the "Live Chat" feature.



Happy Valentine's Day!



Upcoming Events, Classes and Presentations:

February 23, 2016, 10:00am: Alzheimer's Poetry Project Community-in-Residence Workshop "The Book's the Thing: Shakespeare from Stage to Page" at the New Mexico History Museum, 113 Lincoln Ave., Santa Fe. This free event is crafted especially for people with memory illnesses and their care partners, though everyone is welcome to participate. Contact Kate Nelson at (505) 476-5019 or Kate.Nelson@state.nm.us, or online click [here](#).

March 5, 2016 - 8:00am – 4:00pm. Southeastern Regional Family Caregiver Conference in Roswell, Elks Lodge, 1720 N Montana Ave, Roswell. The Conference includes workshops, a keynote presentation, an overview of support resources available, lunch and door prizes. Free for caregivers (respite care funds may be available); Fee for professionals: \$25.00. For registration, or more information contact: Priscilla Lujan, Alzheimer's Association, NM Chapter, at 575-624-1552, or plujan@alz.org.

NM Senior Olympics – All Indian Game Day at the Isleta Pueblo Recreation Center

March 16, 2016 – 9:00am – 5:00pm. Opening Ceremony - Athletic Events - Arts & Crafts Fair - Spirit Athlete Banquet. Live band dance following the Banquet.

March 17, 2016 – 8:00am – 3:00pm. Health Fair - Athletic Events - Easter Egg Hunt - Parade of Athletes - Tribal Team Awards - Closing Ceremony.

Registration deadline February 16, 2016 Click [here](#) for registration packet. \$15.00 registration fee. Contact NM Senior Olympics toll free at 1-888-623-6676, or online at www.nmseniorolympics.org.

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 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/ .

Workshop Schedule: *Pre-Registration is required, call 1-800-876-6657 or 505-425-9139.*

February 24, 2016 - 10:00am, Corrales Senior Center, 4324 A Corrales Rd.

March 22, 2016 - 10:00am, Silver City Senior Center, 205 W. Victoria St.

March 23, 2016 - 10:00am, Ena Mitchell Senior & Wellness Center, 532 Demoss, Lordsburg.

March 24, 2016 - 10:00am, Deming-Luna County Senior Citizens Center, 800 S. Granite, Deming.



Newsletter submissions can be sent to:

Edith.McCartney@state.nm.us

NM Aging and Long-Term Services Department
Office of Alzheimer's and 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

NM ADRC /Aging and 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