Why walk for the Alzheimer’s Alliance?
How your support helps our community

Hundreds of people put on their walking shoes every year for the Alzheimer’s Walk, a series of seven annual events in south central Wisconsin. Your donations ensure that we can continue the personal support, education and advocacy you rely on. As a private, not-for-profit organization, we depend on the generosity of those who believe in our mission and who may have benefitted from our extensive services.

Alzheimer’s disease and other dementia-related diseases present a great challenge both to the person with the illness and their caregivers. Usually people are caught unprepared for the road ahead when a diagnosis is made and for the changes that occur as the disease progresses.

The staff at the Alliance understand the journey you are facing, and we will help you connect with local resources and provide you with the tools you need to best take care of yourself and your loved one. Ann, a caregiver whose father suffers from Alzheimer’s, says, “It’s tough, but the Alzheimer’s & Dementia Alliance is helping us manage the disease and preserve Dad’s quality of life.”

We also offer training to the professionals who care for people with dementia so they have the skills necessary for compassionate caregiving. In addition, the Alliance works diligently as an advocate on public policy issues affecting the people of Wisconsin, influencing legislative decisions that have a major impact on all of us.

Of course, our ultimate goal is to do what we can to help find a cure. That’s why our partnership with the federally-funded Wisconsin Alzheimer’s Disease Research Center (W-ADRC) is a critical part of what we do – promoting participation in Alzheimer’s disease research so that a cure can be found as soon as possible.

If you are concerned about memory issues regarding yourself or a loved one, talk to us. Mary Kay Baum, a community activist who has younger-onset dementia, knows how important it is to get a early diagnosis. “Giving up my career of helping others was hard, but now I’m at peace knowing I’m fighting back.”

You can fight back, too. We hope you’ll join us for an Alzheimer’s Walk this fall (see page eight). Even if you can’t be present, your donation is appreciated. We receive very little public funding; in fact, 90% of our operating income comes from private
Dear Friends,

As we reflect on recent changes in the world of dementia in Wisconsin, I want to point out what our organization really provides each and every day.

A listing of our programs and services is impressive, but it’s the depth of what we provide that makes us special. Rather than basic information you can get from many sources, we offer cutting-edge programs and services developed here in Wisconsin by experienced staff and volunteers like Crossing Bridges, Meeting of Minds, and the Dementia Specialist training program, to name a few. Much of what we provide is only available in south central Wisconsin. Dementia is a complicated condition that impacts the entire family and it takes more than colorful brochures and elaborate websites to analyze complex problems and help provide true solutions. Enhancing and maintaining quality of life is what we are all about.

With us you have the opportunity to develop a relationship with a caring professional who can help over the years as your individual circumstances change. Key advantages we provide include a staff with decades of combined experience, local knowledge and direct counsel. Often you can stay with one staff member over time as getting a new person every time you call is not exactly reassuring!

Our growing partnership with the Wisconsin Alzheimer’s Disease Research Center at UW-Madison recently brought us Charlie Daniel, our newest staff member who is now working primarily with the African American community in our area. When it comes to dementia, African Americans have been neglected far too long, and we are grateful to have Charlie’s expertise as we move forward in this critical new area (see pages 11 and 12 for more details).

Most importantly, all our money stays local! We do not have excessive salaries, and 84 to 86 cents of every dollar we receive goes to programs and services. You can be assured that your dollars are being well spent by an organization that has had your best interests at heart for twenty-five years.

We hope you will choose to support our organization and become active in one of our seven Alzheimer’s Walks this fall. This is the best way to ensure we are here for the thousands of people impacted by this disease who need help. Our growing partnership with all of you depends upon our creativity and hard work and your generosity in these tough economic times.

Sincerely,

Paul Rusk, Executive Director
Education programs

Monthly Family Caregiver Education Program

Second Monday of each month
5:30 - 7:00 p.m.
Alzheimer’s & Dementia Alliance
517 N. Segoe Rd., Madison

Sept.  Introduction to Alzheimer’s and dementia
Oct.  Understanding behavior changes
Nov.  Is it time for at-home or facility care?
Dec.  No session

No registration necessary, just drop in.

We all forget: Is it normal aging or should I be concerned?

Thursday, August 26, 2010
2:00-3:00 p.m.
Oak Park Place, Grandview Hall
718 Jupiter Dr., Madison (Register at 268.7109)

Tuesday, October 19, 2010
1:00-2:00 p.m.
Middleton Senior Center
7448 Hubbard Av., Middleton (Drop-in)

We all forget names occasionally and misplace keys and wallets. There is also growing recognition of the importance of having memory difficulties diagnosed and treated as early as possible. But not all memory glitches signify the start of a progressive disease like Alzheimer’s. Learn how our memories work, what’s “normal” as we age and what to do if we’re concerned for ourselves or others.

Introduction to Alzheimer’s and dementia: Getting started

Wednesday, September 8, 2010
1:00-2:00 p.m.
Boscobel Health Care
205 Parker St, Boscobel

Monday September 13, 2010
5:30-7:00 p.m.
Alzheimer’s & Dementia Alliance
517 N. Segoe Rd., Madison

(Part of the Monthly Family Caregiver Education series, see above)

Tuesday, November 9, 2010
6:00-7:00 p.m.
Centenary United Methodist Church
226 W. Church St., Shullsburg

Friday, November 19, 2010
1:00-2:00 p.m.
New Glarus Home
600 2nd Av., New Glarus

Learn about dementia and its warning signs, what to do if you are concerned about yourself or someone you know, and how the Alzheimer’s & Dementia Alliance can help. Call 608.232.3400 or 888.308.6251 to register.

ABCs of Alzheimer’s and Dementia

Tuesdays, September 14 and 21, 2010
6:00-8:30 p.m.
Fitchburg Senior Center
5510 E. Lacy Rd., Fitchburg
First session guest: Dr. Carey Gleason

Thursdays, October 21 and 28, 2010
1:00-3:00 p.m.
Park Place
1075 Elm St., Platteville
First session guest: Dr. TJ Norton

Two-part education series for families of persons diagnosed with Alzheimer’s disease or related dementia. Enhance your understanding of the disease, learn how it affects your loved one and how to effectively deal with it day-to-day. Advance registration requested; call 608.232.3400 or 888.308.6251 to register.

Positive Communication

Thursday, September 23, 2010
6:00-7:30 p.m.
Oak Park Place
718 Jupiter Drive, Madison

Tuesday, October 5, 2010
6:00 - 7:30 p.m.
Oak Park Place
5330 Century Av., Middleton

Thursday, October 7, 2010
6:00 - 7:30 p.m.
Oak Park Place (Call 608.355.4111)
800 Waldo St., Baraboo

People with Alzheimer’s disease often find it difficult to express themselves and understand others. Increase your understanding of how dementia affects communication and learn how to carefully observe, listen and relate effectively with people with dementia. Please register at 608.232.3400 or 888.308.6251.

Savvy Caregiver

Wednesdays, October 13 through Nov. 17, 2010
9:30-11:30 a.m.
Alzheimer’s & Dementia Alliance
517 N. Segoe Rd., Madison

This in-depth, six-week training series focuses on specific skills needed to manage day-to-day life as a family caregiver. It can help you make individualized changes, ranging from how you structure time and activities at home to how you deal with communication and behavior challenges. $30 per person. Scholarships are available and a respite option may be available. Enrollment limited; pre-registration is required. Contact Danielle Thai at 232.3403.

Legal and Financial seminars

Thursdays, November 4 and 11, 2010
5:30 - 7:30 p.m.
Portage Public Library
253 West Edgewater St., Portage
Guest presenter: Attorney Jeff Clark

Tuesdays, November 9 and 16, 2010
5:30 - 7:30 p.m.
Middleton Senior Center
7448 Hubbard Ave, Middleton
Guest presenter: Attorney Emily Osborn

Thursdays, December 2 and 9, 2010
5:30 - 7:30 p.m.
Upland Hills Hospital
800 Compassion Way, Dodgeville
Guest presenter: Attorney Paul Schmidt

Two-part workshop for families providing an overview of legal and financial issues for anyone caring for an older family member. Some of the topics addressed include basic estate planning; advance directives; guardianship; medical assistance; funeral pre-planning; and various ways to pay for long-term care. Call 608.232.3400 or 888.308.6251 to register.
Local research opportunities

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

Alzheimer’s Disease Neuroimaging Initiative: IMAGINE Study - A landmark research study sponsored by the National Institutes of Health to determine whether imaging of the brain can help predict the onset and monitor the progression of cognitive change.

This research may help us learn how to stop the progression of mild cognitive impairment (MCI) in future generations. The information gained might lead to new treatments in the future.

Participants should be between the ages of 55-90 and in good general health but with memory problems or concerns. Imaging methods used in this study will be Magnetic Resonance Imaging (MRI), Positron Emission Tomography (PET) and amyloid imaging scans.

This is a longitudinal study that will span 18 months.

Family History Study (SEAIRA): “Studying the Effect of Antihypertensives in Individuals at Risk for Alzheimer’s Disease” - This study will look for changes in amyloid, converting enzyme, vascular function and memory with the use of ramipril (Altace®). The four month study is seeking men and women ages 40 - 65 having a parent with Alzheimer’s disease.

Participants will be assigned to take either a placebo pill or 5 mg of ramipril nightly, and will have memory, blood, and cerebrospinal fluid tests. People taking blood pressure medications currently, as well as people with diabetes, hyperkalemia and kidney disease are not eligible to participate. A total of 20 participants are needed.

For information on additional W-ADRC studies, please visit the Alliance website at www.alzwisc.org and click on “Research”.

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.

Dean Foundation

Alzheimer’s affecting your life? (Study #549) - Dean Foundation is conducting ‘Concert’, a clinical research study to test the effects of an investigational medication, Dimebon, in patients with Alzheimer’s disease.

Dimebon has been previously tested as a potential treatment for Alzheimer’s and the study goal is to determine if Dimebon combined with Aricept® safely improves the following symptoms of Alzheimer’s:

- Cognition
- Memory
- Daily functioning and caring for oneself
- Behavior

To be eligible for the study, participants must:
- Have mild to moderate Alzheimer’s
- Currently be taking Aricept®

Study participants will receive study medication, physical exams and study related care at no cost. Participants will be compensated for their time and travel.

For more information, contact JoAnn at 608.827.2333. Please mention study #549.

Memory not as sharp as it used to be? (Study #554) - Forgetfulness is a common part of aging but can also be a sign of memory impairment.

Dean Foundation is seeking adults between the ages of 45 and 90 with memory loss or mild cognitive impairment for a research study of an investigational medication.

Qualified participants will receive study related care, medication and cognitive testing at no cost. Compensation for travel is provided.

For more information, call JoAnn at 608.827.2333 or 800.844.6015. Please mention study #554.
Research in brief

UW researchers announce breakthrough in detecting Alzheimer’s risk

Source: WISC-TV - A medical breakthrough by Madison researchers might permanently change the diagnosis and care of patients with Alzheimer’s disease.

Two new studies show convincing evidence that the devastating, progressive neurological disorder could be detected as many as 20 years before the first symptoms show.

Dr. Mark Sager, a professor of Medicine at the University of Wisconsin School of Medicine and Public Health, and Sterling Johnson, an associate professor in the school and a researcher at the Geriatric Research Education and Clinical Center at the Madison VA Hospital, presented their findings at an international conference on the disease held in Honolulu.

The discovery revolves around a gene known as TOMM40 – identified by Duke University researchers last year – and another gene referred to as APOE, which has long been used in detecting Alzheimer’s risk.

“In this study population, TOMM40 genotyping allowed us to find evidence of very early Alzheimer’s disease at least 20 years before any outward symptoms would be noticed,” Sager said in a news release from the UW School of Medicine and Public Health.

“That’s where the entire field of Alzheimer’s disease is going, trying to detect this disease earlier and earlier, while the brain is still functional. If we want to intervene, by the time a person has dementia, the brain may have lost too many neurons already and that’s when treatment is less effective or ineffective,” said Johnson.

The findings will now be reviewed by doctors at other institutions and could one day forever change the way Alzheimer’s is treated. Early detection could lead to lifestyle changes for those with advanced risk, and help increase and enhance cognitive therapy and prevention techniques some believe can stave off the disease’s progression.

Note from the Alzheimer’s & Dementia Alliance: While it is hoped this will impact the diagnosis and care of patients with Alzheimer’s disease in the future, the findings are currently being used only for research purposes. TOMM40 genotyping is experimental and is not available to the general public – probably not for a number of years.

That being said, this research does open more doors for prevention research, which may lead to new therapies to treat Alzheimer’s. TOMM40 genotyping is an important new tool that will allow researchers to better understand the course of Alzheimer’s disease.

Eisai announces U.S. FDA approval for new higher dose Aricept® 23 mg tablet for the treatment of moderate-to-severe Alzheimer’s disease

Source: Medical News Today - Eisai Co., Ltd. announced that its U.S. subsidiary, Eisai Inc., has received approval from the U.S. Food and Drug Administration for Aricept® (generic name: donepezil hydrochloride) 23 mg once daily tablet for the treatment of moderate-to-severe Alzheimer’s disease (AD). Aricept® 23 mg tablet offers another dosing option for patients with moderate-to-severe AD for whom few treatments are available.

The approval of Aricept® 23 mg tablet is based on data from a large head-to-head study (which) demonstrated significant improvement in cognition compared to Aricept® 10 mg tablet.

The most frequently reported adverse events with Aricept® 23 mg tablet were digestive symptoms such as nausea, vomiting, diarrhea and anorexia, which are commonly seen in patients taking acetylcholine esterase inhibitors.

(The) Aricept® 23 mg tablet is expected to have three years of data exclusivity in the U.S.

Spinal-fluid test is found to predict Alzheimer’s

Source: New York Times - Researchers report that a spinal fluid test can be 100 percent accurate in identifying patients with significant memory loss who are on their way to developing Alzheimer’s disease.

Alzheimer’s, medical experts now agree, starts a decade or more before people have symptoms. The hope is to find good ways to identify people who are getting the disease and have them participate in studies to see how long it takes for symptoms to occur, and in studies of drugs that may slow or stop the disease.

Spinal fluid tests for Alzheimer’s are commercially available, which gives rise to a difficult question: Should doctors offer, or patients accept, commercially available spinal tap tests to find a disease that is yet untreatable? In the research studies, patients are often not told they may have the disease, but in practice in the real world, many may be told.

Doctors may want to use the test when they want to be sure of the diagnosis and offer the test to people with milder symptoms who want to know if they are developing the disease.
Report on recent Wisconsin legislative session

By Attorney Jeffrey P. Clark of Lathrop & Clark, and member of Alzheimer’s & Dementia Alliance’s Legal & Financial Planning Committee

The Wisconsin Legislature recently concluded its 2009-10 legislative session. As usual, there was a flurry of action near the end of the session resulting in the passage of numerous new laws. This article addresses five new laws of general interest to readers of this newsletter.

Penalty enhancers for fraud in security sales.

Under Wisconsin law, it is illegal for a person to engage in deceit or fraud in the sale of a security. 2009 Wisconsin Act 196 establishes a penalty enhancer for convicted persons where the crime was committed against an individual at least 65 years of age. For each such offense, the maximum fine may be increased by $5,000 and the maximum term of imprisonment may be increased by five years. In a civil enforcement proceeding, if the victim is over 65, a court may now double the civil penalty, from $5,000 to $10,000 for a single violation, or up to $500,000 for more than one violation.

Uniform power of attorney act for finances and property.

The Uniform Power of Attorney for Finances and Property Act, 2009 Wisconsin Act 319, creates an entirely new Chapter 244 of the Wisconsin Statutes replacing the existing financial power of attorney statutes. The Act provides greater protection for principals and provides more detailed guidance for agents than under previous statutes. The Act further promotes more widespread acceptance of durable power of attorneys both within and without the State by providing liability protections for financial institutions and others who honor the authority of an agent acting under the authority of a power of attorney.

Annuity suitability.

2009 Wisconsin Act 343 now obligates insurers and intermediaries to elicit and consider additional information when determining whether the purchase, exchange, or replacement of an annuity is suitable for a consumer. Information such as the consumer’s financial and tax status, risk tolerance, liquidity needs, and intended use for the annuity must be considered when recommending the sale of annuity. The Act also requires consumers be given information on surrender charges and increased fees for replacing an existing annuity. This new law is intended to curb the prevalent abuses regarding the inappropriate sale of annuities, especially to the elderly, given that the purchase of an annuity can have drastic implications in connection with determining eligibility for long term care assistance programs.

Life insurance settlement rules.

Over the years a significant industry has evolved regarding Stranger-Originated Life Insurance (STOLI), which involves the purchase of a life insurance policy with borrowed funds which the purchaser has no intention of keeping. Such policies are purchased with the purpose of making a resale for quick profit. For numerous reasons, such policies are a threat to the viability of the life insurance industry and those individuals who legitimately need life insurance. 2009 Wisconsin Act 344 makes numerous changes related to the purchase and sale of life insurance contracts, particularly with respect to STOLI policies. An important change is the requirement that a life insurance policy must now be in force at least five years before it can be sold in a life insurance settlement, except where a substantial change in circumstances has occurred.

Dementia and psychotropic medications.

2009 Wisconsin Act 281 requires nursing homes to obtain written informed consent from the resident, or if incompetent, the person acting on the resident’s behalf, before administering psychotropic medication that contains a black-box warning to any resident with a degenerative brain disorder. In emergency situations, a nursing home would be required to obtain oral consent and then obtain written informed consent within ten days.
Why I walk...  
Continued from page 1

donations from individuals, special events, fees for service and grants from private organizations.

Below are some quotes from past participants that we hope will inspire you to come and join us. **You really can and do make a difference.**

I walk for many reasons. First, in memory of my father who, towards the end of his life, was burdened with this disease. Second, to raise awareness. Third, it is fun and rewarding to be involved with such a great group of people who are here for some of the same reasons.

Because one Thanksgiving when I was very young, we waited and waited to sit down to the table. We were waiting for one final guest to arrive – my mother’s uncle, Uncle Bill. In the days before cell phones, we just waited. When Uncle Bill did arrive, it was through the aid of a policeman who brought him to the house. Uncle Bill had gotten lost on the way to our home, a place he had been countless times. It was the first time I can remember the look of fear on my mother’s face. I didn’t understand it then, and certainly it wasn’t called Alzheimer’s disease at that time, but I understand it now, and I can do something about it. I never planned to work in the field of fighting this disease, but I am proud to, and even if the paychecks stop I’ll still fight this disease in my heart and in my walk.

I walk for my own health as someone who has younger-onset Alzheimer’s disease. But more so, I walk for my children so they do not experience the memory challenges that I have.

Working in long-term care, I have seen the devastation of this disease not only on the (resident) but on the entire family as well. I walk in honor and in memory of all of the people and families that I have worked with in the past and continue to work with today.

My wife has Alzheimer’s and I learned how important it is to have a source for learning about the disease and also get information on services available for the person as well as for family and friends. I walk because I have a personal interest. Further, I have since learned that many friends and acquaintances have the disease, which have given me the drive to expand my involvement.

Because I can. Because I should. Because I can think of a reason not to and because I can think of about a million reasons that make it a good idea. This is a very worthwhile cause.

To help find a cure for this incapacitating disease!

Contact the Alzheimer’s & Dementia Alliance when you need information or support at 608.232.3400, 888.308.6251 or support@alzwisc.org.

Questions for the candidates

The Alzheimer’s & Dementia Alliance has developed a very brief candidate survey for Wisconsin candidates running for office. By asking candidates questions about Alzheimer’s disease, we raise awareness and ensure that those who are elected in November have already started thinking about our issues.

How can you help? Keep the following questions handy for when candidates come to your door asking for your vote. You can also bring the questions to candidate forums or mail/email the questions to your candidates and ask for a response.

If you get a response, please be sure to send it to our office or contact our Public Policy Director, Rob Gundermann at 608.232.3408 or gundermann@alzwisc.org.

1. People with Alzheimer’s disease and their caregivers need caregiver support services. Most of the long term care provided for Alzheimer’s patients living at home is provided by friends and family free of cost. Frequently these caregivers themselves get sick. Wisconsin has only one program designed specifically to assist families coping with Alzheimer’s disease, the Alzheimer’s Family Caregiver Support Program (AFCSP).

   *If elected, will you work to maintain the Alzheimer’s Family Caregiver Support Program (AFCSP) for people with Alzheimer’s disease?*

2. For persons with Alzheimer’s disease and their families, ensuring quality of care is important. Services offered in community programs and in long term care facilities must meet the special needs of people with Alzheimer’s including dementia education and training for staff.

   *If elected, will you support measures to increase voluntary opportunities for staff training such as a voluntary Dementia Specialist Certification program for Certified Nursing Assistants?*

3. Some Alzheimer’s patients can’t find affordable health coverage for themselves or their families. This is especially difficult for people with younger onset dementia who develop the disease before age 65 and lose their employer-based health insurance when they have to stop working.

   *If elected, what will you do to ensure affordable health coverage for Alzheimer’s patients?*
Step forward and give hope by joining the Alzheimer’s Walk 2010!

When you step forward at Alzheimer’s Walk, not only will you raise money to support the programs and services offered by the Alzheimer’s & Dementia Alliance of Wisconsin, which has been supporting people with Alzheimer’s disease or other form of dementia and their care partners for 25 years, you also raise awareness about the prevalence of Alzheimer’s disease and give hope to patients and caregivers alike.

There may be a bit of confusion this year as a result of our name change. Maybe you’ve received information about another walk and are not sure which organization to support. Maybe you registered for another walk thinking nothing has changed. Let us clarify some things for you.

What has and hasn’t changed with the walk?

Aren’t you still connected to the Alzheimer’s Association? No, we are not. We separated from the Alzheimer’s Association in December 2009 for a variety of reasons, including the revenue sharing requirements that meant we had to share 40% of our revenue with the national association. As an independent agency, we can focus more of our resources where they are needed most – helping people in our local communities who are facing Alzheimer’s disease or another dementia.

Is this different from Memory Walk? Yes. Our walk name is now Alzheimer’s Walk, but the walk locations are the same as in previous years. See the sidebar on page nine for additional information on each walk.

What happens with the money I raise? Because we’re now an independent nonprofit, all proceeds remain LOCAL. Nothing goes out of our state. You can see the impact your donations have right here in Wisconsin through our comprehensive programs and services or through our advocacy efforts statewide. We are the only Alzheimer’s organization in Wisconsin with a dedicated public policy director.

Can I still register online? You can register online for any of our walks through our website, www.alzwisc.org. Click on the Alzheimer’s Walk icon at the top of the page, then select the walk location. Once you arrive on your desired walk, click “Register Now.” You’ll see our new walk logo at the top of every page.

How do you support Alzheimer’s research? We work closely with the federally-funded Wisconsin Alzheimer’s Disease Research Center by promoting local research opportunities and helping to connect people to the research programs and studies underway.

Your support of the Alzheimer’s Walk will truly make a difference...

• Step forward to raise critical funds that ensure we can continue to provide the programs and services our community depends on.

• Step forward to increase awareness, encourage people to seek an accurate and early diagnosis and show elected officials that you care about public policy issues related to Alzheimer’s disease.

• Step forward to support a better life for those living with dementia as well as for those who must manage the financial and emotional burden of life as a care partner.

We look forward to seeing you this fall! Visit our website or call us at 608.232.3400 or 888.308.6251 for more about Alzheimer’s Walk 2010.
Thank you to all who participated in the $1,000,000 Shoot Out

The Alzheimer’s & Dementia Alliance brought back its $1,000,000 Shoot Out™ Charity Golf Outing this year. One hundred twenty-three golfers enjoyed a round of golf at the Legend at Bergamont in Oregon, Wisconsin and raised more than $50,000 on August 2.

Ken Fenne, with Stevens Construction, was the winner of the “Closest to the Pin” contest and qualified for the $1,000,000 Shoot Out on the 18th hole. He hit a beautiful drive from 165 yards out and landed ten feet from the pin to much applause and cheers, but unfortunately not $1,000,000.

The winning team of P.J. Murphy and Donnie Hoffman, both with Murphy Insurance and Sue White, with Sienna Crest Assisted Living, shot a 56 in scramble format. At least one golfer, Walter Stewart with the “Friends of Paul Rusk” foursome, came close to winning the hole-in-one contest for a car from Smart Motors.

Special thanks to our sponsors, NBC 15, Group Health Cooperative, Murphy Insurance, Mutual of Omaha Insurance, UW Health, Brookdale Senior Living and John Hancock, Inc.; and to emcees Robb Vogel, WIBA’s Mitch Henck and Dan Smith.
Who cares what you think? You’d be surprised!

Many people diagnosed with the early stage of a memory disorder report that people around them who know of their diagnosis begin to treat them differently.

Sometimes the changes are needed and helpful. For example, a wife who has been angry about her husband’s apparent unwillingness to help her with household tasks learns that his behavior is not a matter of neglect or indifference on his part, but instead a consequence of memory loss. She stops blaming him and starts helping him in an appropriate way, re-framing her expectations of him and devising strategies that assist him to remember and carry through on things with which he really does want to help her.

Sometimes, however, the changes people with memory loss notice in how they are treated by others feel diminishing and demeaning. There may be an immediate assumption that someone diagnosed with mild cognitive impairment (MCI) or early stage Alzheimer’s disease or a related dementia is incompetent. This global assumption is utterly unfounded, of course, but it is so pervasive that people with memory disorders may feel they are seldom even asked for their opinions or advice.

So, sometimes folks with memory loss need to make a point of expressing themselves and putting their opinions “out there,” no matter what the reception might be. There are various places and ways to do this, from the dinner table at home to a family reunion to a group of friends to an advocacy organization. Opinions and advice can be shared in conversation, in written words, in whatever ways make the most sense for the person and the circumstance. The discovery might just be that there are indeed people who are eager to know what the person with memory loss thinks, feels, believes, urges, and discourages.

One afternoon at a session of Meeting of Minds, the memory enhancement program offered by the Alzheimer’s & Dementia Alliance of Wisconsin for people diagnosed with the early stage of a memory disorder, there was a question posed to the group. A young man was about to graduate from college, and he had managed to receive and accept a job offer for an entry level position in a big international company.

What advice did these seasoned and multi-faceted men and women, these elders sitting around the table because they each had been diagnosed with a memory impairment, have for this young man, about to launch into the first professional position of his adult life? Group members were told that their advice to him would be typed up and presented to him at his graduation.

The next hour or so was spent compiling and discussing the advice that Meeting of Minders shared from their own job experiences and those of others, including their own children. And the advice? It was just as real as the person it was intended for! Here it is:

• Be yourself – you don’t have to cheat! Just be YOU.
• Do what you love.
• Don’t worry about money.
• Do unto others as you would have them do unto you.
• Keep a copy of the 23rd Psalm near. It’s for just about anyone in any situation.
• When deciding whether to join a company, look at their history and how they have treated their employees.
• Losing a job can be a step forward.
• Trust your own decisions.
• Take some risks – at least a few calculated ones!
• Do more than is asked. Now it’s not just a grade – it’s your own advancement.
• Stay ahead of technology.
• Don’t be a fence-sitter.
• There will be conflict in the workplace – choose sides wisely.
• Don’t burn your bridges.
• Hang on to those you trust.
• Be patient as you work your way toward your goals.
• Call home once in a while!

When this compilation was presented to the young man at his graduation celebration, he read it, was quiet for a moment, and then said, “Wow. This is GREAT. This is my favorite present.”

There are lots of people who care deeply about what folks with memory loss think and who are grateful to find out. So share an opinion! Give some advice! Those who are meant to hear and read and learn what you have to share will, and they will thank you for it.

Meeting of Minds

Meeting of Minds is a memory enhancement program for people with mild memory loss. $50 for one ten-week session. To participate, you must have a diagnosed case of mild memory impairment from your doctor. Please call for an interview to see if this program is right for you: Jody Curley, Family Support Specialist, 608.661.8427.

Tuesdays, 9/14 – 11/16
10:00 a.m. - 12:00 p.m.
Waunakee Senior Center

Thursdays, 9/16 – 11/18
1:00 - 3:00 p.m.
Middleton Senior Center
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.

Having just graduated from the UW-Madison, Josh Shapiro had a semester off before starting medical school and decided that a good way to spend his time was to volunteer with the Alzheimer’s & Dementia Alliance. After watching two of his grandparents struggle with dementia when he was a young teenager, our agency mission is close to his heart.

As an avid runner, Josh was quickly recruited to help plan and expand the Alzheimer’s 5K Run held on the same morning as the Dane County Alzheimer’s Walk (October 2, Warner Park, support.alzwisc.org/dane). He has been working hard to get the word out about the run locally and online and to help plan the course which will include scenic views of Warner Park, Lake Mendota, and Maple Bluff. Josh hopes to see many of you at the run!

Josh will also be participating in the Time for Us kid’s summer camp in August as a presenter and mentor for other kids who have a close relative living with Alzheimer’s or a related dementia. Thank you, Josh, for all of your help this summer, and good luck with your future studies!

Update on the Alliance’s multicultural outreach effort

We have the good fortune of Charlie Daniel joining our staff in recent months. Since the day she walked in the door, she has energetically embraced the important mission of getting the word out about the prevention and early diagnosis of Alzheimer’s disease to our communities of color in Madison and Beloit.

Charlie has already made significant connections in both communities, and has attended several health fairs and Juneteenth celebrations. She has engaged the help of volunteer organizations such as Women Rise Up, LINKS, the Witness Project and the Urban League, to name a few. Charlie has even personally connected with Beloit native Jim Caldwell, head coach of the Indianapolis Colts, and his wife Cheryl.

We are all learning a great deal together as we expand the provision of quality programs and services for people with dementia and their families to more effectively serve these communities. Watch for more news to come!

Alzheimer’s & Dementia Alliance proud to be involved with SPARK!

Congratulations to the Madison Children’s Museum as they prepare to launch SPARK!, their new inter-generational art activities program. Angela Johnson, the museum’s art coordinator, approached the Alzheimer’s & Dementia Alliance of Wisconsin in December 2008 to join a panel of advisors to help develop a participative art making program for children and adults with mild memory loss. Jody Curley, the Alliance’s Meeting of Minds coordinator and Mary Kay Baum, Alliance board member, provided their feedback and insights to guide the museum in program development. Thanks to grant funding from the Helen Bader Foundation, the result of that hard work is SPARK!

Meeting of Minds program participants had the opportunity to try out SPARK! this past spring and provide feedback before the pilot programs were offered over the summer (see page 10 from our Summer 2010 newsletter). The latest pilot was offered on July 31. Johnson said they had great feedback from the participants and expect to host one more pilot, from 2:00-3:30 p.m. on September 18, before officially launching the program in October.

The Madison Children’s Museum anticipates holding SPARK! from 10:00-11:30 a.m. on October 23 and November 27. For more information, contact Angela Johnson, 608.256.6445 ext. 146 or ajohnson@madisonchildrensmuseum.com.
Alliance adds new outreach position

We are very happy to announce Charlestone “Charlie” Daniel as the new Multicultural Outreach Specialist at the Alzheimer’s & Dementia Alliance. Charlie comes to us from the Wisconsin Technical College System where she served as the Education Director for Minority Participation and Retention and the Displaced Homemakers programs. Charlie has over 30 years of experience of working with communities of color and women seeking employment.

Charlie, as she likes to be called (“only my grandmother called me Charlestone”), is very excited about this new position at the Alliance where she will do outreach and education to the African American community. She states, “Alzheimer’s and dementia is the ‘Silent Disease’ in my community and I am hoping to bring it out of the closet so more African Americans will work on prevention, early diagnosis and assessment.” She will be working in Dane and Rock counties.

Charlie can be reached at 608.204.9789 or charlie.daniel@alzwisc.org.

Alzheimer’s and dementia education group

The Sauk County Health Care Center is hosting a special topic presentation on “Medications and Dementia” with a light dinner at their Community Room, 1051 Clark St., Reedsburg on Tuesday, October 5, 2010 from 6:00-7:00 p.m. Free and open to the public. Call 608.524.7500 to register.

Dane County TRIAD 8th Annual Crime Prevention, Safety Conference and Expo

Learn how to keep you, your family and friends safe in your home and community. Seniors, law enforcement, EMS, fire personnel, neighborhood associations, city/county officials, human service professionals and the general public are invited to attend. Workshops will include Juvenile Gangs; Internet Safety for You and Your Children and Grandchildren; Fire and Falls Prevention; Scams and Frauds; Elder Abuse; Options for Senior Living; To a Healthier You in 2010; How To Be a Safe Grandparent; All About 911; and Prescription Drugs, Use and Misuse.

The Expo takes place September 14, 2010, 8:00 a.m. - 3:15 p.m. at Blackhawk Church, 9620 Brader Way, Madison.

Over 20 organizations will be exhibiting and providing important information. There will also be blood pressure screening by St. Mary’s. The cost is $15.00 which includes lunch, breaks and materials. Call RSVP of Dane County at 608.441.7897 by August 31 if you need a scholarship, special accommodations, or would like more information. Registration requested before September 14.

New law includes savings in the Medicare prescription drug coverage gap

Did you reach the coverage gap, or “donut hole,” in your Medicare prescription drug coverage this year? If so, you may qualify to get a one-time, tax-free $250 rebate check to help with your prescription drug costs.

If you qualify and you reach the coverage gap in 2010, Medicare will automatically send you a $250 rebate check that’s made out to you.

• You don’t need to fill out any forms.
• You don’t need to provide any personal information, like your Medicare, Social Security, or bank account numbers, to get the rebate check.

Don’t give your personal information to anyone who calls you about the $250 rebate check. Call 1-800-MEDICARE (800.633.4227) to report anyone who does this.

If you get “Extra Help” to pay your Medicare drug costs, you don’t qualify for the rebate check since you are already receiving savings. If you are enrolled in a qualified retiree prescription drug plan, you are also not eligible to receive a rebate check.

To learn more about the $250 coverage gap rebate, call 1-800-MEDICARE or visit www.medicare.gov or www.healthcare.gov, a new web portal made available by the U.S. Department of Health and Human Services.
Preparing to be a caregiver

It isn’t easy to bring a loved one with Alzheimer’s disease into your home. Those who cope most successfully plan the transition carefully and take a good deal of time – several months – to adjust to the idea and to allow everyone else in the household and extended family to adjust as well. Consider these issues before you decide.

- **Division of responsibilities.** Who is going to take care of what? You also need to know who will be available to help, and what outside assistance is available that you can afford.
- **The impact on your marriage.** What does your spouse think of housing someone with Alzheimer’s? Can both you and your spouse handle the added stress? Really listen to how your spouse feels.
- **The impact on other relationships.** How will caregiving affect your children, especially if they’re living at home? Will you receive support from your siblings? How will you feel if they either don’t come through, or are too involved?
- **Your job.** Having a loved one with Alzheimer’s disease at home can prove quite distracting while you’re at work. Can you handle that? Is your employer flexible?
- **Your home.** Do you have enough space and furnishings? Will you have to cope with a loss of space?
- **Your finances.** Do you and/or the affected person have enough resources, and are other family members willing to contribute? Can you afford to take time off or cut back your work hours if needed?

Caregiving will also affect your leisure time, sleep, and your social life. People with Alzheimer’s disease don’t mean to make messes but may rearrange your things, break objects you own, etc. Your neighbors may be concerned that the affected individual might wander into their homes, or step in front of their cars, or intimidate their children. How do you plan to deal with these issues?

Important questions to ask before making a charitable contribution

**What is the organization and what does it do for our community?**

With name changes and clever marketing you need to be sure. We were formerly known as the South Central Wisconsin Chapter of the Alzheimer’s Association. Now as the Alzheimer’s & Dementia Alliance, we are still providing the programs and services people depend on in south central Wisconsin as we have for twenty-five years. All of our staff (seven full-time, 11 part-time) and our 12 member volunteer board remain with the organization.

**Where does the money go?**

Naturally, organizations looking for your financial support always make it sound good – but rest assured that every single dollar raised by the Alzheimer’s & Dementia Alliance stays in Wisconsin to help those in need or to promote dementia research at UW-Madison. We are NOT primarily a fundraising operation with limited direct services.

**Is the organization a nonprofit? What percentage of its budget goes to fundraising and overhead, and what percentage supports programs and services?**

With the Alzheimer’s & Dementia Alliance, only 16 to 17% of our total expenditures go to fundraising and administration, well below the IRS threshold of 25%. That means **83 to 84% of all our revenue is used for programs and services.** We are recognized as a 501(c)3 charitable organization by the IRS.

Alliance staff salaries and benefits are modest. Unfortunately with many organizations, you will see much higher percentages for fundraising and administration costs. This is surprising to many, but salaries with benefits for nonprofit organizational executives can exceed $1,000,000 annually! You can review Federal 990 public tax returns online to gain insight into a charity’s finances.

**Are board and staff members listed on every newsletter?**

If not, why not? With the Alliance you will see familiar names and a staff list that is impressive for a community of our size. Our organization is incorporated in Wisconsin and is governed by our board of directors. We are proud of our staff and board members and list them consistently.

Lastly, think about your own physical and mental health. The responsibilities of caring for a loved one with Alzheimer’s disease can be overwhelming. While you’re managing all the changes for your home, family, and finances, you must also carve out time to take care of yourself.
Contributions
May 15, 2010 to July 31, 2010

Roxanne & David Aehl
Ruth & Hans Anderegg
Henry Anderson, MD
Barbara Anderson
Janet & Paul Beck
Dorothy & Keith Behling
Sandra Bennett
John Bergen in mem/hon Bernice Bergen
Rochelle & Robert Birrenkott
Betty Blanchard
Leonard Zink
Jean & R.G.
Brennan
Joyce Breiteron in mem/hon Lucille Breiteron
Barbara Brown
David Brynleson in mem/hon Margaret Brynleson
Rebecca & Thomas Butler
Michelle Carter
Kathryn Colwell in mem/hon Mary Colwell
Pamela Crapp
Jeanette & Don Dansberry
Patricia & William Davis in mem/hon Bill Davis
Marybeth & Glenn Deedon
Michael Duckwitz
Sandra & John Dulin
Therese Duranso
Terri & Barry Ellis in mem/hon Ireta Salouos
Barbara Fraser
Marie Fraser
Suzie Grant in mem/hon Bertha Strand
Marilyn Gundermann
Gertrude Hall
David Handt
Cindy Hausfeld
Janet Herzfeldt in mem/hon Mildred Herzfeldt
Mia & Ray Hill in mem/hon Dallas
Robert Schafer
Kay Hiller in mem/hon Marie Smigun
Harry Hinz
Carol Holtsapple
Julie & Anthony Hook
Rosalyn Horsley in mem/hon Rose L Horsley
Lyn & Eugene Huettel
Ruth & Martin Johnson
Amy & David Johnson
Dana Johnson
Margaret Jones
Linda Keller
Patricia Kerr
Kristin Kewis
Laverne & Verne Kindschi
J. Steven King
Margaret & Richard Kinkade
Marilyn & Frederick Kinney
Mary Klinkner in mem/hon Mildred DeBeck
Eugene Knudson in mem/hon Doris Marx
Judith Lafrombois
Barbara & Jon Lindwall
Nancy Mair in mem/hon Patricia Mair & Jean Stockman
Constance & Geraldine Malak
Marvel Mapes
Rebecca & William Martin
Lori Matthews in mem/hon Jeanne Matthews
Virginia McCarter
Sharon McCormick
Beverly & Chandler McKelvey
Ann McNear
Rita & Reinhold Meinsner
Debra Messinger
Karen Miller
Rita & Jim Mitchell in mem/hon James Mitchell
Celeste Moore
Violet Moran
Hannah Suta
Patricia & Timothy Moxness in mem/hon Tim Moxness
Arthur & Mary Nack
Nina Nelson
Virginia & William Nelson
Eliza Newquist
Elisabeth Nickerson
Mike Nonn
Bette Olig
Marian Osterberg
Lucille Packard
Mary Paskey
Debbie Pautz in mem/hon Richard Mosteller
James Pease
Elvera & Al Phelps in mem/hon Evelyn Phelps
Kathlyn Putnam
Janet & Charles Randolph
Carol & Dale Reuter
Sue Richards
Bonnie Richardson
Laura Ritchie
Cornelia Rusk
Nathaniel & Virginia Sample in mem/hon Nathaniel Sample
Cameron & Craig Sandmire in mem/hon Andi Sandmire
Catherine Schindler
Victoria & Mark Scott
Judy & Bob Siegfried in mem of caregivers at Sebring Assisted Care residence
Diane & David Smidt in mem/hon Edna Hansen
Kathleen & James Sosnowski
Karen Sponem in mem/hon Elnor Pulver & Margaret Krinke
Shirley & Charles Steinberg in mem/hon Donald R Turk
Judith Stone
Carole & Robert Storm
Jeff & Amy Supple
Wileen & John Tretheway in mem/hon Elsie Benedict
Donna Ulteig in mem/hon Mildred Herfeldt
Mary & Joseph Varese
Steve Varese
Janet Wagoner
Hank & Elizabeth Walter
David Weimer
Grace & Maurice White
Laura Whitney
Kathy Wilcox
Heidi & Mark Williams
Emily & Stan York
Loraine & Raymond Zeier
Kraft Food
Montello Care Ctr.

Tributes and memorials
May 15, 2010 to July 31, 2010

In honor of:
CAROL NIMLOS
Judith & John Twesme

In memory of:
HENRY ANDERSON, MD
Jeanine Nelson
KENNETH BROWN
Shirley & Robert Reiser
ALLEN ERICKSON
Lona George
Elaine & Harold Larson
Joanne & Edwin Marquardt
Jeremy Morrison
Dale Owen
Paul R. Rusk
Cheri & Charles Stephens
JEAN FORBESS
Mary & Gary Forbess
BILL HUNT
Mary Webster
VALERIA KRANTZ
B.D. Bartz
Gary Evenson
Leo Krantz
Dennis Laufenberg
Anita Sprenger
MILDRED KUBLY
John Baumann
Marion & Dr. Robert Baumann
Debra & Patrick Davis
Linda Dinkins & Sissy Claxton

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 other organization you might be solicited from, including:

- 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.
PAYROLL GIVING: BE AWARE OF LOOK-ALIKE ORGANIZATIONS!

This fall hundreds of you will be making payroll giving contributions at your workplace by contributing via United Way or Community Health Charities charitable giving campaigns. The contributions received by the Alzheimer’s & Dementia Alliance of Wisconsin are critical to keeping our statewide advocacy and local programs and services that make such a difference for thousands of people impacted by dementia. Additionally, contributing at work makes tax deductibility easy as it shows up on your pay stub.

Just a friendly reminder that we are the organization with a new name that has been serving people struggling with Alzheimer’s in southern Wisconsin for the past twenty-five years. Please pay very close attention on your pledge form as there are several “look alike” Alzheimer’s organizations to choose from. If it doesn’t say, “Alzheimer’s & Dementia Alliance of Wisconsin,” your dollars won’t come to us!

Fortunately you can contribute to us via ANY United Way or Community Health Charities campaign by writing our name on your pledge form. We greatly appreciate the financial help we receive from friends and family around the country as we work with their loved ones everyday.

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 AAW.
Alzheimer’s & Dementia Alliance

SERVING SOUTH CENTRAL WISCONSIN SINCE 1985

Green County
Saturday, September 11
Behring Senior Center
Monroe

Columbia County
Sunday, September 12
Riverside Park
Portage

Grant County
Saturday, September 18
Lancaster Congregational Church
Lancaster

Iowa County
Sunday, September 19
Grace Lutheran Church
Dodgeville

Sauk County
Saturday, September 25
Ochsner Park and Riverwalk
Baraboo

Richland County
Sunday, September 26
UW Richland
Richland Center

Dane County
Walk or Run
Saturday, October 2
Warner Park Shelter
Madison

Celebrating our 12th year of hosting a walk for Alzheimer’s in Dane County!

Visit our website to sign up
888.308.6251
www.alzwisconsin.org

SEE YOU THERE!

for our free email newsletter!