



ALBUMOAA'S MAIL CALL

The Newsletter of The Military Officers Association of America



July - August 2026, Volume XLVI, No. 3

President's Message

Albuquerque MOAA Vision:

"Recognized as the leading Military Service Organization in central New Mexico, supporting and giving a voice to military retirees, surviving spouse, and veterans of all services."



Dear Albuquerque MOAA (ALBUMOAA) Chapter members:

As we reach the midpoint of 2026, I continue to be inspired by the dedication, professionalism, and spirit of service demonstrated by our Board of Directors and members. This quarter, our chapter has remained focused on strengthening our mission through fellowship, advocacy, community service, and expanded member engagement.

One of our proudest accomplishments this year has been receiving the **5-Star MOAA Level of Excellence Award** along with the **Colonel Marvin J. Harris Communications Awards** for both our **newsletter** and **website**. These prestigious recognitions reflect the collective work of our entire Board of Directors, including our officers, committee chairs, service representatives, club leaders, and the many volunteers who make our chapter successful.

I would like to extend my sincere appreciation to Reg Rider, Allen Tate, Walter Paul, Mike Houck, Nina Dozoretz, Karen Brown, Tom Dawe, Edward Williams, Meredith Beaton, Ski Club, and volunteers who have dedicated their time, expertise, and passion to serving our members and our military community.

These awards belong to every one of you and demonstrate what we can accomplish when we work together in service to others.

Our annual Memorial Ceremony in May was another meaningful success. Although attendance was affected by the busy holiday schedule, the ceremony provided a heartfelt opportunity to honor those who served our nation.

I extend my sincere appreciation to Mike Houck and the many volunteers whose efforts made the event possible. We have already begun planning for next year's ceremony to make it even more impactful.

As a Board, we continue looking toward the future. Several exciting initiatives are underway, including development of a mentoring partnership with local JROTC programs, expansion of volunteer opportunities through our new Events Coordinating Committee, and exploration of new ways to grow our membership while increasing engagement among current members. We know our chapter's greatest strength is the experience and leadership of our members, and we are committed to create meaningful opportunities for everyone.

Community service remains at the heart of everything we do. We will host two fundraising garage sales on **Saturday, August 22, 2026**, (see page 14 for details) benefiting **Honor Flight Northern New Mexico** and the second on October 17th benefiting **Paws and Stripes**, an organization that provides life-changing service dogs to veterans living with PTSD and traumatic brain injuries.

(Continued on page 3)

OFFICERS & DIRECTORS



President

CPT Stacey Goldstein-Dwyer, PsyD.,
USA (Ret)

president@albumoaa.org

1st VP-Programs, Communications

Brig Gen
Regner Rider, USAF (Ret)

2nd VP—Programs

VACANT

Secretary

VACANT

Treasurer

Major Allen Tate, USAF (Ret)

treasurer@albumoaa.org

President Ex-Officio

LTC Walter Paul, USA (Ret)

pastpresident@albumoaa.org

Navy Rep

LCDR Meredith Beaton, USN (Ret)

Marine Corps Rep

VACANT

Army Rep

LTC Michael Houck, USA (Ret)

Air Force Rep

Brig Gen Reg Rider, USAF (Ret)

US Coast Guard Rep

CWO3 Edward Williams, USCG (Ret)

NM National Guard Rep

LTC Max Johnson, NMNGUS (Ret)

US Public Health Service Rep

CAPT Nina F Dozoretz, USPHS (Ret)

Surviving Spouses Rep & Liaison

VACANT



affiliated Albuquerque Chapter are independent, nonprofit, politically nonpartisan organizations.



Ski Club Rep

Brig Gen Reg C Rider, USAF (Ret)

Lunch Club

CPT Tom Dawe, USA (FMR)

Golf Club Rep

VACANT

Tours/Events Club Rep

Karen Brown

Chaplain

VACANT

Historian

VACANT

Events Coordinator

VACANT



In 2012, our Chapter established the Albuquerque Chapter of MOAA Endowment at the Albuquerque Community Foundation (ACF) to enhance our current, and especially our future, ability to contribute to worthy charitable organizations that help military personnel, veterans and dependents. The endowment was initiated in late January of 2012 and has grown as a result of contributions and the growth in the investments. The Board has adopted a policy of using the annual Endowment distribution to increase our giving each year. For those who are so inclined, gifts can be made to the Chapter Endowment as a part of a member's estate or as part of a yearly donation. More information about the annual performance and use of the distribution will be published in a future ALBUMOAA. For questions, the Chapter point of contact is the Treasurer, Allen Tate.

Committees

ROTC/Award

Brig Gen Regner Rider, USAF (Ret)
LTC Michael Houck, USA (Ret)

Finance

Major Allen Tate, USAF (Ret)

Legislative Affairs

LTC Walter Paul, USA (Ret)

INTERIM (VACANT)

Membership Records

Major Allen Tate, USAF (Ret)
Karen Brown

Nominating

LTC Walter Paul, USA (Ret)

Consumer Advisory Board

VACANT

Veterans' Memorial Rep

VACANT

Membership Recruitment

VACANT

Personal Affairs

VACANT

United Veterans Council of Greater Albuquerque (UVCGA)

LTC Michael Houck, USA (Ret)
Chapter Member

Web Site

Major Allen Tate, USAF (Ret)
Karen Brown

Newsletter, ALBUMOAA

CAPT Nina F Dozoretz, USPHS (Ret)



The **Albuquerque Chapter of MOAA is not associated with the Department of Defense.** This Newsletter is published bi-monthly. Views expressed in articles or editorials in this Newsletter are not necessarily the views of the Chapter nor do they reflect its policies. Publication of advertisements or mention of any commercial businesses does not constitute Chapter endorsement.

Please email suggestions for newsletter format and content to CAPT Nina Dozoretz, USPHS (Ret) at newsletter@moaa.org

To learn about national MOAA advocacy efforts, go to
MOAA Legislative Take Action at: MOAA.LegislativeActionCenter.quorum.us

President's Message

Continued from page 1

We are also seeking members to become involved in our newly established **Events Coordinating Committee**, which will help organize and support our growing number of chapter activities throughout the year. This committee is an excellent opportunity for members who would like to become more engaged without making a long-term leadership commitment.

One event you won't want to miss is our Annual Meeting and Social Quarterly, which will be held on Saturday, September 26, 2026, from 12:00 p.m. to 2:00 p.m. at 3D Security.

This catered event will include our annual business meeting, recognition of our chapter's accomplishments and volunteers, a look ahead at our goals for 2027, and our annual Birthday Celebration. During the meeting, we will also invite members to consider serving in our vacant **2nd Vice President** and **Secretary** positions.

Strong leadership and engaged volunteers are the foundation of our chapter's continued success, and we encourage anyone interested in becoming more involved to speak with a Board member. Whether you are a longtime member or recently joined ALBUMOAA, your participation and ideas help ensure we remain one of MOAA's premier chapters and continue making a meaningful difference in the lives of military officers, veterans, and their families.

Please mark your calendars for our **Social Quarterly Luncheon on Tuesday September 29, 2026, at 11:30 a.m. at Weck's, 3913 Louisiana NE**. We are honored to welcome **Ms. Linda Griego, Executive Director of Court Appointed Special Advocates (CASA)**, who will discuss the important work CASA performs in supporting children and families involved with New Mexico's child welfare system. Allen Tate will also share information about becoming a CASA volunteer. We hope you will join us for an informative program, fellowship with fellow members, and our annual chapter meeting.

Finally, I want to personally thank each of you for your continued support of ALBUMOAA. Whether you volunteer, mentor, attend our events, advocate for veterans, or simply remain an active member, your commitment strengthens our chapter and honors the values we all pledged to uphold. Together, we will continue building an organization that serves not only military officers and their families but also the broader veteran community throughout New Mexico.

I look forward to seeing many of you at our upcoming events and encourage you to invite a fellow officer, enlisted, family, friend, or other military person to join us. Together, we can continue growing our chapter, expanding our impact, and ensuring ALBUMOAA remains a vibrant voice for those who have served.

Thank you for your service, your leadership, and your unwavering commitment to our military and veteran community.

With gratitude,

CPT Stacey Goldstein-Dwyer, MA, PsyD, USA (Ret)
President, ALBUMOAA Chapter
2200 Grande Blvd. SE, Ste B
Rio Rancho, NM 87124

MOAA SKI CLUB

PRESIDENT: Reg Rider, reg rider49@gmail.com

VICE-PRESIDENT: George Dietrich,

MEMBERSHIP: Karen Brown, kmbrown8@comcast.net

Our new season is planned and ready for sign-ups. See the schedule below. Please contact the trip chair to get your name on the selected trip and mail you deposit to them.

WOLF CREEK, CO: January 11-15, 2027, Monday thru Friday (4 nights' lodging at the **Quality Inn**, Pagosa Springs, 3 days skiing)



Chair: Jim Eddings, 505-710-9418, jim.eddings@comcast.net

Co-Chair: Jack Menako, 505-797-1935, jamenako@centurylink.net



WINTER PARK, CO: January 25-29, 2027, Monday thru Friday (4 nights' lodging at **Holiday Inn Express & Suites**, Fraser, CO, 3 days skiing)

Chair: Reg Rider, 505-944-5514, reg rider49@gmail.com

Co-Chair: Jack Menako, 505-797-1935, jamenako@centurylink.net



BRECKENRIDGE/KEYSTONE, CO: February 7-11, 2027, Sunday thru Thursday, (4 night lodging at the **Residence Inn by Marriott**, Breckenridge, 3 days skiing)

Chair: Karen Brown, 505-314-4620, kmbrown8@comcast.net

Co-Chair: Carmen Bell, 505-331-5747, oma_bell@yahoo.com

CRESTED BUTTE, CO: February 22-26, 2027, Monday thru Friday (4 night lodging at **Old Town Inn**, 3 days skiing)



Chair: Beth Clark, 505-228-2640, nursebeth2@comcast.net

Co-Chair: Conni Brooks, 505-620-3795, connibrooks@comcast.net

Schedule of MOAA SKI CLUB Meetings/Parties

Sign-up parties are at the NM Veterans Memorial at 5-7 pm on the following dates:

NOTE: NOT ALL MEETINGS ARE ON THE 3RD SUNDAY OF THE MONTH

August 9, 2026
September 13, 2026
October 11, 2026
November 8, 2026

Bring your favorite hors d'oeuvre to share! Beverages provided.
Find all the information needed on trips at <https://albumoaa.org/ski-club/>

See our website to see all our Ski Club photos.



Chapter has been approved by the IRS as a 501(c)(3) public charity. Our Chapter’s “Charitable Giving” program has grown as the Ski Club, Tours, Garage Sale Proceeds, special projects, and individual donors contribute sizable amounts. Many members donate in conjunction with their due’s payment.

Donors may contribute to the overall Charitable Giving program, or they may specify their donation to one of the causes listed below:

- Charitable Giving (Unspecified)
- Blue Star Mothers (Rio Grande & Valencia Chapters)
- Albuquerque Fisher House
- NM VA Medical Center
- NM Veterans Memorial
- ROTC/JROTC Awards
- Veterans Integration Center (VIC)
- Honor Flight Northern NM
- Paws and Stripes, Inc.
- Chapter’s Endowment Fund (ACF)



In the 2nd quarter of 2026, the Chapter received an \$88 directed donation to the Albuquerque Fisher House, and the “Charitable Giving” Program received a fantastic \$2,000 donation from the Chapter Ski Club and another \$371.00 in direct donations from the following 13 members:

- | | |
|---------|-------------|
| Margrit | Aunapu |
| Charles | Back |
| Olive | Baker-Brown |
| Carmen | Bell |
| Karen | Brown |
| Rita | Cantergiani |
| Sally | Churan |
| Linda | Davis |
| Sandra | Harstad |
| Jerome | Janicke |
| Nancy | Loisel |
| Kenneth | Nicholson |
| Thomas | Popp |



A big THANK YOU for all your generous contributions!



WHAT DO YOU SAY? Let's DO LUNCH!!

Reported by CPT Tom Dawe, USA (FMR)

Our Lunch Club continues to meet quarterly on the last Tuesday of the month.

We look forward to seeing you at our quarterly Lunch Club meeting Tuesday, September 29, 2026.

Our speaker will be Ms. Linda Griego Executive Director of Court Appointed Special Advocates, (CASA), speaking about the programs of CASA which augment the overburdened CYFD and Allen Tate, who will speak about the training and personal contacts necessary for CASA Volunteer.

Please click on [MOAA Albuquerque Chapter](#) for additional information.

Place: Weck's at 3913 Louisiana Blvd NE - Just south of Montgomery.

Cost: Separate checks, please add a tip; 10% Senior



Please find pictures from our Memorial Day event held on May 24, 2026 at the Veterans Memorial in Albuquerque.





MOAA SIGNATURE GROUPS

Join MOAA Leadership and your fellow MOAA members on these hosted cruises and land tours.

AFFORDABLE TRAVEL — Every MOAA Signature Group is a negotiated special which is not available to the general public – only MOAA members and their guests can attend. You can, however, bring as many friends and family members with you as you like.

EASIER, SAFER TRAVEL — Vacations are meant to be an escape. It is your time to relax and unwind, explore, and discover. So, let us take care of the details. This is valuable time that doesn't have to be spent worrying about how you're going to get there or, what you're going to do when you get there

INCREASE THE FUN FACTOR — Being surrounded by like-minded people offers you the chance to share experiences and make new memories together. Group travel can give you the chance to meet people and make new friends. You'll meet individuals who are also passionate about travel and have experiences that are similar to your own. With shared military backgrounds and values, camaraderie forms naturally and often leads to lasting friendships.

2026 & 2027 SIGNATURE GROUPS

October 1-10, 2026	Western Europe Yacht Cruise	9-nights from \$4,999
April 25-May 2, 2027	Castles Along the Rhine River Cruise	7-nights from \$4,199
July 19-27, 2027	France & Spain Yacht Cruise	8-nights from \$5,799
September 14-25, 2027	Circle Iceland Yacht Cruise	11-nights from \$8,999
Sept. 25-Oct. 4, 2027	Battlefields of WWI & WWII Tour	10 days from \$6,495

Toll-Free Telephone: 1-800-211-5107 Email Address: mail@MOAAvac.com
For complete details, including detailed day-by-day itinerary, please visit us online.



WATCH OUT - 2026 Is Moving Fast!

Allen Tate, Major, USAF (Ret), ALBUMOAA Treasurer

Thank you to all of our members who have paid 2026 annual Chapter Membership dues. Just over a third of our membership has yet to pay their 2026 chapter dues. Please contact me (treasurer@albumoaa.org) to check your chapter dues status.

Annual Chapter Membership dues remain the same: Regular member - \$24; Surviving Spouse - \$12; Associate Member - \$15.

Many of you have paid Annual Chapter Membership dues well into the future (some through 2028!).

Your dues help fund our organization's operations: from the quarterly newsletters to the annual meetings; to the website; to three ROTC Awards to deserving UNM cadets each year; and, to support our amazing Charitable Giving Program.

A reminder that your Albuquerque Chapter Board of Directors are volunteers.

The National MOAA Chapter Dues payment method is fully functional! Here's the link to pay your Chapter dues through Cheddar Up: <https://my.cheddarup.com/c/albuquerque-chapter-moaa-dues>. You can also donate to the Albuquerque Chapter Giving Fund through PayPal. Just go to the PayPal Fundraiser Hub (<https://www.paypal.com/fundraiser/hub>) and search for "MOAA Albuquerque Chapter". Do not use this method to pay Annual Dues, only donations.

As always, you can join, renew, and/or donate using the last page of this newsletter and mail it with your check payable to MOAA Albuquerque Chapter. Our mailing address is:

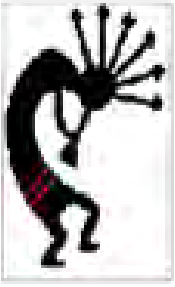
MOAA Albuquerque Chapter
PO Box 5071
Albuquerque, NM 87185

Membership Statistics (as of June 20, 2026)

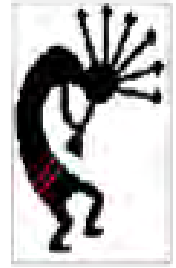
Type of Membership	Number of Members
Regular	129
Surviving Spouse	32
Associate	44
Total Membership	205

**YOUR
MEMBERSHIP
MATTERS**

If you have any questions concerning your dues payment status, please contact me at treasurer@albumoaa.org or (505) 850-8121.



MOAA TOURS



MOAA MEMBERS CAN NOW BUY THEIR OWN MOAA GROUP-PRICED POPEJOY TICKETS ONLINE FOR CERTAIN POPEJOY PERFORMANCES & DATES (Ovation & Broadway Series): Click on this link: <https://www.unmtickets.com/MOAA>

2026-2027 Upcoming Broadway Season (<https://www.popejoypresents.com>):
October 14-18, 2026 – **Disney's Beauty and the Beast**
November 3-8, 2026 – **& Juliet**
January 21-24, 2027 – **The Bodyguard**
February 9-14, 2027 – **The Outsiders**
May 18-23, 2027 – **Mamma Mia**
August 31 – September 12, 2027 - **Hamilton**

Check out this tour planned by **SUN TOURS**, 1700 Louisiana Blvd, Suite 100, 505-889-8888, www.suntoursus.com:

Autumn Colors of Japan, November 7-20, 2026: <https://suntoursus.com/tours/autumn-colors-of-japan/> Cost starts at \$8965/person (double occ); \$9895/person (single). A \$250/deposit. **Final payment due July 2, 2026.** Travel Protection Is Encouraged.

This 13-day guided tour takes us from Tokyo to Osaka, blending iconic landmarks, cultural experiences, and scenic beauty for an unforgettable journey through the heart of Japan. (Several of us are already signed up for it).



MOAA Vacations is National MOAA's official travel agency, offering Tours and full concierge service, at the lowest prices. Visit www.moaavacations.com or call (800) 211-5107.



Gd psych services, llc

LET'S TALK

CPT Stacey Goldstein-Dwyer, Psy.D. USA (Ret)
President and Owner

GD Psych Services, LLC is dedicated to providing the greater Albuquerque, and Rio Rancho, NM region with supportive, solution-based psychological services provided by the most professional licensed clinical social workers, mental health counselors, and psychologists in the community. Our organization is fully committed to helping you maintain your mental health and happiness and providing you with the best solutions to overcome your greatest psychological challenges.

GD Psych Services is a woman-owned and service disabled veteran-owned small business.

2200 Grande Blvd., Suite B, Rio Rancho, NM. 87124 • (505) 218 - 6383

•Website: <https://gdpsychservices.com>



**HONOR THEIR SERVICE.
SUPPORT THEIR JOURNEY.
CREATE LASTING IMPACT.**

Your sponsorship sends local veterans to Washington, D.C. to honor their sacrifice.



5TH ANNUAL DENNIS GESHEL MEMORIAL ★★ GOLF TOURNAMENT

FRIDAY, SEPTEMBER 11, 2026
ISLETA EAGLE GOLF COURSE
9:00 AM SHOTGUN START
8:00 AM REGISTRATION & BREAKFAST

★★★ 2026 SPONSORSHIP OPPORTUNITIES ★★★

	PRESENTING SPONSOR EXCLUSIVE	\$10,000	• 1 Guardian Seat on Honor Flight • Logo on all materials (largest placement) • Speaking opportunity at awards luncheon • 2 Teams (8 golfers) • Premier signage & banner at event • Social media spotlight & press releases • Logo on website with backlink
	PATRIOT SPONSOR	\$5,000	• Large logo on all marketing materials • 1 Team (4 golfers) • Premier hole sponsorship • Banner at event • Social media & website recognition
	FREEDOM SPONSOR	\$2,500	• Medium logo on materials • 1 Foursome (4 golfers) • Hole sponsorship • Website & program recognition
	HONOR SPONSOR	\$1,500	• Logo on signage & website • 2 Golfer entries • Shared hole signage • Recognition at awards luncheon
	SUPPORTER SPONSOR	\$1,000	• Logo on event signage & website • Recognition during event • 1 Golfer entry
	HOLE SPONSOR	\$500	• Setup or custom sign at sponsored hole • Name/Logo in program

★ ADDITIONAL SPONSORSHIPS ★	
	GOLF CART SPONSOR EXCLUSIVE \$2,000 SOLD • Logo on all golf carts • High visibility all day 1 AVAILABLE
	LUNCH SPONSOR EXCLUSIVE \$3,500 SOLD • Branding at lunch for maximum visibility • Opportunity to address participants • Premium signage at lunch • Recognition during awards 1 AVAILABLE
	GOLF TOWEL SPONSOR EXCLUSIVE \$2,000 SOLD • Company Logo on towels 1 AVAILABLE
	BREAKFAST SPONSOR EXCLUSIVE \$1,500 SOLD • Signage at breakfast • Company logo on tournament banner 1 AVAILABLE
	CONTEST SPONSOR (CLOSEST TO PIN / LONG DRIVE) \$1,500 • Signage at contest hole • Recognition during awards • Optional prize branding



BECOME A SPONSOR TODAY!
Contact us to secure your sponsorship and make a difference for our heroes.



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INFO@HFNM.ORG



SCAN TO LEARN MORE & SPONSOR!

★ HONOR THEIR SERVICE. SUPPORT THEIR JOURNEY. CREATE LASTING IMPACT. ★



HONOR FLIGHT OF NORTHERN NEW MEXICO
★ 5TH ANNUAL ★
DENNIS GESHEL
★ MEMORIAL GOLF TOURNAMENT ★
PLAY FOR A PURPOSE

FRIDAY, SEPTEMBER 11, 2026
ISLETA EAGLE GOLF COURSE

8:00 AM – Breakfast & Registration

9:00 AM – Shotgun Start

Lunch Immediately Following

PLAYER REGISTRATION
\$165
PER GOLFER
\$660
PER TEAM OF FOUR

SUPPORT THE MISSION
 Help send New Mexico veterans on no-cost trips to Washington, D.C. to visit the memorials built in their honor.

TOURNAMENT FEATURES
 SCRAMBLE FORMAT
 CONTESTS & PRIZES
 RAFFLES & GIVEAWAYS
 BREAKFAST & LUNCH INCLUDED

REGISTER NOW!
 SCAN TO REGISTER

OR VISIT:
honorflightnorthernnm.org

QUESTIONS?
 Email: info@hfnnm.org

★ THANK YOU TO OUR GENEROUS SPONSORS ★

BELFOR 
 PROPERTY RESTORATION

 **RIO GRANDE**
 - CREDIT UNION -

 **DESERT WOLF**
 SECURITY

★ HONORING AMERICA'S VETERANS. ONE FLIGHT AT A TIME. ★



The August 22nd and the October 17th Garage Sales will be held at 4200 Meadowlark LN SE, Rio Rancho, NM at the atrium inside the building at 0730 - 1530. The August 22nd sale will benefit Honor Flight Northern New Mexico, helping provide our veterans the opportunity to visit the memorials built in their honor in Washington, D.C.

Will need volunteers to help setup for the events. Please arrive at 0600. Please take collection of donations for the garage sale to 4200 Meadowlark LN SE on August 19, August 20 and August 21st between 1100—1600, Suite 4.

The October 17th Garage Sale will benefit Paws and Stripes, an organization that provides life-changing service dogs to veterans living with PTSD and traumatic brain injuries. The donation drop-off schedule will be emailed as we get closer to October.

Meetings & Events



<u>SOCIAL QUARTERLY EVENTS</u>	<u>TIME AND LOCATION</u>
August 22, 2026 (GARAGE SALE)	4200 Meadowlark LN SE, Rio Rancho, NM at the atrium inside the building 0730 - 1530
September 26, 2026 (Annual Meeting and Social Quarterly)	3D Security 1200 to 1400 (11am set up) 9650 Eagle Ranch Rd NW, Albuquerque, NM 87114 Food: Catered
September 29, 2026 (Social Quarterly Luncheon)	Weck's 3913 Louisiana NE Albuquerque
October 17, 2026 (GARAGE SALE)	4200 Meadowlark LN SE, Rio Rancho, NM at the atrium inside the building 0730 - 1530
December 5, 2026 (Social Quarterly and Holiday Party)	NM Veteran's Memorial 1200 to 1400 (11am set up) 1100 Louisiana Blvd SE, Albuquerque, NM 87108 Food: Potluck

All Board of Director meetings will be held via Zoom at 11:30AM on the first Thursday of every month.

Contact: Jim Herlihy, Marketing & Communications Multiple Market Lead
(970) 590-5885 or jherlihy@alz.org

Know the 10 Signs – An Alzheimer's Checklist

As we age, it is tempting to attribute the gradual changes our bodies go through – including changes in memory – to normal aging. There are some changes we should be more attentive to, including memory lapses that begin to affect our quality of life.

The Alzheimer's Association developed a checklist of [10 Signs](#) to aid in the early detection of Alzheimer's. Why is early detection important? Without it, those we love may delay necessary lifestyle changes and exploring medical care options, ranging from medications to research. Other considerations include personal safety, quality of care, and making necessary financial and estate planning adjustments.

Memory loss that disrupts daily life. A typical age-related memory change is occasionally forgetting names or appointments, but remembering them later. A common sign of Alzheimer's disease, especially in the early stages, is forgetting recently learned information.

Changes in mood and personality. Increased incidences of confusion, suspicion, depression, fear or anxiety can be a sign. Individuals can become more easily upset at home, work, with friends or in places where they are out of their comfort zone.

Misplacing things and losing the ability to retrace steps. Putting things in unusual places and being unable to find them. Sometimes, they may accuse others of stealing – with more frequency over time.

Challenges in planning or solving problems. Making occasional errors, such as checkbook balancing, is not uncommon. If a person experiences changes in the ability to follow a plan or work with numbers, or has difficulty concentrating and completing a task, that may be a concern.

Difficulty completing familiar tasks. People with Alzheimer's often find it hard to complete daily tasks. They may have trouble driving to a familiar location, managing a budget, or remembering the rules of a familiar game.

Confusion with time or place. Losing track of dates, seasons and the passage of time is another indication. Sometimes people with Alzheimer's can forget where they are or how they got there.

Trouble understanding visual images and spatial relationships. For some, vision problems can be a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.

Continued on page 15

New problems with words in speaking or writing. People with Alzheimer's may have trouble following or joining a conversation. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (such as calling a "watch" a "hand clock").

Decreased or poor judgment. People with Alzheimer's may use poor judgment when dealing with money. They may also pay less attention to grooming and personal cleanliness.

Withdrawal from work or social activities. Some individuals avoid being social because of changes they're experiencing, withdrawing from work projects, hobbies and sports.

If you or someone you care about is experiencing any of these warning signs, we encourage you to schedule an examination with your family physician. Or call the free Alzheimer's Association 24/7 Helpline at 800-272-3900 or go to www.alz.org.

#

Key facts about Alzheimer's disease

- 46,000 New Mexicans are among 7.4 million Americans living with Alzheimer's disease
- Alzheimer's kills more people than breast cancer and prostate cancer combined
- Since 2000, deaths from Alzheimer's have increased 134%, while deaths from heart disease have declined 3.8%

Women make up two-thirds of those diagnosed with Alzheimer's – and two-thirds of the family caregivers

In New Mexico alone, more than 68,000 family and friends are serving as unpaid caregivers, providing an estimated 119 million hours of support in 2025 valued at \$2.4 billion

The Albuquerque Chapter
MILITARY OFFICERS ASSOCIATION OF AMERICA
P. O. Box 5071
Albuquerque, NM 87185

CHANGE SERVICE REQUESTED



MEMBERSHIP APPLICATION FORM
Albuquerque Chapter of the Military Officers Association of America

Eligible for membership: Commissioned or Warrant Officers, or their Surviving Spouses
Army—Marine Corps—Navy—Air Force—Coast Guard—Public Health Service—
National Oceanic & Atmospheric Administration and US Space Force
Regular-Reserve-National Guard-Active Duty-Retired-Former Officers
Please Print Clearly or Apply Online at www.albumoaa.org

- ☐ Enroll me as a REGULAR MEMBER at \$24.00 for one year.
☐ Enroll me as a SURVIVING SPOUSE MEMBER (as the surviving spouse of a deceased officer) at \$12.00 for one year.
☐ Enroll me as an ASSOCIATE MEMBER (non-military & enlisted) at \$15.00 for one year.
☐ Enroll me for NEW Membership as REGULAR or SURVIVING SPOUSE applicant, receiving first 2 calendar years' membership for cost of one year.

I wish to donate \$_____ to the Chapter's Giving Program, and my check includes this amount. I realize that the donation is Federal and State tax-free.

First Name	Middle Initial	Last Name	Rank	Service	Spouse's Name
------------	----------------	-----------	------	---------	---------------

Street	Apt	City	State	ZIP+4	Telephone Numbers
--------	-----	------	-------	-------	-------------------

E-Mail Address: _____ National Membership Number: _____

(☐ Active Duty, ☐ Retired, ☐ Former Officer, ☐ Surviving Spouse) (☐ Regular, ☐ Reserve, ☐ National Guard (☐ Male ☐ Female)

Would you be willing to assist in the operation of the Albuquerque Chapter of MOAA? If so, what would be your main area of interest?

☐ Legislative Affairs, ☐ Public Relations, ☐ Membership, ☐ Scholarship & Award, ☐ Personal Affairs, ☐ Legal Counsel

☐ Newsletter, ☐ Chaplain, ☐ Finance, ☐ Programs & Activities, ☐ Data Processing Other _____

Do you have an interest in any of the following clubs: ☐ Breakfast Club, ☐ Ski Club, ☐ Tours/Events, ☐ Golf

Please make check payable to: **Albuquerque Chapter, MOAA**

Mail to: **Membership, Albuquerque Chapter, MOAA**
P.O. Box 5071
Albuquerque, NM 87185-5071

Applicant's Signature: _____ Date: _____