

# The Memory Care Alliance 2022 Program Information

Our covid protocol policy is as follows for all programs and events. Exceptions or allowances will not be made. All attending must show proof of vaccination. Please take a photo of your card and keep it readily available on your mobile phone. Masks, with the exception of eating, must be properly worn (covering both nose and mouth) at all times. Temperatures of all attending will be taken upon arrival. Sign in sheets will be maintained in case the need arises to do contact tracing.

## Friday Caregiver Meetings - Santa Fe.

All meetings are held at the Unitarian Universalist Church in Santa Fe. 107 W. Barcelona

**11:30 - 12:30 Professional Caregiver Meeting.** All those who provide care for anyone living with Alzheimer's or any other dementia-related illness as their occupation are invited to attend.

**1:00 - 2:00 Gentleman's Caregiver Meeting.** All active or past male caregivers providing care either for a spouse, parent, or another family member are invited to attend.

**2:00 - 3:00 Open Meeting for All Caregivers.** All current active family caregivers are welcome. Past caregiver who have lost a loved-one are also welcome and encouraged to attend.

## Tuesday Caregiver Meeting - Los Alamos.

Meetings are held the first Tuesday of every month at the Betty Ehart Senior Center. 1101 Bathtub Row in Los Alamos.

**11:00 - 12:00 Open Meeting for All Caregivers.** All current active family caregivers are welcome. Past caregiver who have lost a loved-one are also welcome and encouraged to attend.

## Alliance Memory Cafe

Held the last Friday of every month in place of the Open Caregiver Meeting. Unitarian Church Santa Fe.

**2:00 - 3:30** A monthly social event open to those living with Alzheimer's or a related illness, their families, caregivers, our volunteers and our community partners who wish to support them. Come socialize with us and don't forget there is always an exciting game with a chance to win a fabulous prize.

## Santa Fe Doorways

**11:45 - 1:00 the second Thursday of every month. Online.**

A monthly group that addresses a variety of end of life issues, options and challenges. The Memory Care Alliance is proud to provide the technical support for the online program. For more info please contact Denys Cope at [denysc@cybermesa.com](mailto:denysc@cybermesa.com). To attend via zoom use Zoom Room ID# 823 4352 7718. No password required.

## Prepare To Care

**Various course days/times. Offered only online.**

This eight hour caregiver course over a four week period will continue to be presented online. This is a game-changer for anyone who is caring for a loved one with Alzheimer's. It covers a wide range of topics ranging from understanding the types of dementia, long term planning strategies, self care, legal/financial challenges, on-going daily care techniques, and shopping for services, and many other skill that a caregiver needs to find success. Email [director@thememorycarealliance.org](mailto:director@thememorycarealliance.org) for more info.

## Out and About

**Various days/times throughout the year.**

Our monthly Out and About field trips take us to a wide variety of places. There is always something to do, see and even at times, listen to. The social events are open to all those who are living with Alzheimer's, any other dementia-related illness and those who are providing for their care as a family member. Past caregivers are also welcomed and encouraged to attend. Reservations must be made beforehand. Monthly notices are sent out detailing the next venue, day and time.

The Memory Care Alliance will continue to make additions to our already existing programs. If you have any questions about our current programs or events, please send an email to: [director@thememorycarealliance.org](mailto:director@thememorycarealliance.org).

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## Below are listings of other local related groups in the community you may find helpful.

**Eldorado Support Group.** Meets first and third Wednesdays of every month. 9:30 - 11:00.

Now being held online. To find out how to log in to the group or if you would like more information, contact Dr. Kitty Fallon, The Gloaming at Santa Fe. [drkittyfallon@thegloamingatsantafe.com](mailto:drkittyfallon@thegloamingatsantafe.com) 505-490-7059.

**Parkinson's Group.** Meets each Thursday of the month at 1:30 online. There is also a meeting exclusively for care partners the first Tuesday of every month at 3:00, again online. To find out how to log in to either of these. If you have any questions regarding Parkinson's or other movement disorder illnesses, contact Karen St. Clair at [kastclair@gmail.com](mailto:kastclair@gmail.com).

**Alzheimer's Cafe.** Meets second Wednesday of the month online from 2:00 - 4:00. Jytte Lokvig at [lokvig@gmail.com](mailto:lokvig@gmail.com).