

# Early Stage Programs South Central and South Western Wisconsin

## Dane County

### Crossing Bridges

A four-week education and discussion program that helps answer the questions, “How can I live well with this diagnosis?” and “What do I need to consider to make the most of today while planning for the future?”

**Who is eligible to attend?** People with a diagnosis of either mild cognitive impairment (MCI) or any type of dementia in the early stage who are interested in and able to actively discuss the topics introduced. A care partner, spouse, family member, or close friend is also encouraged to attend.

**What is the application process?** An in-person interview is required prior to attending.

Location: Alzheimer’s & Dementia Alliance 517 N. Segoe Rd., Madison	Cost: No cost to participants; donations accepted
Contact: Mary Salzieder or Pat Wilson 608.232.3400 <a href="http://www.alzwisc.org">www.alzwisc.org</a>	<ul style="list-style-type: none"><li>• Offered four times per year</li><li>• Held on consecutive Wednesdays</li><li>• 9:30 am - 12:00 pm</li></ul>

### Meeting of Minds

A two-hour, 12-week cognitive enhancement group. Each session includes memory enhancement activities, tai chi based exercise for balance and stress management, and creative expressive activities.

**Who is eligible to attend?** People with a diagnosis of either mild cognitive impairment (MCI) or any type of dementia in the early stage who can actively participate and contribute to discussions and program activities.

**What is the application process?** An in-person interview is required prior to attending.

(A program for caregivers is not included.)

Location: Various	Cost: \$60 per session; financial assistance available if needed
Contact: Jody Curley 608.661.8427	<ul style="list-style-type: none"><li>• Offered in 12-week sessions that meet weekly, three times per year</li></ul>
A program of the Alzheimer’s & Dementia Alliance <a href="http://www.alzwisc.org">www.alzwisc.org</a>	

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## Learning Among Friends

A support program for people with early memory loss, which includes a separate support group for care partners.

**Who is eligible to attend?** People who have completed the Crossing Bridges program.

**What is the application process?** Completion of the Crossing Bridges program.

Location: Alzheimer's & Dementia Alliance 517 N. Segoe Rd., Madison Contact: Mary Salzieder or Pat Wilson 608.232.3400 A program of the Alzheimer's & Dementia Alliance <a href="http://www.alzwisc.org">www.alzwisc.org</a>	Cost: No cost to participants <ul style="list-style-type: none"><li>• Ongoing group with drop-in format</li><li>• Meets monthly on Tuesdays</li><li>• 10:00 – 11:30 am</li></ul>
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## New Friendships - Buddy Program

A program that matches a first or second year medical student with a person who has mild cognitive impairment (MCI) or early Alzheimer's disease or related dementia. Participants get to know one another and take part in informal activities based on shared interests.

**Who is eligible to attend?** People who have participated in either the Crossing Bridges or Meeting of Minds program.

**What is the application process?** Crossing Bridges and Meeting of Minds participants are individually invited to participate. Participation is limited to the number of interested medical students.

Location: Individually determined Contact: Pat Wilson 608.232.3400 A program of the Alzheimer's & Dementia Alliance <a href="http://www.alzwisc.org">www.alzwisc.org</a>	Cost: No cost to participants <ul style="list-style-type: none"><li>• Limited time program</li><li>• Meet individually for two to four hours per month throughout the nine month school year</li><li>• Mutually agreed upon dates, times and places</li></ul>
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