

Why you should seek out support

Many people, when faced with a diagnosis of Alzheimer's disease or other dementia, are at first overwhelmed with the news and the implications involved. Unfortunately, many families go forward without learning all the facts about the disease, how to cope with it, or what resources are available in their community – remaining unaware of what a difference this knowledge makes. They go on doing their best but often end up dealing with many complex issues without a good set of tools to help them create the best quality of life possible for the person with dementia and for themselves.

Abraham Maslow, the famous psychologist, said, "If you only have a hammer, you tend to see every problem as a nail." Being armed with a variety of tools will make a big difference in your life, and helping you gain numerous positive tools is what the Alzheimer's & Dementia Alliance is here to do.

Dementia changes everything

Amy Kell of Madison is a caregiver to her husband, Steve, who was diagnosed with younger onset dementia. Amy states, "A dementia diagnosis changes everything. Unlike potentially treatable diseases such as cancer ... dementia can feel more like being on death row. Each person's process is individual and largely unpredictable. For caregivers, it is mentally, physically and emotionally challenging to support your loved one as he or she declines.

"All doctors can really do is diagnose, prescribe (medications) and monitor. The family is left having to figure everything else out by themselves. You can feel that there is nowhere to turn to get the ongoing support you need for the journey."

Fortunately, that support does exist. That's where the Alzheimer's & Dementia Alliance of Wisconsin comes in.

Continued on page 7



WINE & ROSES
FESTIVAL

April 21, 2012

6:30 p.m.

Location TBA, Madison

Inside

From the Director	2
Education programs	3
Staff member Mary Reines to retire	3
Research update	4
Fifth Annual Wine & Roses Festival	5
Are you a member of a church, synagogue, or other religious community?	5
Public policy issues	6
Thank you for making a difference! Alzheimer's Walk results	8
For the person with memory loss	10
Volunteer spotlight	11
Diversity update	11
Meeting of Minds workshop for people with mild memory impairment	11
Other news	12
Changes to Wisconsin's durable power of attorney for finances and property	12
Contributions	13
You can influence the future of the Alzheimer's & Dementia Alliance of Wisconsin	14
Why make a year-end gift to support the Alzheimer's Alliance?	15
Be a savvy donor!	15

Alzheimer's & Dementia Alliance of Wisconsin

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From the Director

11 simple ways to make a difference

We have many generous people in Wisconsin who wonder how they can make a difference in the lives of those impacted by any form of dementia. I decided to make a list! This is not all inclusive but it will cover many different ways you can help us fight Alzheimer's disease.



- 1. Use, and encourage others to use, our services.** If you or someone you know is affected by dementia, contact us today so we can help you create the best quality of life for all involved. We are your partner along the journey.
- 2. Invite us to come and speak.** We have a variety of speakers who love to share their knowledge about dementia, local services and what others can do to help. No group is too big or too small. Contact Education Coordinator Danielle Thai at 608.232.3403 or danielle.thai@alzwisc.org to request a speaker.
- 3. Sign up to be an advocate on our website.** Influencing public policy is a critical component of our mission to end this disease once and for all. Periodically we'll let you know when your voice would be especially important in moving an issue forward.
- 4. Write a check, hold a fundraiser or join one of our special event committees.** Naturally we need funds to keep our programs and services available for all, especially when the economy is so challenging. Participating in our cause is both personally rewarding and often a lot of fun!
- 5. Tell your human resources department or employee assistance program that we have five new employer guides developed just for them.** We can come to your workplace and talk about what employers can do to help assist those with early stage dementia. The cutting-edge employer guides can be printed directly from our website.
- 6. Refer your patients to us very early in the disease process.** If you are a medical professional, please let your patients, their caregivers and family members know that there are programs and services available that can significantly help. Follow up with them to see how things are going.
- 7. Speak to leaders in your faith-based community about us.** Ask them to include us as an educational resource for their parishioners or consider us for a community service event. (Also see article, "Are you a member of a church...?" on page five.)
- 8. Keep our brochures and newsletters on hand.** You probably encounter those impacted by dementia all the time like we do, so help us spread the word about the help we provide.
- 9. Tell facility managers about our professional training programs.** Providing quality dementia care is a tremendous job. Our highly regarded professional training programs are available for direct care staff.

Continued on page 3

Education programs

Some registration fees may apply. Donations are critical to continued programming and very much appreciated.

Family Caregiver Education Series

Second Monday of the month
5:30 - 7 pm

Alzheimer's & Dementia Alliance
517 N. Segoe Rd., Madison

January 9

*Introduction to Alzheimer's and dementia:
Getting started*

March 12

Communication tips and strategies

Hawthorne Library
2707 East Washington Ave., Madison

February 13

Family caregiving: The unexpected career

No registration necessary for any of the Family Caregiver programs, just drop in.

Alzheimer's disease: The facts, the future and how you can help move research forward

Thursday, December 8, 6:30 - 8 pm
Oak Park Place, Grandview Hall
718 Jupiter Dr., Madison

Dr. Cindy Carlsson from the WI Alzheimer's Disease Research Center and Paul Rusk from the Alzheimer's Alliance will discuss the latest treatment and prevention methods, local services available to help and how to participate in Alzheimer's research studies seeking adult children of parents with Alzheimer's disease. Space is limited. RSVP at 608.663.8720.

Free memory screening and dementia education workshop

Tuesday, December 20, 12:30 - 4:30 pm
Scoville Hall
545 Public Av., Beloit

January 2012 (date TBA), 10 am - 2 pm
Quaker Housing/Burr Oaks Housing
2110 Fisher St., Madison

February 18, 10 am - 2 pm
Urban League of Greater Madison
(Solomon Carter Fuller Screening Day)
2222 South Park St., Madison

February 2012 (date TBA), 10 am - 2 pm
Emmanuel Baptist Church
1151 E. Grand Av., Beloit

March 2012 (date TBA), 10 am - 2 pm
Goodman Community Center
2 Waubesa St., Madison

Come to a short informational workshop at the start time and make an appointment to have a free and confidential memory screening. Call 608.232.3400 to reserve your spot.

Co-sponsored by the Alzheimer's & Dementia Alliance, the WI Alzheimer's Disease Research Center, Madison Community Foundation and the North/Eastside Senior Coalition.

13th Annual Alzheimer's, Dementia and Memory Loss Workshop

Thursday, March 15
Southwest Wisconsin Technical College
1800 Bronson Blvd., Fennimore

This affordable and dynamic workshop is for both family caregivers and professionals. Brochures and details will be available in February 2012. Contact Becky DeBuhr at 608.723.4288 to be placed on the mailing list.

Crossing Bridges

February or March 2012
Alzheimer's & Dementia Alliance
517 N. Segoe Rd., Madison

Please contact us if you are interested in this program. This education and support series is for people with mild memory impairment and their families. The overall focus is to promote positive well-being while living with cognitive change. Potential participants need to schedule an in-person interview as part of the registration process before the classes start. Call Pat Wilson at 608.232.3406.

A variety of program choices make a difference for every stage of the journey

Alzheimer's Alliance staff member Mary Reines to retire

After 15 years of exemplary service with the Alzheimer's & Dementia Alliance, Mary Reines will be retiring in January 2012.

Mary has a great deal of expertise she has generously shared with countless families and professionals over the years. She has also been instrumental in developing curriculums for the majority of our education programs as well as our excellent Crossing Bridges program for people with mild memory impairment and their families. Her dedication and compassion for the cause and for those affected by the disease has made a real difference to many people.

The Alliance extends our gratitude to Mary for all her good work and wishes her the very best in the future.

11 simple ways to make a difference

Continued from page 2

10. Volunteer for research at

UW-Madison. Participating in research is critical to ending this disease, especially if you have dementia in your family or mild cognitive impairment or are a member of a minority group. We would be delighted to refer you to dozens of scientific studies conducted right here in Wisconsin.

11. Remember that there is always hope and each day should be lived to its fullest potential. We will end this disease one day, and in the meantime we do all that we can to help provide the best possible quality of life for all who are affected.

Sincerely,



Paul Rusk, Executive Director

Research update

Local research opportunities

Wisconsin Alzheimer's Disease Research Center (W-ADRC)

Alzheimer's Disease Neuroimaging: (ADNI-2)

This research study is designed to look at brain imaging, memory tests, laboratory tests on biological markers, and questionnaires to determine how useful they are in identifying Alzheimer's disease at an early stage. This information will help in the planning of future Alzheimer's studies, including those that will test potential treatments. This study aims to produce data to be stored for these kinds of future research studies. No drug is used in this study.

Researchers are looking for persons who:

- Are between 55 and 90 years of age;
- Either have a diagnosis of early Alzheimer's disease, mild cognitive impairment, or are cognitively normal;
- Are fluent in English or Spanish;
- Are willing and able to undergo in-clinic assessments, memory testing and other test procedures;
- Have a study partner – a friend or relative who can accompany the volunteer to all clinical visits.

If you are interested in participating or would like to learn more about this study, please contact the study staff at 608.262.4760.

Wisconsin Alzheimer's Institute (WAI)

As a center within the University of Wisconsin School of Medicine and Public Health, the mission of the Wisconsin Alzheimer's Institute is to create a public health environment in which Alzheimer's disease and related dementias are widely recognized, well understood, aggressively and appropriately treated, and in which those who are afflicted and those who care for them receive the education, quality services and support they need to effectively cope with this devastating chronic disease. For updates on the Wisconsin Registry for Alzheimer's Prevention (WRAP) study, contact Janet Rowley: 608.829.3306; 800.417.4169; jsrowley@wisc.edu.



Research in brief

Researchers develop first mouse model to study important aspect of Alzheimer's

Source: University of Georgia - Hirano bodies are almost indescribably tiny objects found in nerve cells of people suffering from conditions such as Alzheimer's, mad cow and Lou Gehrig's diseases. Yet for decades, researchers weren't sure if these structures helped cause the conditions or appeared after onset of the disease and had some other role.

Now, in research at the University of Georgia, a cellular biologist and his colleagues have found that Hirano bodies may play a protective role in the progression of neurodegenerative diseases such as Alzheimer's. And to find out why this may be happening, they have developed the world's first transgenic mouse model that has Hirano bodies, which will open new frontiers on how these poorly understood structures may be involved with some of humankind's most difficult-to-treat diseases.

While the research offers no cure for diseases such as Lou Gehrig's and mad cow, it does create a new area of research into understanding how these diseases operate in the human body and why they are so difficult to treat.

Imaging technique IDs plaques, tangles in brains of severely depressed older adults

Source: *UCLA Newsroom* - In a small study published in the November issue of the peer-reviewed journal *Archives of General Psychiatry*, UCLA researchers used a unique brain scan to assess the levels of amyloid plaques and tau tangles in older adults with a type of severe depression called major depressive disorder (MDD).

UCLA researchers have created a chemical marker called FDDNP that binds to both plaque and tangle deposits, which can then be viewed through a positron emission tomography (PET) brain scan, providing a "window into the brain." Using this method, researchers are able to pinpoint where in the brain these abnormal protein deposits are accumulating.

They found that in patients with MDD, FDDNP binding was significantly higher throughout the brain and in critical brain regions, including the

posterior cingulate and lateral temporal areas, that are involved in decision-making, complex reasoning, memory and emotions.

More follow-up over time is needed to evaluate the significance of the outcomes of the study's patient subgroups. Such research will help further assess if depression later in life might be a precursor to mild cognitive impairment and dementia.

In addition, the researchers said, FDDNP used with PET may also be helpful in identifying new treatments and in tracking the effectiveness of current antidepressant therapy and medications designed to help reduce abnormal protein build-up in the brain.

Dementia risk higher among older women with sleep-disordered breathing

Source: *Medical News Today* - Sleep-disordered breathing among older women that leads to deficient oxygenation of the blood (hypoxemia) raises the risk of their developing dementia or cognitive impairment compared with other older women, say researchers from the University of California, San Francisco.

Previous studies had shown an association between cognitive impairment and sleep-disordered breathing. However, they were designed in such a way that drawing any compelling conclusions was impossible.

According to their findings, the authors say the higher risk of cognitive impairment appears to be linked mainly to measures of hypoxia (reduction of oxygen supply). The researchers say, "Of interest, our findings suggest a potential role for supplemental oxygen therapy for sleep-disordered breathing in elderly individuals; however, its role requires critical evaluation in intervention studies."



Fifth Annual Wine & Roses Festival

*Gala Tasting and Auction, Saturday, April 21, 2012, 6:30 – 11:00 p.m.
Location to be announced, Madison*

Tickets: \$95/ person

Please join us for an evening not to be missed. Featuring wine tasting, hors d'oeuvres and live music, there are also live and silent auctions featuring exclusive items, many of them wine related. Winemakers from select vineyards across the country will attend and will pour favorite wines, many not available in our area. Several of our guest winemakers will be new to this year's event.

Volunteers are needed to help plan the event. For more information, including sponsorship opportunities, contact Miriam Boegel at 608. 232.3409.



Are you a member of a church, synagogue, or other religious community?

The Alzheimer's & Dementia Alliance of Wisconsin (ADAW) is eager to share the benefits we offer to families affected by Alzheimer's and other dementia. However, many people are not aware of the ways that we help through personal consultations, education, information and other support services.

Contact us to receive an ADAW Ambassador Informational Packet. By sharing materials from the packet with your worship community, you will give families the information they need to

access the complete range of services we offer.

Contact Danielle Thai, Education Coordinator at 608.232.3403 or danielle.thai@alzswisc.org to receive an Ambassador Informational Packet.

Public policy issues

Medicare and Part D advocacy

On Tuesday, November 8, the Alzheimer's & Dementia Alliance of Wisconsin presented an award to Congressman Ron Kind for his work on Medicare. A former intern for the late Senator Proxmire who died of Alzheimer's disease, Congressman Kind has been a strong advocate of our ongoing efforts to increase federal

dollars for Alzheimer's research and a proponent of Medicare and the Part D prescription drug program which has been so important to Wisconsin seniors. The Alliance is encouraging the Wisconsin Congressional Delegation to oppose any cuts to Medicare and the Part D program as Congress and the Congressional "Super Committee" debate spending cuts.

See the letter below to the Congressional Delegation.



The Alzheimer's Alliance with representatives of the Wisconsin Dietetic Association, Public Affairs Company and Congressman Ron Kind.

November 9, 2011

An open letter to Wisconsin's Congressional Delegation:

As the Super Committee in Congress works to make \$1.2 trillion in cuts to overall spending, it has made clear that "everything is on the table." We are writing today to ask you join us in sending a united message to the Super Committee that the Medicare Part D program should not be cut because it has been a huge success.

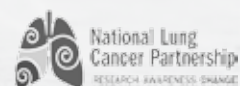
We recognize committee members have an enormous task ahead of them with many difficult decisions to make along the way. However, we want to make it very clear that cuts to Medicare Part D will limit access to medical care and treatment for many in Wisconsin which will not save money over the long term. Any delay in providing necessary medications can have significantly detrimental effects on patient conditions and often results in more costly care over the long term. We hope you, the committee and other members of Congress will remember the adage to not be "pennywise and pound foolish" as program cuts are weighed.

As Medicare Part D is reviewed, please remind others it is the most cost-effective program within the federal health insurance programs and a good deal for taxpayers. Estimates by the nonpartisan Congressional Budget Office indicate that Part D's price to the public will come in at 46% less than initially estimated for the first decade. In fact, Part D is saving the entire Medicare program money, according to a recent study published in the Journal of the American Medical Association (JAMA). Improved access and adherence to medicine is saving \$1,200 per year in hospital, nursing home and other costs for each senior who previously lacked prescription drug coverage, according to the study. This is saving the Medicare program an estimated \$12 billion each year.

It's a good deal for seniors too because they are paying less out of pocket for their prescriptions. The total average out-of-pocket prescription drug costs dropped between 13% and 15% thanks to the creation of Part D. Here in Wisconsin, Part D plans are available for as little as \$14.80 per month.

The competitive-based Medicare Part D program is working and should be used as a model for reforming other elements of federal health care programs. Medicare Part D enrollees are overwhelmingly satisfied with this program. A recent Medicare Today survey reported that 84 % of seniors are satisfied with the program.

As you, the Super Committee and others work through the federal budget to reduce government spending, we ask that the success of Medicare Part D be recognized and preserved. The program is working and it's saving money for beneficiaries and the government.



Why you should seek out support

Continued from page 1

Getting an early diagnosis is critical

One of the first things you can do is call us. You may have a specific question; you may just need a listening ear. You may have no idea what to do. We'll get you started.

If there isn't an official diagnosis yet or you just suspect something is wrong, it is very important to get in touch with your physician for an evaluation right away. It's possible that another condition is causing memory loss or other cognitive changes and is reversible.

If you or a loved one receive a dementia diagnosis, getting it as early in the disease as possible is vital so that you can make the best possible decisions regarding treatment and care as well as legal and financial issues. The staff at the Alzheimer's & Dementia Alliance can help you find out where to get a cognitive evaluation and also help you start planning for the future.

It is also important to gain an understanding about the disease itself, whether it's Alzheimer's, Lewy body dementia, frontotemporal disorder, vascular dementia or other dementia disease. Our staff can talk with you about the disease, give you helpful materials and let you know about our many community education programs.

Become informed and learn new skills

A large part of coping with Alzheimer's disease or other dementia is a matter of learning new skills. You may have to alter the ways you communicate with the person. You may need to change your environment and be more flexible.

And there are the practical but important things you need to consider. Amy says, "There are many reasons why the Alzheimer's & Dementia Alliance is so

important. Their four-week Crossing Bridges program is very comprehensive and provided us with more knowledge than the various doctors were able to offer. For example, we found out about the higher dosage of Aricept available to dementia patients. A lot of very informative materials that you can't get anywhere else were disseminated each week for notebooks that we took with us. We learned about special needs trusts ... and received suggested names of attorneys who understood how to create them. We got names of people who could get us enrolled in the Medicaid COP program, which we had never heard about before. We were given updated lists of all the service providers and residential facilities in Dane County. We learned things we could do to make life easier for dementia patients at home and in life, which has been very valuable."

Groups can provide a lot of support

Amy continues, "(At the Crossing Bridges group), participants are broken into two groups where dementia patients and caregivers meet in individual sessions. The dementia group always seemed to be laughing on the other side of the wall. In our caregiver group there were lots of tears, because we were with people who understood and could help. Nothing else is comparable.

"Most important for caregivers is that we learned not to be so hard on ourselves. As it turns out, we are not alone and isolated. There is a commu-

nity of skilled people at the Alzheimer's & Dementia Alliance that are there to help, and these folks are a lifeline, plain and simple."

Besides our Crossing Bridges and Learning Among Friends groups for those in the earlier stages of the disease, we sponsor a number of caregiver support groups in the south central Wisconsin area. You can contact us for an up-to-date list or visit our website at www.alzwisc.org.

Don't be afraid to reach out

As Amy and Steve discovered, there is a lot that you can do to make life better after a dementia diagnosis, and there is much to learn. The Alzheimer's & Dementia Alliance of Wisconsin is your partner along this journey, from the earliest to the latest stages of the disease. Let us guide you with information, education, support and services that can make a positive difference in your life.

608.232.3400

888.308.6251 toll free

support@alzwisc.org

We encourage you to "recycle" this newsletter with a friend, doctor's office, place of worship, or club.

Pass it on!

Over the years my mom lived with Alzheimer's, your agency provided support for her and was a wonderful resource for me when I didn't know where else to go for advice.

—Linda B.

Alzheimer's Alzheimer's & Dementia Alliance Walk



SERVING SOUTH CENTRAL WISCONSIN SINCE 1985

Thank you for making a difference!

Step Forward - Give Hope

A huge THANK YOU to everyone who participated in one of our seven Alzheimer's Walks this year! More than \$290,000 was raised in support of the LOCAL programs and services offered by the Alzheimer's & Dementia Alliance of Wisconsin. Even better, there were more than 2,458 people in attendance, helping to raise awareness and spread the word about Alzheimer's disease and our organization.

It is difficult to single out just a few for their efforts when so many teams, large and small, contributed so much to the overall success of the walk. A comment heard frequently at the registration tables this year was, "I am so proud of how well our team did!" We echo that sentiment and applaud each of you.

Many people have contacted us since the walks asking if we are still accepting donations. The answer is yes! Your team and personal walk pages will be available until the end of December. We are already hard at work planning next year's walks. Watch for more

information in February.

There were so many creative team fundraising activities this year – from Wii boxing matches and used purse and scarf sales to one woman who baked and sold 2,000 scones! Thank you for sharing your creative ideas with us!

Note: Alzheimer's Walk "Day of Event" award winners are based on dollars collected prior to the walk. The top three team totals listed here reflect additional dollars received after the walk through November 7, 2011. Overall walk results can be viewed online.

Green County, September 10 support.alzwissc.org/green

Top three teams

Mimi's Team, Shelley Muranyi, Team Captain, \$13,782.11

Pleasant View Nursing Home, Jennifer Stollenwerk, Team Captain, \$6,151.07

Bea's Friends, Vickie Jones, Team Captain, \$3,336



Thank you to our sponsors

Gold: Colony Brands, Inc.; Mimi's Team

Silver: Babler Associates; Eisai Pfizer; Green County ADRC; Monroe Clinic

Bronze: Dave Mosher & Associates; Harbor House; Klondike Cheese; Pleasant View Nursing Home; Wisconsin Community Bank

Day of event results

Team raising the most money: Pleasant View Nursing Home

Team with the most walkers: Colony Brands, Inc.

Family team raising the most money: Bea's Team

Individuals: 1st Vickie Jones; 2nd Michael Wolff

Columbia, September 11 support.alzwissc.org/columbia

Top three teams

Bonnet Prairie Lutheran Church, Linda Landsverk, Team Captain, \$3,611

Wyocena Community Church, Betty Telvick, Team Captain, \$2,940

McCarthy & Girls, Marsha McCarthy-Pulver, Team Captain, \$2,560

Thank you to our sponsors

Gold: AmericanWay Senior Living

Silver: Columbia Health Care Center; Golden Living Center; Ho-Chunk Gaming; Larson House; Tivoli at Divine Savior Healthcare; The Dump Bar & Grill

Bronze: Bonnet Prairie Lutheran Church; Clark Cupery Karaoke; Heritage House; Midwest Dental

Day of event results

Team raising the most money: Bonnet Prairie Lutheran Church

Team with the most walkers: Columbia Health Care Center/A Spark of Life

Family team raising the most money: McCarthy & Girls

Individuals: 1st Cheryl Mielke; 2nd Marsha McCarthy-Pulver

2012 Alzheimer's Walk dates

Please mark your calendar for next year's Alzheimer's Walk and remember that our walks are called the Alzheimer's Walk. Watch for information in your email for the launch of the 2012 Alzheimer's Walk websites for online fundraising early next year.

Green: Saturday, September 8

Columbia: Sunday, September 9

Grant: Saturday, September 15

Sauk: Saturday, September 22

Dane: Saturday, September 29

Richland: Sunday, September 30

Iowa: TBD

Dane, September 17

support.alzawisc.org/dane

Top three teams

Mighty Oaks (Oak Park Place), Jean Bachhuber, Team Captain, \$14,419.24

Team Blotner, Hal Blotner and Betsy Abramson, Team Co-captains, \$11,206
Attic Angel Community; Jonelle Secard, Team Captain, \$2990

Thank you to our sponsors

Gold: American Family Insurance; Dean & St. Mary's; Oak Park Place; Oakwood Village; UW Health

Silver: BrightStar Healthcare

Bronze: All Saints Assisted Living & Memory Care/Elderspan Management; Attic Angel Community; Heritage Monona; SoSiab Care Inc.; Stoughton Hospital Geriatric Psychiatry; Walnut Grove Assisted Living; WPS Health Insurance

Day of event results

Teams raising the most money: 1st Mighty Oaks/Oak Park Place; 2nd Attic Angel Community

Teams with the most walkers: Mighty Oaks/Oak Park Place; Team Blotner; Dean & St. Mary's

Family team raising the most money: Team Blotner

Individuals: 1st Place, Hal Blotner; 2nd Place, Heather Forney

5k Open Run

For complete results, visit <http://itsracetime.com/Results.aspx?ID=241>

Grant, September 18

support.alzawisc.org/grant

Top three teams

Johnny's Walkers, Rose Errthum, Team Captain, \$6,357.75

Team SOC, Audrey Gaio-Johnston, Team Captain, \$3,175.01

Good Sam Walkers, Karla Witzig, Team Captain, \$1,219.29

Thank you to our sponsors

Gold: ElderSpan Management – Park Place Assisted Living, Memory Care & Senior Apartments, Morningside Assisted Living

Silver: Grant Regional Health Center; Universal Acoustic & Emission Technologies
Bronze: Boscobel Care & Rehab; Faherty Inc.; Grant County Aging & Disability Resource Center; Good Samaritan Society-Fennimore; Gray's Nursing Home; Lancaster Care Center/Greenfield Rehabilitation; Manor Care Health Services-Platteville; Our House, Platteville; Southwest Health Center; Southwest Opportunities Center

Day of event results

Team raising the most money: Johnny's Walkers/Errthum Family

Teams with the most walkers: Johnny's Walkers/Errthum Family; NICC Sociology Club

Organization raising the most money: Southwest Opportunities Center

Individuals: 1st Linda Groeschl; 2nd Rosie Errthum; 3rd Carol Beals; 4th Sandy Hauth; 5th Nancy Nelson

Sauk, September 24

support.alzawisc.org/sauk

Top three teams

Sauk County Health Care Center, Margaret Burggraf, Team Captain, \$6,886

The Phylaramas, Paul Endres, Team Captain, \$5,340

The Waddelves, JoEllen & Mark Waddel, Team Captains, \$3,935

Thank you to our sponsors

Gold: ElderSpan (The Pines, Pine Glen, Pine Villa, The Meadows, Meadow Ridge, Meadow View); House of Embers; Oak Park Place-Baraboo; Our House Senior Living

Silver: BrightStar; Golden Living Center; Ho-Chunk Gaming; St. Clare Hospital & Health Services; Sauk County Health Care Center

Bronze: Reedsburg Area Senior Life Center; Walnut Grove Assisted Living

Day of event results

Team raising the most money: Sauk County Health Care Center

Team with the most walkers: Oak Park Place-Baraboo

Family team raising the most money: The Phylaramas

Family team with the most walkers: Jimbo & Alice's Big Red Machine

Individuals:

1st Melvin Gaetzke; 2nd Charlotte Taylor

Richland, September 25

support.alzawisc.org/richland

Top three teams

Memory Makers, Holly Beighley, Team Captain, \$4,120

Thanks for the Memories, Mary Lou Tessmer, \$3,533

Richland Hospital/Medical Center, Sharon Panske, Team Captain, \$2,755

Thank you to our sponsors

Gold: Harvest Guest Home Assisted Living; Our House Senior Living

Silver: Pine Valley Healthcare & Rehabilitation Center; Richland Family Prescription Center; The Richland Hospital, Inc.; Richland Medical Center, Ltd.; Schmitt Woodland Hills; University of Wisconsin-Richland

Bronze: Subway; Lori Knapp Companies

Day of event results

Organizational team raising the most money: The Richland Hospital

Team with the most walkers: Harvest Guest Home

Family team raising the most money: The Memory Makers

Individuals: 1st Mary Lou Tessmer; 2nd Holly Beighley; 3rd Millie Thiede

Iowa, October 2

support.alzawisc.org/iowa

Top three teams

Bloomfield Healthcare & Rehabilitation Center, Kari Grady, Team Captain, \$1,602

Mineral Point Care Center, Laura Knutson, Team Captain, \$1,170

Upland Hills Health, Toni Rochon, Team Captain, \$872

Thank you to our sponsors

Silver: Bloomfield Healthcare & Rehabilitation Center; CrestRidge Assisted Living; Sienna Crest Assisted Living

Bronze: Aging & Disability Resource Center of Southwest Wisconsin-Iowa County; Mound City Bank; Upland Hills Health

Day of event results

Team raising the most money: Bloomfield Healthcare & Rehabilitation Center

Team with the most walkers: Mineral Point Care Center

Individual: 1st Linda Nichols

For the person with memory loss

What does it feel like to have dementia?



In the book *Alzheimer's from the Inside Out*, Richard Taylor writes, "One can never truly stand in another's shoes. However, when others without Alzheimer's disease try their best to stand in our shoes, to experience the world as people with Alzheimer's do, it helps both of us."

Hearing what it feels like to have dementia from those experiencing it is a step toward helping others with the disease feel they are not alone, and a step toward helping those without dementia begin to try to stand in the shoes of those with the disease. Our Meeting of Minds participants graciously offered the following insights into their thoughts and feelings:

- There is loneliness and lots of frustration. Frustration at times over knowing that "what you are looking for is somewhere but you can't find it – something is lost all the time." Another comment: "Others taking charge of what they think I can't do."

- There are feelings of being undervalued by others. People have a tendency to overcompensate.
 - "One woman would touch my hand to lead me as if I were deaf or blind."
 - "No one expects me to do what I used to do but I can often still do it."
 - "It is depressing if people think you don't have the worth that they have."
 - "So many things unexpected of me."
- There is "a degree of sadness in what you can no longer do, in what you have lost".
- There are also definitely feelings of fear. "What is going to happen next, the unknown is very scary." Participants also expressed huge fear about being a burden, especially on others they love.
- There was also a strong expression of how very fortunate they feel to still be able to do most of what they have always done. They just need to do it in a different way – organize things differently.

Who are we now? We are productive people in different and changing ways.

Jim Setmire, a participant in our Meeting of Minds group, shared this beautifully written poem to illustrate some of his feelings.

Reflection in a Mirror

Facing the mirror
Each morning
I stand alone
Blinding lights illuminate
Frazzled eyes
Revealing a stranger
Staring and mimicking
Befuddled as I
The morning fog clears
The stranger
Is me

Something's wrong
The image askew
Lines and crags were none before
Colors faded and gray
Like a favorite old shirt
Not the reflections I once knew

This stage has been visited often
As the earth circled the sun
I wonder then
Who am I
If reflected so in the mirror
If today's image
A stranger to the image
I saw in the same mirror 20 years ago

How can the image be so discordant
When did the parallax begin
The split between the seen and the perceived
What is the reference point to who I am

If mirrors had never been
Who would I be
For the sightless
Does the parallax remain true
Yes, who am I
Which one of me
Ah, so simple the image in the mirror
Think more the myriad of people I am
The baby, the son, the father or the old man
Yes, who am I

Volunteer SPOTlight

Thank you to all of you who do so much to keep our agency running smoothly and to help us expand our services to reach more families. As a way to recognize all of the wonderful things that volunteers do for the Alzheimer's & Dementia Alliance, we "spotlight" a different volunteer in each newsletter.

Clare Radtke joined us as a volunteer in May and has been hard at work doing things such as post-program follow-up calls to see if people have questions or want to speak to one of our specialists and keeping our popular resource guides up to date.

Clare wrote to us about why she volunteers for the Alzheimer's and Dementia Alliance:

"Everyone knows someone affected by Alzheimer's disease. My father had the disease when he was in his 70s. Dad's illness was especially difficult for my mother, his primary caregiver. I remember what a bright spot the Alzheimer's & Dementia Alliance was

when we realized how many helpful supportive resources the organization had to offer us on our journey. We checked out books and DVDs, and the Alliance was there with us every step of the way. Professional staff were there when Mom needed someone to help her get through the rough spots or deal with new obstacles that popped up as the disease progressed. The Alzheimer's & Dementia Alliance is an unparalleled non-profit organization that does much good for many people. I want to be part of that 'goodness'.

"My father died in 2000 and my mother passed away September 6, 2010. It was a valuable learning experi-



ence to walk them both through their last years."

Clare also shares that she lives in Madison with her four handsome boys: husband Dick; two large slobbering rescue dogs, Spike and Rocky; and a singing parakeet, Bob, who is also "used".

Diversity update

I would like to say a big "thank you" to all of the caregivers in Madison and Beloit. Caregiving for someone with memory loss or dementia is no small task. Each one of the individual tasks may be manageable on its own. However, juggling multiple care giving responsibilities with the demands of your own life can be challenging and stressful. Research shows African American caregivers, as compared to white caregivers, provide more hours of care, higher-intensity care and are more likely to experience financial stress due to caregiving.



This past year I have worked with African American caregivers who are taking care of their mother, father and hus-

band. These are wonderful compassionate African American women (research also shows more African American women provide caregiving than any other group) who have devoted their time, energy and, in most cases, their lives to the care of their loved ones.

If you find yourself in a caregiving role, what can you do?

1. Educate yourself about Alzheimer's disease and other dementias.
2. Learn about resources available to help you and your family.
3. Be kind to yourself and find ways to take breaks.
4. Contact the Alzheimer's & Dementia Alliance for our educational workshops, support groups, and individual consultations at 608.232.3400 or toll-free at 888.308.6251.

Coming in 2012: Meeting of Minds workshop for people with mild memory impairment

The Madison Children's Museum will partner with the Alzheimer's & Dementia Alliance of Wisconsin to host two twelve-week Meeting of Minds memory enhancement activity sessions at the museum. This workshop series will include special modifications from the regular Meeting of Minds sessions to incorporate aspects of the museum's SPARK! programming with physical activity such as tai chi and mental puzzles.

This will be a morning weekday workshop series with two-hour sessions. Day and time of the workshop is still to be determined. If you are interested or would like to know more, call Pat Wilson at 608.232.3406.

Other news

Longtime Alzheimer's & Dementia Alliance volunteer receives national award

Mary Pike, one of our longtime, dedicated volunteers, has received the Janet Tullock Memorial Advocacy Award from the National Consumer Voice for Quality Long-Term Care.



The award honors a citizen advocate who has worked directly with and for residents to improve the lives of those who receive long-term care.

Mary took part in an awards ceremony on October 28 in Grand Rapids, MI. Congratulations to Mary from all of our staff on your well deserved award!

Dr. Kim Petersen appointed to the state committee for a Wisconsin Response to Dementia

The Wisconsin Office on Aging is developing a state plan to address Alzheimer's disease. We are pleased to announce the appointment of Dr. Kim Petersen to the Committee. Dr. Petersen is a member of the board of directors of the Alzheimer's Alliance and has worked closely with our organization for many years. Recently he testified with Public Policy Director Rob Gundermann behalf of a bill limiting the use of psychotropic medications with black box warnings for dementia. That bill is now law.

Changes to Wisconsin's durable power of attorney for finances and property

On September 1, 2010, the Uniform Power of Attorney Act became law in Wisconsin. The new law revises and expands provisions relating to general durable powers of attorney and creates a new statutory form durable power of attorney.



*Attorney Paul Schmidt,
Boardman Law Firm*

A power of attorney is a document in which one person (called the "principal") authorizes another person to act as his or her agent (also called an "attorney in fact"). A "durable" power of attorney is effective even if the principal is incapacitated. A durable power of attorney for finances and property is an essential document, in that an effective power of attorney can help avoid the need for guardianship proceedings if the principal later becomes incapacitated.

The new Act codifies and clarifies restrictions on an agent's authority to act under a power of attorney. Specifically, the new law, among other things, clarifies the fiduciary duties of an agent and sets forth certain minimum mandatory duties. For example, the law makes it clear that the agent must:

- Act loyally for the principal's benefit;
- Act impartially, without a conflict of interest;
- Act with care, competence and diligence;
- Keep a record of all receipts, disbursements and transactions made on behalf of the principal.

The new Act also makes it very clear that an agent may not exercise certain "dangerous powers," unless this authority is specifically granted in the docu-

ment. For example, an agent may not take the following actions, unless this authority is specifically included in the power of attorney instrument:

- Make gifts;
- Create, amend, revoke or terminate a living trust;
- Create or change a right of survivorship;
- Create or change a beneficiary designation;
- Delegate authority granted to the agent under the power of attorney.

The rules governing an agent's authority to act on behalf of the principal, and limitations on an agent's authority under circumstances such as those described above, is a broad and complex area. If you have questions about your general durable power of attorney for finances, you should contact your attorney.

The State of Wisconsin, Department of Health Services makes available a statutory form power of attorney for finances and property which can be accessed at www.dhs.wisconsin.gov/forms/ADVDIRECTIVES/ADForm-sPOA.htm.

While the law has changed in this area, the current law provides that if you have a power of attorney executed prior to September 1, 2010, it remains valid if its execution complied with Wisconsin law in effect at the time of the execution.

Contributions

Contributions 8-4-2011 to 11-4-11

Pamela Abel
Leroy Adler
Henry Anderson,
MD
Kathy Bartlett
Joan & Jack
Blodgett
Susan Coffin
Kathryn Colwell in
in mem/hon of/hon
of Mary Colwell
Pauline Coward
Marybeth & Glenn
Deedon
Jack Duffy
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Foundation
Matching Gifts

The Dump
Truist Altruism
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Community Support
Program

Tributes and memorials 8-4-2011 to 11-4-11

In honor of:

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Dorothy & Eugene
Behling

JOAN FAHERTY

Marilyn & Dennis
Carr

Margaret & James
Christiansen

Lois & LaVerne
Clifton

Virginia & Merlin
Gorsline

Peggy & Jeffrey
Meyer

Linda & Richard
Nechvatal

Betty Pierick
Ann Wagner

In memory of:

DOROTHY BAKER

Lynn & Gary
Mecklenburg

ROBERT BENKERT

Marjorie Benkert
Cheryl Casey

Mrs. David Eley

Orange County
Dept of Education

Amanda Pas

Mrs William
Spoerry

CAROL ANN BREMIGAN

Charles Bremigan
Yvonne & L. Roger
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Meadow Ridge, LLC

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JUNE CREMIN

Beth Bohn

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Shirley Alexander

Teresa & Robert
Barrett

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Boegel

Mary Jo & Bill
Draxler

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Mary Heubeck

Melissa Ignelzi

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UW Health
Department of
Radiology

LAVERNE DRAVES

Deanna Truedson

ELAINE DRENGSON

Margaret Franklin

DORIS ELLIS

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Paul R. Rusk

GERALDINE GUSTIN

Kathleen Hamilton

Ann Hesse

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Sandy Martinson

Peg & Gary Ness

Marilyn & James
Panter

Willy Salewski

Pamela Faye Smith

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Waugh

MAY HANSON

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JANIS HINZE

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Tamara Bloom

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John Condon

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Greiber

Candace Guth

Barbara Kubly

Dawn Kubly

Myrna & William
Kubly

Lois Mason

John McElhaney

Jane & Kevin
Monahan

Royletta William
Moon

Vicki & Michael
Moon

Matt Murphy

Archie Myers

I wish to thank your staff once again for the support and assistance we were given. Your work is increasingly necessary and highly appreciated.

—Kris P.

Josef & Grith Nussbaumer
Rast Family Trust
Ramona Rohr
Sonja Severson
Joyce & William Smith
Janell & Paul Sniff
James Stormont
Phyllis Studer
Leona & David Wake
Debra & Chris Weis
Beverly Witt
MILDRED KUBLY
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Virginia Zacher
BETTY ZELINSKE
Judy McGettigan

Please contact the Alliance office at 608.232.3400 to make any additions or corrections to this listing. We are deeply grateful to everyone who has supported the programs and services of the ADAW.

You can influence the future of the Alzheimer's & Dementia Alliance of Wisconsin

It may be comforting to you to know that the good done in your life can be continued by remembering the Alzheimer's Alliance in your will.

A bequest through your will is one way to positively influence the future of the programs and services provided by the Alzheimer's Alliance and, as a result, to affect the quality of the lives of an estimated 116,000 people in Wisconsin with dementia. We encourage you to plan carefully as you draft and execute your will, which should always be prepared with a legal advisor.

If some program or service of the Alzheimer's Alliance is of particular

Continued on page 15

Why make a year-end gift to support the Alzheimer's Alliance?

Each year during the holiday season, mailboxes fill with letters from charitable organizations asking for support. Most of you have received a letter from us already, and for those who have made a gift, please accept our sincere thanks.

For those still deciding on whether to make a gift, please consider the following ways your gift makes a difference.

During this past year, our sixteen staff experts served over 17,400 people in south central Wisconsin. As the population ages, the need is increasing. Our staff cannot continue to be there for these people without your help.

In-depth programming and consultations provide unique solutions. Because there are no one-size-fit-all solutions for Alzheimer's disease or other dementias, our programs provide individualized adaptations to meet the person's and care partner's ever-changing needs.

We are leaders in state-wide advocacy. As the only Alzheimer's organization in Wisconsin with a person dedicated to public policy at the county, state and national level, we are fighting for the rights of people with dementia. We are also fighting for increased federal and state research dollars to put an end to Alzheimer's.

All dollars raised stay here in Wisconsin. Ninety percent of our nearly \$1 million in income is from private donations from individuals like you, special events, fees for service and grants from private organizations. You can make a gift of cash through a check or credit card and we also accept gifts of stock and property.

To make a gift online, go to our home page at www.alzwisc.org and click on the blue "Donate Now" button which will take you to our secure, online donation page. Donations can be made in memory of or to honor a loved one or friend.

We are grateful for your support.

You can influence the future...

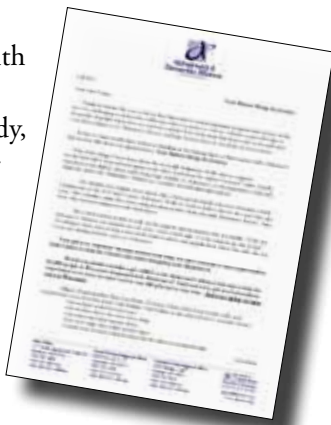
Continued from page 14

interest, you may wish to make a gift specific to that area.

Here is language to take to your legal advisor: "I give, devise and bequeath (insert amount of gift, or percentage of estate, or residuary of estate) to the Alzheimer's & Dementia Alliance of WI, Inc., or its successor organization, located in Madison, Wisconsin to support programs and services in Southern Wisconsin."

Our Employer Identification Number is 39-1679333.

You are invited to contact Miriam Boegel for more detailed information at miriam.boegel@alzwisc.org or 608.232.3409.



Be a savvy donor!

Unless you see the Alzheimer's & Dementia Alliance of Wisconsin's name and logo with donations being sent to Madison, Wisconsin, your donation is **NOT** going to the Alzheimer's & Dementia Alliance.



Every dollar we raise stays in Wisconsin. We **ARE NOT AFFILIATED** with any of the following organizations you might be solicited from:

- Alzheimer's Association
- Alzheimer's Society
- American Health Assistance Foundation
- Alzheimer's Disease Research
- National Alzheimer's Coordinating Center
- Leeza's Place

Questions: 608.232.3400 or 888.308.6251.



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WINE & ROSES FESTIVAL™

Gala Tasting and Auction, Saturday, April 21, 2012 • 6:30 p.m.
Location TBA, Madison
Tickets: \$95/person

Come join the tradition that so many people look forward to every year! Celebrate spring with wine tasting, hors d'oeuvres, live music and live and silent auctions featuring exclusive items. Talk with winemakers from vineyards across the country as well as our own backyard and sample delicious wines, some of which may not be available in our area. Raise a glass knowing you'll be making the journey easier for those facing Alzheimer's disease or other dementia. For more information, including business sponsorship opportunities, contact Miriam Boegel at 608.232.3409.

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