Caring for yourself while caregiving

A lecturer, when explaining stress management to an audience, raised a glass of water and asked, “How heavy is this glass of water?” Various answers were called out. The lecturer replied, “The absolute weight doesn’t matter. It depends on how long you try to hold it.

“If I hold it for a minute, that’s not a problem. If I hold it for an hour, I’ll have an ache in my right arm. If I hold it for a day, you’ll have to call an ambulance. In each case, it’s the same weight, but the longer I hold it, the heavier it becomes.

“That’s the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won’t be able to carry on. As with the glass of water, you have to put it down for a while and rest before holding it again. When we’re refreshed, we can carry on with the burden.”

When you’re a caregiver, it’s very important to put the weight of caregiving down every so often and leave it until you’ve rested a while. Give yourself permission to take some time daily for relaxation and renewal. Remember, the better you take care of yourself, the better you can care for your loved one.

Keep up with the practical things

Getting in some daily exercise, eating right and getting plenty of rest may seem like overused advice, but it’s the foundation for keeping up your health. Put in real work to maintain your friendships and stay involved in activities you enjoy. It can sometimes feel so much easier to withdraw, but the effort will always pay off.

Creating structure and routine with the person you’re caring for will likely prevent many problems along the journey. Remember, the impact of dementia will cause usual ways of interacting to be less and less effective. Learning new skills and changing the way you interact with the person will help preserve dignity and confidence, enhance daily life and create more successful situations. (Ask us about our “10 steps to planning for Alzheimer’s disease and other dementias: A guide for family caregivers.”)

It’s all about attitude

Remember not to personalize the problems you are experiencing - the person is not trying to make life difficult.
Dear Friends,

By the time you read this, summer will be winding down as we move into fall and the all-important Walk season. Please remember that your participation in one of our seven Alzheimer’s Walks, conveniently located throughout south central Wisconsin, builds valuable support to end this disease once and for all! Each Walk is different, taking on the local character that makes Wisconsin famous for its quality of life. The media attention we receive breaks down barriers so persons with dementia and their families will feel comfortable making that first call to us to help with any aspect of the disease. With so many things, that first call is often the hardest to make. Always remember that we are your partner along the journey.

Every dollar raised stays in Wisconsin for our programs and services or to promote research at UW-Madison. With some organizations, they say “some” or “most” of the dollars raised stays local. What does that really mean? To where and to whom does the money go? With the Alzheimer’s & Dementia Alliance, based on our federal tax reporting, only 17% of our overall budget goes to fundraising and administration, meaning that we use the vast majority of our resources helping families. Helping you is what we are all about.

Throughout this newsletter you will note many upcoming programs. Other organizations often seek out our highly-regarded staff to share their expertise at their events. Education Coordinator Danielle Thai will present, “We all forget: Is it normal aging or should I be concerned” at the Catholic Charities aging conference on September 22 at the Bishop O’Connor Center in Madison. Outreach Coordinator Deanna Truedson will discuss, “Behavior changes in dementia: Techniques to make life more manageable,” sponsored by Harbor House, on October 6 at Behring Senior Center in Monroe (see page 12). Family Services Coordinator Mary Reines will be discussing Lewy body dementia as part of our new “Understanding non-Alzheimer’s dementias” program at the Colonial Club in Sun Prairie and at Oak Park Place in Baraboo (see page three). Our community is fortunate to have talented dementia experts at our agency who live and work right here in your backyard.

I hope you all will join us for “Hope, Honor and Remember: A Service and Celebration” to be held on Sunday, November 6 at Coventry Village, Madison (see page five). This will no doubt be a very moving event you won’t want to miss.

Sincerely,

Paul Rusk

P.S. Please look for the Alzheimer’s & Dementia Alliance when you consider payroll giving contributions this fall through United Way or Community Health Charities payroll giving campaigns. See page 15 for details.
Some registration fees may apply. Donations are critical to continued programming and very much appreciated.

**Family Caregiver Education Series**

**West-side Madison**
Second Monday of each month
5:30 - 7 pm
Alzheimer’s & Dementia Alliance
517 N. Segoe Rd., Madison
September 12
Communication tips and strategies
October 10
Is it time for at-home or facility care?
November 14
Family caregiving: The unexpected career
No December session

**East-side Madison**
First Monday of every other month
5:30 - 7 pm
Hawthorne Library
2707 East Washington Ave., Madison
October 3
Understanding and responding to behavior changes
December 5
PROGRAM CHANGE: Improv(ising) your way through the maze of caregiving — Special presenter Carmela Mulroe
No registration necessary for any of the Family Caregiver programs, just drop in.

**Is your home really safe for someone with dementia? What you may not know**

Tuesday, August 30, 1 - 2 pm
Community Services Building
221 West Seminary, Richland Center
September 21, 1 - 2 pm
Southwest Technical College
1800 Bronson Blvd., Fennimore

Home safety is more than disabling the stove and removing throw rugs. Discover ways to look at the home with new eyes and be proactive about potential hazards. Call 888.308.6251 to register.

**We all forget: Is it normal aging or should I be concerned?**
Tuesday, September 13, 10 - 11 am
Madison Senior Center
330 W. Mifflin St., Madison
We all forget names occasionally and misplace keys and wallets. What’s normal and what’s not normal for our brains as we age? And what should we do if we’re concerned for ourselves or others? Drop-in.

**ABC’s of Alzheimer’s and Dementia**
Tuesdays, September 20 and 27, 6 - 8 pm
Behring Senior Center
1113 10th St., Monroe
First session guest: Dr. Joshua Morrison
Tuesdays, October 11 and 18, 6 - 8 pm
Upland Hills Hospital Conference Room A & B
800 Compassion Way, Dodgeville
First session guest: Dr. Kim Petersen
Co-sponsored by Upland Hills Health

Tuesday, November 8, 5:30 - 7:30 pm
Richland Hospital, Pippin #1
333 East 2nd St, Richland Center
Guest: Dr. Robert Smith
This program is for families of people diagnosed with Alzheimer’s or a related disorder. The sessions include information on medical aspects of dementia, research, effects of dementia on the person, safety, communication, and much more. Call 888.308.6251 to register.

**Legal and financial planning seminars**
Tuesdays, October 11 and 18, 5:30 - 7:30 pm
Richland Hospital
333 East 2nd St., Richland Center
Guest presenter: Attorney Emily Osborn
Tuesdays, October 25 and November 1
5:30 - 7:30 pm
West Square Building
505 Broadway, Baraboo
Guest presenter: Attorney Jeffrey Clark

Thursday, November 10 and 17
5:30 - 7:30 pm
Madison Senior Center

**Understanding non-Alzheimer’s dementias: Part 1 – Lewy body dementia**
Tuesday, September 20, 9 am - noon
Colonial Club Senior Center
301 Blankenheim Lane, Sun Prairie
Thursday, October 6, 9 am - noon
Oak Park Place, Big Top Room
800 Waldo St, Baraboo
Learn the unique symptoms and treatment of dementia with Lewy bodies, strategies and techniques to help maintain function and maximize quality of life, and resources available to help. Presenters: Dr. Kim Petersen, Elder Advocates and Mary Reines, LCSW, Alzheimer’s & Dementia Alliance. Free for family caregivers, $15 for professionals (payable at the door). This program supported in part by a grant from the Helen Bader Foundation. Call 888.308.6251 to register.

**Prescription Drug Forum**
Thursday, November 3 - see page 10

**Hope, Honor and Remember**
Sunday, November 6 - see page 5

**Understanding and responding to behavior changes**
Tuesday, November 8, 1 - 2 pm
Talmer Bank and Trust, Community Room
15815 State Road 81, Darlington
Understand reasons why behavior changes occur and get problem-solving tips to help prevent and cope with them. No registration needed.
Local research opportunities

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

Neuro-imaging and swallowing research study

We are interested in finding out how our brain works when we swallow liquids of different temperatures and tastes. If you are a healthy older adult or an adult recently diagnosed with mild Alzheimer’s disease; aged 65-85; right-handed; and not claustrophobic (we will be using functional Magnetic Resonance Imaging (fMRI) for this study), then you are eligible to participate! This study requires 3-4 hours of your time. Participants will earn $50. If you or anyone you know qualifies for this study and would be interested in participating, please e-mail Georgia Malandraki, PhD, at malandraki@wisc.edu or call 608.256.1901, ext. 11125.

Alzheimer’s disease clinical trial: Wyeth 3001

The purpose of this study is to determine if bapineuzumab is a safe and effective treatment for Alzheimer’s disease. Participants will receive assessments to observe memory, daily activities, and other measures of brain function over time, and must have a caregiver attend visits with them. Bapineuzumab or placebo (an infusion with no active ingredients) will be given by intravenous (IV) infusion (through a needle into a vein). Participation will last about 20 months. Call 608.256.1901, ext. 11514 for more information.

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

Falls may be early sign of Alzheimer’s

Source: ScienceDaily - Washington University School of Medicine scientists found that study participants with brain changes suggestive of early Alzheimer’s disease were more likely to fall than those whose brains did not show the same changes. Until now, falls had only been associated with Alzheimer’s in the late stages of dementia.

Susan Stark, PhD, and her colleagues recruited 119 volunteers 65 or older and cognitively normal. Brain scans showed that 18 participants had high levels of amyloid plaques, a hallmark of Alzheimer’s. The other 101 volunteers had normal amyloid levels in the brain. Participants were given a journal and asked to note any falls. When they did so, the researchers followed up with a questionnaire and a phone interview about the falls. This follow-up allowed researchers to gather information for future analyses that will compare and contrast the nature of the falls.

About one in three adults age 65 or older typically fall each year. But in the 18 participants with high amyloid levels in the brain, two-thirds fell within the first eight months of the study. High levels of amyloid in the brain were the best predictor of an increased risk of falls.

“Falls are a serious health concern for older adults,” Stark says. “Our study points to the notion that we may need to consider pre-clinical Alzheimer’s disease as a potential cause.”

Drug improves brain function in condition that leads to Alzheimer’s

Source: Newswise - An existing anti-seizure drug improves memory and brain function in adults with a form of cognitive impairment that often leads to full-blown Alzheimer’s disease, a Johns Hopkins University study has found.

The findings raise the possibility that doctors will someday be able to use the drug, levetiracetam, already approved for use in epilepsy patients, to slow the abnormal loss of brain function in some aging patients before their condition becomes Alzheimer’s. The researchers emphasize, however, that more studies are necessary before any such recommendation can be made to doctors and patients.
The effects seen in the study “could be like taking your foot off the accelerator or tapping the brakes, and possibly could slow the progression on that path (to Alzheimer’s),” said principal investigator and neuroscientist Michela Gallagher. “We need further clinical studies with longer exposure to the drug to, first of all, make sure with rigorous evaluation that the drug is effective in the longer term and, equally important, that it does no harm.”

**Upcoming Alzheimer’s disease guidelines supported by new JNM research**

Source: Medical News Today - Two new studies published in the August issue of The Journal of Nuclear Medicine (JNM) provide insight into the potential of positron emission tomography (PET) to differentiate between types of dementia and to identify pharmaceuticals to slow the progress of dementia.

Earlier this year, the National Institutes of Health and the Alzheimer’s Association released new criteria and guidelines for the diagnosis of Alzheimer’s disease. The new proposed guidelines available this fall will offer additional information regarding the development of tests to measure biological changes in the brain, blood, or spinal fluid to diagnose Alzheimer’s at an earlier stage.

In addition to detecting Alzheimer’s disease earlier, molecular imaging can also be used in clinical trials to help develop pharmaceuticals to prevent or delay the onset of dementia. This is particularly of importance to patients with mild cognitive impairment (MCI) who have yet to develop Alzheimer’s disease.

**Hope, Honor and Remember**

Sunday, November 6, 5:00 - 7:00 p.m.
Coventry Village Retirement Community
Brookline Apartments
7707 N. Brookline Drive, Madison

Interfaith Service: 5:00 - 6:00 p.m.
Friendship Hour: 6:00 - 7:00 p.m.

November is National Alzheimer’s Awareness Month as well as National Family Caregivers Month. This November, the Alzheimer’s & Dementia Alliance is offering an interfaith service and friendship hour for those affected by Alzheimer’s disease and other related memory disorders.

Hope, Honor and Remember, led by Jody Curley, is in recognition and appreciation of people diagnosed with memory disorders, their family and friend care partners who wish to honor or remember their loved ones, and professionals and paraprofessionals who approach dementia care and support services as a mission engaging head, heart and hands. It is an inclusive service that honors all religions and beliefs and welcomes one and all.

Ultimately, Hope, Honor and Remember is a celebration of hope: of how loving and caring for one another, even in times of change we would not choose, presents the opportunity for spiritual practice that can teach and deepen us. Caring for each other is sacred work, even when we feel too busy to stop and notice. Hope, Honor and Remember is just that: a time to stop and take notice within a supportive community of people who truly understand.

The Friendship Hour following the service will be an opportunity to enjoy socializing and sharing refreshments.

RSVP requested: Call 608.232.3400 or email danielle.thai@alzwisc.org.

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The support I have been given by the Alzheimer’s & Dementia Alliance, and especially the Men’s Support meetings … has been very helpful and sincerely appreciated.

—Howard S.
Public policy issues

Helen E.F.: Good intentions gone wrong?

By Barbara J. Zabawa, JD, MPH, FACHE, Whyte Hirschboeck Dudek S.C.

“One way to measure the greatness of our society is to look at how we treat our weakest members, such as our growing population of people afflicted with Alzheimer’s.” That is a quote from a recent Wisconsin Court of Appeals decision that, although well-intended, may ultimately harm patients suffering from Alzheimer’s disease and related dementia disorders.

On April 27, 2011, the Wisconsin Court of Appeals issued an opinion concluding that people suffering from dementia and Alzheimer’s disease should not be subject to Wisconsin Statute Chapter 51 commitments because such conditions are not “treatable.” In that case, Helen E.F., an 85-year-old woman with Alzheimer’s dementia, was committed to St. Agnes Hospital pursuant to Chapter 51 because of her disruptive behavior. Three days later, a court commissioner concluded that there was insufficient probable cause to proceed. At that point, the Chapter 51 proceeding was converted to a Wisconsin Statute Chapter 55 protective placement action and a 30-day temporary guardianship was issued. (The court contrasted Chapter 51 placement to Chapter 55 placement and stated that Chapter 55 provides for residential care and custody of those persons with mental disabilities that are likely to be permanent.)

After the 30-day protective placement expired, Helen was “wheeled off the unit,” then wheeled back on and a new Chapter 51 petition was filed. It is this subsequent Chapter 51 petition that instigated the lawsuit.

According to the court, the primary purpose of Wisconsin Statute Chapter 51 is to provide treatment and rehabilitation services for individuals described in Chapter 51’s legislative policy. The court concluded that “rehabilitation” is a necessary element of treatment under Chapter 51. “Because there are no techniques that can be employed to bring about rehabilitation from Alzheimer’s, an individual with Alzheimer’s disease cannot be rehabilitated. Accordingly, Helen is not a proper subject for Chapter 51 treatment.” Rather, persons with permanent disabilities like Alzheimer’s need “habilitation,” which means “the maximizing of an individual’s functioning and the maintenance of the individual at the maximum level.”

Regardless of these differences, however, the court failed to recognize that Chapter 55 also has emergency detention provisions and sets forth a procedure for taking persons into custody and transporting them “to an appropriate medical or protective placement facility.” Although the court did not address the question directly, the court’s decision raises the question whether transport to an “appropriate medical facility” under the Chapter 55 emergency detention statute is advisable at all. The court seemed most concerned that under Chapter 51, persons arrive in facilities “handcuffed” and receive psychotropic drugs. The court’s decision appears to assume that emergency placement under Chapter 55 would eliminate those possibilities.

If that is the assumption, then either the legislature or courts must state clearly that Chapter 55 does not permit handcuffing of detainees or administration of psychotropic drugs to those detainees, for example. Perhaps the legislature or courts need to eliminate as an option for placement under Chapter 55 an “appropriate medical facility” altogether so that treatment with medication is minimized. Until such clarification occurs, however, it might be prudent for facilities to ensure that persons with “untreatable” conditions who are subject to emergency protective services petitions reside in Community Based Residential Facilities or other home placements, and not hospitals. In addition, facilities must make certain that those taking persons into custody under Chapter 55 are sensitive to their condition and that the least amount of restraint and disruption is used in their transport and subsequent care.

Yet, determining which patients have conditions that are “untreatable” causes its own problems. In essence, the Court of Appeals is asking facilities to make judgment calls as to whether a person’s disability warrants placement in a hospital because it can be “treated” or a residential facility because it is “beyond treatment.” Many who face permanent disability daily may take offense that a certain disability is “beyond cure.”

The Helen E.F. court fails to discuss this possibility and instead makes a proclamation that Alzheimer’s disease and other dementias are incurable. The court’s declaration about the incurability of dementia disorders could undermine the hopes and perceptions of people living with or working with those disorders. As many in the medical community can attest, researchers are striving to find a cure. Until then, persons in the legal, caregiver, medical and other communities may look to the Helen E.F. as authority for how society should perceive Alzheimer’s disease. That is an unfortunate unintended consequence of the Helen E.F. case.
Caring for yourself...
Continued from page 1

However, do recognize that caregiving is stressful and that role changes are difficult to undertake. Don’t be hard on yourself when you experience impatience, frustration, sadness or anger.

Take one day at a time. Try not to worry about what might happen when you have planned the best you can.

Be good to yourself. Give yourself frequent praise and rewards for your patience and endurance. Say nice things to yourself when the person you are caring for no longer can.

Today is a gift

Sometimes joy can be found by simply sharing a moment together and appreciating what is around you – a gentle snow, listening to the birds, appreciating the sight and smell of flowers in bloom.

Fostering your own flexibility and creativity can sometimes turn even frustrating situations into a memorable moment. For example, a woman was really looking forward to a picnic lunch she had made with her husband who was in the middle stages of Alzheimer’s. As she packed the car, her husband refused to go. The woman was terribly disappointed. However, she decided to lay out the picnic on a big quilt on the floor of the living room, and they had an enjoyable afternoon together while reminiscing about special times in the past.

It’s often the little things that make a big difference. Take time everyday to laugh, give and get a hug, and tell someone you love them (and let them tell you, too!). Although the journey with Alzheimer’s can be difficult and filled with many losses and hardships, don’t miss those moments of joy, love and laughter along the way. The person with dementia still has the ability to experience pleasure and enjoyment in life. Those little moments can be rewarding and rejuvenating for caregivers as well.

Although every situation is unique, there are caregiving tools that can help. Contact the Alzheimer’s & Dementia Alliance at 608.232.3400 or 888.308.6251. It’s important to take care of yourself.

Interested in becoming a Support Group Facilitator or refreshing your skills?

The Alzheimer’s & Dementia Alliance will be offering a Support Group Facilitator Training for those planning on starting support groups and for people who are currently facilitating support groups who want to revitalize their skills. This session will present the responsibilities of an effective facilitator, steps for starting a support group, meeting format, the group process and group dynamics. There will be role playing and time for questions.

The session will take place in October 2011. A final date, time, location in Madison and cost are yet to be determined.

If you are interested in attending this training, contact Pat Wilson at 608.232.3406.

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

Pass it on!
Walks at a glance

Every dollar and every person is important!

2011 goal – 225 teams raising $325,000!

Saturday, September 10
10th Annual Green County Alzheimer’s Walk

7:30 a.m. - Registration, turn in pledges
8:30 a.m. - 2-mile Walk and Golden Mile (shorter route) begin
9:45 a.m. - Awards, entertainment, food
Behring Senior Center, 1113 10th St., Monroe
Pre-registration: September 9, 2:30 - 5:30 p.m., Behring Senior Center
Linda Boll, Honorary Chairperson
David Babler, Babler Associates and Family Caregiver, Honorary Corporate Chairperson
Joshua Morrison, MD, Honorary Medical Chairperson
Shelley Muranyi, Honorary Family Chairperson

Sunday, September 11
5th Annual Columbia County Alzheimer’s Walk

1 p.m. - Registration, turn in pledges, team photos, entertainment, food
2 p.m. - Welcome
2:15 p.m. - 2-mile Walk begins
3:15 p.m. - Awards, commemorative program, door prizes
Riverside Park, E. Wisconsin Street, Portage
Pre-registration: September 9, 8:30 a.m. - 5:30 p.m., Alzheimer’s & Dementia Alliance of Wisconsin - Columbia/Sauk Regional Office, 2825 Hunter’s Trail, Portage
Janelle Zacho, RN, Honorary Medical Chairperson
Susan Lynch, Honorary Chairperson
Pam Paulson, Pardeeville, Honorary Family Chairperson

Saturday, September 17
13th Annual Dane County Alzheimer’s Walk

7:00 a.m. - Runners: Registration and turn in pledges
8:00 a.m. - 5K Open Run
8:00 a.m. - Walkers: Registration and turn in pledges
9:15 a.m. - Welcome
9:30 a.m. - 2-mile Walk
10:30 a.m. - Awards, entertainment, food & fun
Warner Park, 1511 Northport Dr., Madison
Pre-registration (walk and run participants): Wed. & Thurs., Sept. 14 & 15,
8:30 a.m. – 6:00 p.m., Alzheimer’s & Dementia Alliance, 517 N. Segoe Rd., Madison

Mark Jensen, VP, WPS Health Insurance, Honorary Corporate Chairperson
David Sorber, MD and Sanjay Asthana, MD, Honorary Medical Chairpersons
John Stofflet, NBC 15, Media Chairperson

Sunday, September 18
9th Annual Grant County Alzheimer’s Walk
12:00 p.m. - Registration, turn in pledges, brat stand
1:15 p.m. - 2-mile Walk and Golden Mile (shorter route)
2:15 p.m. - Award program
Lancaster Congregational Church, 225 South Madison Street, Lancaster
Pre-registration: September 16, 2:30 - 5:30 p.m., Lancaster Congregational Church
Nicole Clapp, Honorary Corporate Chairperson
Carol Beals, Honorary Family Chairperson

Saturday, September 24
11th Annual Sauk County Alzheimer’s Walk
9:00 a.m. - Registration, turn in pledges, entertainment, team photos, food
10:00 a.m. - Welcome
10:15 a.m. - 2-mile Walk begins
11:00 a.m. - Awards, commemorative program, door prizes
Ochsner Park and Riverwalk, Corner of 8th Avenue and Park Street, Baraboo
Pre-registration: September 23, 3:30 - 5:30 p.m., Ochsner Park & Riverwalk
Mark Obois, Lake Delton, Honorary Chairperson
Kim Petersen, MD, Spring Green, Honorary Medical Chairperson
Alice Ulrich and Family, North Freedom, Honorary Family Chairpersons

Sunday, September 25
8th Annual Richland County Alzheimer’s Walk
Noon - Registration, turn in pledges
Noon - Brat Stand opens
1 p.m. - Welcome
1:15 p.m. - 2-mile Walk and Golden Mile (shorter route) begin
2:15 p.m. - Awards, entertainment
UW Richland, 1200 Hwy 14 West, Richland Center
Pre-registration: September 23, 2:30 - 5:30 p.m., UW Richland, Pippin Conference Center
Lynda Symons, Honorary Chairperson
Philomena Poole, RN, Honorary Medical Chairperson
Mary Lou Tessmer, Honorary Family Chairperson

Saturday, October 1
7th Annual Iowa County Alzheimer’s Walk
8:00 a.m. - Registration, turn in pledges, food, team photos
9:00 a.m. - Welcome
9:15 a.m. - 2-mile Walk
10:30 a.m. - Awards, program, door prizes
Grace Lutheran Church, 1105 N. Bequette St., Dodgeville
Pre-registration: September 30, 2:30 - 5:30 p.m., Grace Lutheran Church
Rev. Mary Kay Baum, JD, Honorary Chairperson
Jenny Dochnahl, Honorary Corporate Chairperson
Everett Lindsey, MD, Honorary Medical Chair

Why I Walk . . .

• It is important to bring to the public eye the debilitating nature of Alzheimer’s. Also, people need to realize that here is no shame in acknowledging that a person or a person’s loved one has Alzheimer’s. Trying to deny its existence is counter-productive to formulating battle plans against Alzheimer’s.
• To keep the memories of loved ones alive.
• As a way to help.
• I work in a memory care facility and I see everyday what Alzheimer’s does to people. I feel that I can make a difference not only by my work, but also by helping to raise funds that will help us find a prevention or cure.

2011 Alzheimer’s Walk: It’s easy to register online!

Green: Saturday, September 10
support.alzwisc.org/green

Columbia: Sunday, September 11
support.alzwisc.org/columbia

Dane: Saturday, September 17
support.alzwisc.org/dane

Grant: Sunday, September 18
support.alzwisc.org/grant

Sauk: Saturday, September 24
support.alzwisc.org/sauk

Richland: Sunday, September 25
support.alzwisc.org/richland

Iowa: Saturday, October 1
support.alzwisc.org/iowa
For the person with memory loss

No matter what our circumstances, we all look for ways to enjoy the best quality of life possible. This includes our ability to enjoy what life has to offer through continuous involvement in enjoyable and meaningful experiences. Those experiences differ from person to person, so it’s important for each of us to identify our own personal list of ideas. Perhaps you want to express yourself, give back to others, or challenge your brain. Or maybe you want experiences that are just plain fun and make you laugh, or simply offer you ways to enjoy the camaraderie of other people.

At a recent Learning Among Friends early stage support group, when asked what helps them participate in meaningful experiences, group members offered the following thoughts to share:

- **Focus your time on activities you enjoy the most and forget the rest!**

  Suggestions from our group included a broad range of ideas such as playing golf but not worrying about keeping score; participating on Facebook; downloading new android apps for fun; learning something new by researching a subject on the internet; joining a political action committee; building something; and debating an issue with a friend.

  Group members also shared some insights about what others could do to better support each of them in the participation of meaningful experiences.

- **Treat me the same as anyone else.**
- **Help me educate the public to help tear down the stigmas associated with memory loss.**
- **Have an open mind ... you might be surprised what you can learn from me.**
- **Have more open communication about all of this with your children.**

Although often easier said than done, group members agreed that working to maintain a positive attitude is the bottom line in enhancing participation in meaningful experiences. Yet it is important to be realistic about your changes as that helps to better adapt activities to fit what you currently feel comfortable doing.

Within our group, laughing and having fun seems to be at the top of most members’ lists of meaningful experiences! They encourage you add that to your list as well.

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**Open session of Dementia Specialist Training: Best Practice for Direct Care Staff**

The Alzheimer’s & Dementia Alliance is offering an open enrollment Dementia Specialist Training session, our high quality, interactive training program developed for direct care staff and long-term care professionals. This training gives staff real-life, practical tools to provide specialized and individualized care to people with dementia, and innovative techniques that can prevent challenging behaviors and increase success.

Dementia Specialist takes place September 19 and 26, 2011, 8:30 a.m. - 4:00 p.m. at Good Samaritan Society, 700 Clark Street, Lodi.

Cost is only $100/person for two full days of training. For more information or to obtain a registration form, please contact Lana Phelps at 608.661.0463. Register by Monday September 12.

Check out our website for in-services, workshops and other educational opportunities for professional direct care staff.

**Prescription Drug Forum**

The Alzheimer’s Alliance will be hosting a Prescription Drug Forum on November 3 at the Hilton Hotel, 9 East Wilson St., Madison. Lunch will be served at 12:00 p.m. and the main program runs from 1:15 - 5:30 p.m. We may hold a town hall meeting with a federal representative immediately following the program.

Continued on page 11
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.

Our Million Dollar Shootout Charity Golf Event needs energetic and committed people to organize and carry out this annual benefit for the Alzheimer’s & Dementia Alliance. Since 90% of our operating income is from private donations, including special events such as the Million Dollar Shootout, the work of this dedicated group is very important for the critical programs and services we offer to the community.

The Golf Outing Committee meets monthly for the seven months preceding the Outing to select the course and plan all aspects of the event. Together with Alliance staff, they also work to secure sponsors, golfers and items for the live and silent auctions which are part of the Outing. The 2011 committee members were:

- Chuck Brei, Meuer Art & Picture Frame
- Eric Brinen, Brinen & Associates
- Scott Frank, Oak Park Place
- Dr. John Hansen, Group Health Cooperative
- Donnie Hoffman, Murphy Insurance Group
- Bill Klein, Catholic Financial Life, Co-Chair
- Cindy Klein, Klein Senior Planning
- Sandra Latham, LTCI Partners, LLC
- Sue Schutz, Community Volunteer
- Dave Schutz, Co-Chair
- Dan Smith, Triangle Media Works
- Mark Strassburger, The Capital Group at Lincoln Financial Advisors

Our sincere appreciation and thanks goes to each of you!

Prescription Drug Forum

Continued from page 10

Cost is $50.00 and includes lunch. Registration is limited so early registration is advised. Topics include:

- Experts from the pharmaceutical industry will provide the latest information on Alzheimer’s drugs and what this new generation of medications will mean to you.
- Information regarding new regulations impacting the use of psychotropic medications.
- A session on behavior modification drugs and methods to reduce their usage.
- Information regarding important interactions between medications.
- Discussion of barrier issues preventing people from getting the medications they need.
- Information about why physicians should be the decision makers when it comes to what specific drug is prescribed.

For more information on the forum or to register, please call our office at 608.232.3400 or e-mail Public Policy Director, Rob Gundermann, at gundermann@alzwisc.org.

Diversity update

—Charlie Daniel, Diversity Coordinator

In June I had the opportunity to attend the Back to Beloit Reunion held at the Eclipse Center in Beloit. For the past year I have been reaching out to the African American community in Beloit. The community has been very welcoming to me and the African American Advisory Committee, a group acting as ambassadors for the community.

The Back to Beloit Reunion event drew over 200 people. Jim Caldwell, head coach of the Indianapolis Colts, and his wife Cheryl are members of the Advisory Committee. The Caldwells debuted their film, “Through Their Eyes, The History of African Americans in Beloit, Wisconsin.” The film is about Beloit and what roles African Americans played from 1836 to 1970 in making the city what it is today.

It is an honor for the Alzheimer’s and Dementia Alliance to have them serve as members of this important committee. Coach Caldwell states, “Alzheimer’s and dementia is a disease that impacts all families, especially African Americans, who unfortunately are at a greater risk. The vision of the Alzheimer’s and Dementia Alliance to generate awareness in our own community about Alzheimer’s and other signs of related dementia is vital.” The Alliance would like to thank the Caldwells as we continue our mission to get the word out to all communities.
**Other news**

**8th Annual Dump Run Fundraiser**

Join us for a poker run, pig roast, live and silent auctions and street dance in Cambria on Saturday, August 27. Start at The Dump Bar & Grill, 105 Edgewater St. in Cambria. Cruise the Columbia County countryside by bus, motorcycle or car between 11:30 a.m. and 5:30 p.m., stopping for lunch and picking up your poker hand along the way. Stay for the pig roast and auctions (4:30 - 7:00 p.m.). Then dance the night away to the sounds of a live band (7:00 - 11:00 p.m.). Or come for the part of the day that suits you best.

A nominal registration fee covers the event. Bus transportation is available for the poker run – or provide your own. It’s not a gamble when you’re having fun and a large share of the proceeds benefit the Alzheimer’s & Dementia Alliance!

Register at the Dump Bar and Grill (pre-registration is encouraged). Call 920.348.5733 for more information or to register.

**Behavior Changes in Dementia: Techniques to Make Life More Manageable**

Open to professional and family caregivers and to the public, this workshop takes place October 6, 2:00 - 4:30 p.m. at Behring Senior Center of Monroe, 1113 10th St., Monroe. Hosted by Harbor House Senior Living in partnership with the Alzheimer’s & Dementia Alliance of Wisconsin.

RSVP to Tammy Pence, Director of Community Relations: 608.289.5036 or tammy@harborassisted.com.

**Tenth Annual Community Lecture on Alzheimer’s Disease**

The Wisconsin Alzheimer’s Disease Research Center is hosting their annual lecture on Monday, November 14, 5:00 - 8:30 p.m. at the Institutes for Discovery, 330 N. Orchard St. (in the 1300 block of University Avenue), Madison. It is free and open to the public.

The lecture features Dr. Piero Antuono who will present, “A View of Memory Through History and Medicine.” It will also feature presentations on new, innovative clinical trials for Alzheimer’s. The Alzheimer’s & Dementia Alliance will be there to speak with families as we have since the first lecture.

A local resource fair starts at 5:00 p.m. with presentations beginning at 6:00 p.m. Parking ramps are available at Union South or Lot 20 off of University Avenue.

For more information, contact Kari Patterson at 608.265.0407 or kmerwin@medicine.wisc.edu.

**Catholic Charities Aging Conference**

The theme of this year’s conference for families and medical professionals is, “Positive Outlooks on Healthy Aging.” The conference takes place on Thursday, September 22, 8:30 a.m. - 3:30 p.m. at the Bishop O’Connor Center, 702 S. High Point Rd., Madison.

Keynote speakers include Zorba Paster, MD and Tracy Schroepfer, PhD, MSW.

To register, contact Jane McGowan at 608.821.3103 or jmcewan@ccmadison.org.

**President of Attic Angel Association receives statewide award**

Mary Ann Drescher, president of the Attic Angel Association and a member of the board of directors of the Alzheimer’s & Dementia Alliance, has received the statewide New Directions in Leadership Award from the Wisconsin Association of Homes and Services for the Aging, Inc.

Drescher was praised for her leadership and concern for quality at the Attic Angel Community as well as her willingness to share her knowledge and expertise in representing the elderly through her involvement with state associations.

**Ninth Annual Citizen Advocacy Workshops**

Join the increasing number of individuals who believe civic engagement should be a responsibility of all citizens. This project is for people of any age interested in learning how government works, how it affects seniors and how seniors can affect it.

Sessions take place in McFarland from 9:00 a.m. - 12:30 p.m.:

- September 9 - “How Local Governments Work,” Community Center
- September 16 - “Health Care Initiatives/Legislation,” Public Library
- September 23 - “Advocacy at the Local Level,” Community Center

Cost is $7.00 per day or $15.00 for all sessions. Contact RSVP of Dane County at 608.441.7897 or mstamtad@rsvpdane.org for information or to register.
I continue to be amazed by the comprehensive services you offer to individuals and families.

—Susan F.
Caroline Kimple
Diane & Richard Jean Johnson
E. Berniece Jensen
Tom Irwin
Patrick Irwin
Margaret & R. William Hutter
William Hudson
Janice & Wayne Jaeger, and Hughes Hicks Company, Inc
Timothy Heggestad
Anita Hartwig
Joan & Denis Carey
Countryside Hospice, Inc.
Ada Crow
Jean & Scott Crow
Patricia & Michael Daubs
Sarah Day
Eileen Eberle
Elderspan Management
Richard Evans
Marjorie Froeschle
Janet Gee
Cynthia & John Gehin
Muriel & John Gilbert
Joan & William Gilpin
Sarah Goebel
Veralee & Mike Gregg
Susan & Rex Grove
Joan Hansen
Anita Hartwig
Wyonna & David Hartwig
Timothy Heggestad
Hicks Company, Inc
Hill, Glowacki, Jaeger, and Hughes
Janice Hindson
Janice & Wayne Hoffman
William Hudson
William Hutter Inseptrity
Margaret & R. Patrick Irwin
Tom Irwin
E. Berniece Jensen
Jean Johnson
Diane & Richard Kane
Caroline Kimple
Mary Krantz
Ruth Jean & Terry Kringle
Diane Lauver
Berdena Mulford
Shirley Myers
Carol & Kevin Olson
Helen Oostdik
Hope & Steve Oostdik
George Olverbeek
George Paterson
Dr. Kim Petersen
Mary Pike
Mary & Bruce Reines
Yvonne & Jerry Remy
Eileen Roeder
Paul R. Rusk
Mollee & Mark Sager
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Sienna Crest
Assisted Living
Maureen & Robert Smith
Theresa & Daniel Strome
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Judith Swenson
Kay Lynn & Jack Taylor
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Tammy & James Wacek
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Jill Watson
Carolyn & John Wells
Patricia Wilson
Patricia & Thomas Yents
Kathryn Yoder
WILLIAM PICKERING
Earl Strutz
JENNI QUAM’S MOTHER
Rick & Patty Snyder
JOSE RADER
Patricia & Gregory Herrling
ALBERT RIES
Patrice Hadach
Cathy Hollenstein
International Union of Operating Engineers Local 139
PETER RIPP
Mary Ripp
JUNE SCHEIBLE
Donavon Noggle
PAUL SHAW
Kris Paprocki
SERAPHINE STATZ
Jeanine & Robert Crahon
GLADYS STEINMANN
Paula & David Kraemer
ROSALIE SVOBODA
Carolyn Riddely
DORIS SWANSON
Cheryl Bower
Carol Forde
Mary Kay Geest
Colleen & James Hobson
Joan Lind
Mildred Noel
Stanley Seefeld
Nancy & David Swanson
Kathleen & Mark Zurawski
GLADYS SZAMOCKI
Janet & Larry Baumann
Tracey & Christopher Baumann
Jennifer & David Canik
Gertrude & James Simmons
Mary Totushek
PATRICIA TAYLOR
Connie & Steve Easland
Don & Gary Everingham
Margaret Franklin
Theresa Googins
Joyce Hanson
Bonnie & Tom Hirschke
Dana Sue Hirschke
Klein Insurance Group of Madison, Inc.
Judith & John Kompsie
Mary Larson
Lori & Jason Lauterbach
Josephine & James Lettebo
Juanita & William Lettebo
George Mael
Carol Montgomery
Lisa Neumann
Jean Niehus
Dolres Noggle
Judie Pfeifer
Stephen Polesnak
Sharon & Bill Reeve
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Elaine Staley
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Helen Von Ruden
Louise Von Ruden
Jeff Woods
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Bill Weber
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GEORGIANA ZELLER
Kathleen & Joseph Brashi
Mary & Paul Cuccia
J.J. Hinnendael
Vicki McDonald
Elizabeth Tipler
David Zeller
Mary & James Zeller

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.
Payroll giving: Invest in local services

This fall please consider contributing generously to the Alzheimer’s & Dementia Alliance through payroll giving at your workplace. Revenue we receive from United Way/Community Health Charities campaigns is a key way we keep our local services available to the thousands of families we serve each year.

Be sure and list our full name on your pledge form so it gets to us and not a “look alike” Alzheimer’s organization. In Wisconsin, our agency number is 370. If your pledge form has a box to check for a thank you note, please check “yes” so we can send you a note of appreciation. You can donate a specified amount with each pay check, or make one donation. Contributions are accepted through any United Way anywhere in the United States!

Payroll contributions to us are fully tax deductible, and you receive a total contributed amount on your pay stub which comes in handy when you are gathering your tax return documents.

If you have any questions on payroll giving, please contact Paul Rusk (paul.rusk@alzwisc.org), Jeanne McLellan (jeanne.mclellan@alzwisc.org) or 888.308.6251.

Annual golf outing another winner

Over $52,000 was raised by the 31 businesses who participated in the 15th Annual $1,000,000 Shoot Out™ Charity Golf Outing on August 1 at The Legend at Bergamont. Special thanks to Robb Vogel, Sports Director, NBC15, program emcee; Mitch Henck and Dan Smith, auctioneers for the live auction; and our event sponsors:

Platinum: Bill and Cindy Klein, Catholic Financial Life

Silver/Awards Dinner: Group Health Cooperative

Lunch: Murphy Insurance Group

Media: NBC15

Golf carts: Mutual of Omaha and UW Health

Beverage carts: Brookdale Senior Living, Transamerica Long Term Care, John Hancock Long Term Care Insurance

Corporate sponsors: CL Swanson, DoubleTree Hotel, First Business Bank, Genworth Financial, John Hancock Long Term Care Insurance, Klein Senior Planning, Lathrop & Clark, LLP, Lincoln Financial Advisors, LTGI Partners, M3 Insurance, Meuer Art & Picture Frame, NBC15, Oak Park Place, SVA Plumb Financial, Wisconsin Mutual Insurance Company, WPS Health Insurance

Hole sponsors: Boardman Law Firm, Madison Concourse Hotel, Murphy Desmond, New Concept Cleaning, State Bank of Cross Plains

Flag Event: State Bank of Cross Plains

Make a difference through your will

A bequest, through your will, provides you with an opportunity to continue your life, your interests and your concern for people. Perhaps there is some service or program of the Alzheimer’s Alliance which is of special interest to you. If so, you may be able to extend your influence in this area into the future for the benefit of many people. For more information, contact Miriam Boegel at miriam.boegel@alzwisc.org or 608.232.3909.

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.

Agency code #370

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Green County
Saturday, September 10
Behring Senior Center, Monroe

Columbia County
Sunday, September 11
Riverside Park, Portage

Dane County
Saturday, September 17
Warner Park, Madison

Grant County
Sunday, September 18
Lancaster Congregational Church

Sauk County
Saturday, September 24
Ochsner Park & Riverwalk, Baraboo

Richland County
Sunday, September 25
UW-Richland, Richland Center

Iowa County
Saturday, October 1
Grace Lutheran Church, Dodgeville

SEE YOU THERE!

www.alzwisc.org