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Fall 2014

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From the Director

Dear Friends,

As we enter the fall season, I hope you will spend a few minutes reviewing our upcoming programs and sharing in some of the successes we have experienced as an organization this summer. The critical fundraising that occurs at our seven Alzheimer's Walks makes it all possible! Keep in mind that 100% of all dollars raised by the ADAW stays in Wisconsin. Plus, nearly 80% of all dollars goes to programs and services for persons with dementia and

their families. Please plan to join us at one of our Walks – if you can't attend in person, you can help fundraise or participate as a "virtual walker" by going to www.alzwisc.org.

We were delighted to be the focus of a WISC TV Channel 3 editorial on August 13 that honored ADAW for our "Dementia Friendly Community" initiative. We trained 50% of the employees at five local Middleton businesses on how best to communicate with folks in the early stages of memory loss, which we hope to repeat in communities throughout south central Wisconsin. The employees were happy to receive the specialized training as assisting those who need a little extra help staying active in the community is very rewarding. The editorial is on our website under "In the News" if you missed it.

Our sixth Memory Café started in July at Folklore Village in Dodgeville, and the seventh begins September 15 at Warner Park Center, sponsored with the North/Eastside Senior Coalition. These seven monthly events give persons with dementia and their care partners regular opportunities to experience all that life has to offer in a safe and caring environment. We sponsored the first Memory Café in Wisconsin and appreciate the opportunity to have a network available. Some folks attend more than one Café which we love to see – each one has a slightly different ambiance.

We have a new employee, Cori Marsh, who is the new dementia specialist for Rock County, located in the Aging and Disability Resource Center in Janesville. Cori has decades of dementia experience and is available to talk and meet with families as they struggle with all the complexities dementia brings. ADAW partnered with Rock County and successfully competed statewide for one of the new state grants to make expanded dementia services in Rock County possible.

Our Silver Alert bill went into effect August 1, and ADAW was honored to present awards to Claire Baeb and her two daughters who repeatedly attended hearings at the State Capitol to pass this important legislation. If you are interested in learning more about Silver Alert, please visit our website. You can sign up for the alerts issued by the Department of Justice. To date two have been issued, and both persons were safely returned home.

We are grateful to all of you who help us raise the important local funds that make the ADAW such an important resource for thousands of families each year. Please feel free to contact us at any time.

Sincerely,

Paul Rusk

Paul Rusk, Executive Director

Alzheimer's & Dementia Alliance of Wisconsin (ADAW)

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Grant/Richland Regional Office

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608.723.4288 or
888.308.6251 toll-free

Columbia/Sauk Regional Office

2825 Hunters Trail
Portage, WI 53901
608.742.9055 or
888.308.6251 toll-free



13th Annual Green County Alzheimer's Walk

Saturday, September 6, 2014
BEHRING SENIOR CENTER, 1113 10th St. | Monroe, WI

8th Annual Columbia County Alzheimer's Walk

Sunday, September 7, 2014
RIVERSIDE PARK, East Wisconsin St. | Portage, WI

12th Annual Grant County Alzheimer's Walk

Saturday, September 13, 2014
GRANT COUNTY FAIRGROUNDS, 916 E. Elm St. | Lancaster, WI

14th Annual Sauk County Alzheimer's Walk

Saturday, September 20, 2014
OCHSNER PARK & RIVERWALK, 8th Ave. & Park St. | Baraboo, WI

16th Annual Dane County Alzheimer's Walk

Saturday, September 27, 2014
WARNER PARK SHELTER, 1511 Northport Dr. | Madison, WI

11th Annual Richland County Alzheimer's Walk

Sunday, September 21, 2014
UW RICHLAND, 1200 Highway 14 West | Richland Center, WI

10th Annual Iowa County Alzheimer's Walk

Saturday, October 4, 2014
GRACE LUTHERAN CHURCH, 1105 N. Bequette St. | Dodgeville, WI

Upcoming Programs

DESCRIPTIONS ON PROGRAMS

All of the programs listed are offered often (*some monthly and some weekly*) across nine counties. All of the programs are free and require no registration, unless specified. Donations are welcome to ensure the continuation of these programs.

Memory Cafés

A Memory Café is a social gathering place where individuals with memory loss, mild cognitive impairment, early Alzheimer's, or other dementias, can come together. There are currently seven different cafés that meet monthly to visit, share common interests, and enjoy refreshments. Each monthly café is unique and offers a program or activity that's fun and chosen by participants' interests. Family and friends are encouraged to come. If you require assistance to participate, please have someone accompany you.

We All Forget: Is it normal aging or should I be concerned?:

We all forget names occasionally and misplace keys and wallets. In this program, your common questions will be answered. What's normal and what's not normal for our brains as we age? What should we do if we're concerned for ourselves or others?

Alzheimer's and Dementia: What is it? What can I do?

This hour-long program will tell you about the basics. What are the causes, warning signs and risk factors? What are practical things you can do whether you are concerned about yourself or a loved one or if you are interested in helping others impacted by dementia? Come to find out!

Maintain Brain Health

Take time to attend a session to learn brain health tips regarding nutrition, mental exercise, physical activity and more.

SEPTEMBER

Dodgeville Memory Café Wednesday, September 3

1:00 – 3:00 p.m.
Folklore Village
3210 County Rd. BB, Dodgeville

Middleton Memory Café Friday, September 5

9:30 – 11:30 a.m.
Captain Bill's Restaurant
2701 Century Harbor Rd.,
Middleton

Health and Resource Fair Thursday, September 11

8:30 a.m. – 12:30 p.m.
Madison Senior Center
330 West Mifflin St., Madison

The Alzheimer's & Dementia Alliance of Wisconsin will be part of Madison Senior Center's Health and Resource Fair. Stop by to learn all about living well – our resources span the spectrum! Financial options, living choices, retirement planning, healthy eating and exercise – Madison Senior Center's Health and Resource Fair offers it all.

Family Caregiver Resource Fair

Saturday, September 13
8:30 – 11:30 a.m.
Warner Park Community Center
1625 Northport Dr., Madison

Learn about the many services, resources and educational opportunities in Dane County that can help you. Presented by the North/Eastside Senior Coalition. Free.

Is It Time for Facility Care? Monday, September 15

5:30 – 7:00 p.m.
Alicia Ashman Library
733 N. High Point Rd., Madison

Review things to consider when making the decision to move to facility care.

NEW! Madison Memory Café Monday, September 15

1:00 – 3:00 p.m.
Warner Park Community Center
1625 Northport Dr., Madison

Maintaining Brain Health Tuesday, September 16

6:00 – 7:00 p.m.
Clare Bridge of Sun Prairie
650 Broadway Drive, Sun Prairie

Sauk City Memory Café Thursday, September 18

9:30 – 11:00 a.m.
Sauk Prairie Community Center,
Café Connections
730 Monroe St., Sauk City

Wisconsin State/Dane County Triad Crime Prevention & Safety Expo Friday, September 19

8:00 a.m. – 4:00 p.m.
American Family Insurance
Training Center
6000 American Parkway, Madison

A day long conference with speakers on crime prevention & safety, resource tables & literature.

We All Forget Monday, September 22

3:30 – 4:30 p.m.
Coventry Village
Brookline Apartments
7707 N. Brookline Dr., Madison

Portage Memory Café Wednesday, September 24

1:00 – 3:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage

Richland Center Memory Café

Thursday, September 25
9:30 – 11:30 a.m.
Woodman Senior Center
1050 N. Orange St.,
Richland Center

Young Onset Memory Café (65 and under)

Saturday, September 27
11:30 a.m. – 1:30 p.m.
Alzheimer's and Dementia
Alliance of WI
2nd Floor Conference Room
517 N. Segoe Rd., Madison

Please contact ADAW
at 608.232.3400 prior
to participating.

OCTOBER

Dodgeville Memory Café Wednesday, October 1

1:00 – 3:00 p.m.
Folklore Village
3210 County Rd. BB, Dodgeville

Middleton Memory Café Friday, October 3

9:30 – 11:30 a.m.
Captain Bill's Restaurant
2701 Century Harbor Rd.,
Middleton

Caring for A Loved One Who May Wander Wednesday, October 8

5:30 – 6:30 p.m.
Fitchburg Senior Center
5510 Lacy Rd., Fitchburg

Learn more about keeping your spouse/partner, parent, neighbor or anyone with dementia safe. Featuring Mike Butler, Dane County Sheriff's Office, and Pat Wilson ADAW. Advanced sign-up is requested. Please call the Fitchburg Senior Center at 608.270.4290 by 10/6.

Legal & Financial Seminar Wednesday, October 8

5:30 – 8:30 p.m.
Benevento's Restaurant
1621 Progressive Parkway,
Platteville

A seminar for families that provides a general overview of legal and financial issues to consider for loved ones with memory loss, Alzheimer's disease, or another dementia.

GUEST PRESENTER:
Sheila Stuart-Kelly, Kopp
McKichan, LLP, Platteville. Dinner
provided. Registration required.
Contact Debbi Donald at
608.723.2136 ext. 178.

Sauk City Memory Café Thursday, October 16

9:30 – 11:00 a.m.
Sauk Prairie Community Center,
Café Connections
730 Monroe St., Sauk City

Madison Memory Café Monday, October 20

1:00 – 3:00 p.m.
Warner Park Community Center
1625 Northport Dr., Madison

Communication Tips Monday, October 20

5:30 – 7:00 p.m.
Hawthorne Public Library
2707 East Washington Ave.,
Madison

Learn ways to effectively and compassionately communicate with someone who has dementia.

Portage Memory Café Wednesday, October 22

1:00 – 3:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage

Richland Center Memory Café

Thursday, October 23
9:30 – 11:30 a.m.
Woodman Senior Center
1050 N. Orange St.,
Richland Center

Young Onset Memory Café (65 and under)

Saturday, October 25
11:30 a.m. – 1:30 p.m.
Alzheimer's and Dementia
Alliance of WI
2nd Floor Conference Room
517 N. Segoe Rd., Madison

Please contact ADAW
at 608.232.3400 prior
to participating.

We All Forget

Tuesday, October 28
10:00 – 11:00 a.m.
DeForest Senior Center
505 N. Main St., DeForest

Understanding and Coping with the Challenges of Alzheimer's and Dementia

Thursday, October 30
9:30 a.m. – 4:00 p.m.
United Methodist Church
2227 4th St., Monroe

Offered to family members, director care workers and professionals, this conference is an excellent opportunity to learn the latest information and resources that can help you face this growing health epidemic.

FEATURING GUEST PRESENTER,
Teepa Snow, MS, OTR/L,
FAOTA. Teepa is a very popular
and dynamic speaker with
over 30 years experience with
dementia. The combination of
Teepa's been-there-done-that
skills and her formal training
as an Occupational Therapist
give her the credibility and
experience to help caregivers
with tried-and-true solutions.

Onsite respite is available at no cost through the Hand in Hand Adult Day Center. Please contact Lou Dalton at 608.328.9499 to make respite arrangements by October 15.

Registration deadline is October 23. For more information or to receive a detailed brochure, please contact Deanna Truedson at Deanna.truedson@alzswisc.org

or 608.843.3402.

This program is provided by ADAW, the Aging & Disability Resource Center & Monroe Clinic.

NOVEMBER

ABC's of Alzheimer's and Dementia

Wednesdays, November 5 & 12
1:00 – 2:30 p.m.
Park Place Senior Living,
Community Room
1155 N. Elm Street, Platteville

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. SESSION ONE presented by Dr. TJ Norton, Southwest Health Center. SESSION TWO presented by Becky Debuhr, ADAW.

Dodgeville Memory Café Wednesday, November 5

1:00 – 3:00 p.m.
Folklore Village
3210 County Rd. BB, Dodgeville

Middleton Memory Café Friday, November 7

9:30 – 11:30 a.m.
Captain Bill's Restaurant
2701 Century Harbor Rd.,
Middleton

Maintaining Brain Health Tuesday, November 11

1:30 – 2:30 p.m.
Oakwood Village-
University Woods
6205 Mineral Point Rd., Madison

We All Forget Friday, November 14

9:15 – 10:15 a.m.
Our Lady Queen of Peace
401 S Owen Dr., Madison

Madison Memory Café Monday, November 17

1:00 – 3:00 p.m.
Warner Park Community Center
1625 Northport Dr., Madison

Understanding and Responding to Behavior Changes

Monday, November 17
5:30 – 7:00 p.m.
Alicia Ashman Library
733 N. High Point Rd., Madison
GUEST PRESENTER Kristen Felten,
DHS. Understand reasons why
behavior changes occur and
get problem-solving tips to help
prevent and cope with them.

Alzheimer's and Dementia: What is it? What can I do?

Wednesday, November 19
1:00 – 2:00 p.m.
Stoughton Senior Center
248 W. Main St., Stoughton

Sauk City Memory Café Thursday, November 20

9:30 – 11:00 a.m.
Sauk Prairie Community Center,
Café Connections
730 Monroe St., Sauk City

Young Onset Memory Café (65 and under)

Saturday, November 22
11:30 a.m. – 1:30 p.m.
Alzheimer's and Dementia
Alliance of WI
2nd Floor Conference Room
517 N. Segoe Rd., Madison

Please contact ADAW at
608.232.3400 prior to
participating.

Portage Memory Café Wednesday, November 26

1:00 – 3:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage

Richland Center Memory Café

Thursday, November 27
9:30 – 11:30 a.m.
Woodman Senior Center
1050 N. Orange St.,
Richland Center