Feelings of frustration, anger, and guilt are common in caregiving and can be overwhelming and disturbing. If not dealt with, these feelings can be physically, emotionally, and mentally harmful to you and those in your care. Listed below are some tips to dealing with these strong emotional reactions.

- **Get information.** Get an accurate assessment of what you can expect from caring for someone with dementia. Learn about the disease and the care needed. You can do this by reading information from reputable books and websites (contact the Alzheimer’s & Dementia Alliance [ADAW] for information), attending a support group, and talking to others who have cared for someone or to professionals with dementia experience. Denial can interfere with problem solving. Find ways to slowly gain acceptance.

- **Be proactive.** Identify your warning signs of frustration, what may be causing these strong feelings, and when you are most likely to feel them so that you can plan ahead for when you might need extra support.

- **If possible, take a step back** and get some distance from the stressful situation (e.g., go to the next room or take a walk).

- **Identify what you are feeling.** Do you feel angry? Guilty? Sad? Acknowledge what you are feeling even though it may be unpleasant. Feelings are feelings and are not good or bad. It is how you react and respond to your feelings that makes the difference.

- **Analyze what triggers the stressful feeling.** What events trigger these feelings, and what is it about a situation that makes you feel a certain way? How do you react? What does the situation mean to you?
• **Talk about your feelings** with someone who you trust, or write them down to express them. Talk to a professional if you are getting overwhelmed. Develop a support system (e.g., friends, relatives, professionals).

• **Make a plan.** Figure out what you can do differently. Make the plan very concrete. Decide what specifically you will change and how. Suggestions:
  - Have a mantra, spiritual verse, or quote that you repeat when stressed
  - Use mental games such as positive self-talk
  - Mentally monitor your response (e.g., “How much can I take before responding?” “Can I respond differently from last time?”)
  - Keep a private journal of your successes.

• **Set priorities.** Determine what is most important and don’t sweat the small stuff. Be realistic about expectations for yourself and for the person in your care.

• **Accentuate the positive.** Focus on the good that remains and not on what’s lost.

• **Take care of yourself** and take time just for you. **Be specific and realistic.** Set limits. You need to have a realistic plan of how you will get time away and set up a specific time when it can be done. Use your support system to help you do this.

• **Practice forgiveness.** Nobody’s perfect. You are doing the best you can in a difficult situation.

If you are not sure where to begin or are facing a particularly challenging situation, be sure to call the ADAW to arrange a care consultation. ADAW staff can work with you to define the problem and brainstorm ways to address it. Call 608.232.3400 or 888.308.6251 toll free in Wisconsin.

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**GOLF UPDATE**

The 19th annual Million Dollar Shootout was held on Monday, August 3, 2015 with 107 golfers enjoying a competitive round of golf at the beautiful Maple Bluff Country Club, raising more than $32,000. There was fun and frivolity during dinner as guests heard Pat Richter share stories from his playing days and time as athletic director at the University of Wisconsin.

First place team with a 54 in the scramble format event was the Fisher Family team of Mark Chullino, Brian Chullino, Tyler Piddington and Becky Iverson. Ryan Stephenson was closest to the pin on the 4th hole, earning the opportunity to take a shot for $1,000,000 at the end of the tournament. Other winners were:

**LONG DRIVE, LADIES** – Heidi Njoes  
**LONG DRIVE, MEN** – Tom Becker  
**LONG PUTT, LADIES** – Vicki Schober  
**LONG PUTT, MEN** – Toby Mattson  


**MARK YOUR CALENDAR FOR NEXT YEAR’S 20TH ANNIVERSARY OUTING, ON MONDAY, AUGUST 1, 2016 AT MAPLE BLUFF COUNTRY CLUB.**
ADAW WELCOMES NEW STAFF

ADAW welcomed four new staff members this fall:

Theresa Malak, CPA is the director of finance; Ingrid Kundinger has joined the staff as a director of development; Mary Severson will coordinate the Alzheimer’s & Family Caregiver Support Program. Therese Strom, not pictured, is the latest addition to Dane County’s Dementia Support Team. Jane DeBroux replaced Kira Stewart and will oversee Dane County’s National Family Caregiver Support Program.
HAVE YOU HEARD ABOUT OUR MANY SUPPORT GROUPS?

Join ADAW in a caring and understanding environment where you can ask questions and get straight answers from people who have been there. Learn creative and caring problem-solving techniques, get informed about helpful resources, and hear about advances in research and advocacy. Discover you are not alone in the way you feel! You may find that you can help others who are at a point where you’ve already been. Remember, laughter, taking care of yourself, and planning for the future are essential to well-being.

“The support I have been given by the Alzheimer’s & Dementia Alliance of WI, and especially the Men’s Support Group meetings, over the past four or five years have been very helpful and sincerely appreciated.”

–Howard S.

There are many support groups, at various times and locations.

To find one that works best for you or a loved one, visit www.alzwisc.org or call 608.232.3400 or 888.308.6251.

Upcoming Programs

All of the programs listed are offered often (some monthly and some weekly) across 10 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. Our brain may not seem as sharp as it once was but not all memory glitches signify the start of a progressive disease like Alzheimer’s. With growing awareness of the importance of having memory disorders diagnosed early, come learn what is normal for our brains as we age, how our memories work, and what we can do if we are concerned for ourselves or others.

UNDERSTANDING ALZHEIMER’S & DEMENTIA: What is the difference between Alzheimer’s disease & dementia? In this program you will learn the answer to that question as well as what causes dementia and receive practical things you can do, whether you are concerned about yourself, a loved one, or are just interested in helping others who are impacted by memory challenges.

BOOST YOUR BRAIN HEALTH: Tips to reduce your risk of Alzheimer’s and dementia. Current research indicates that lifestyle choices have significant impact on long term brain health. In this program you will learn how the brain works, tips on improving your brain health and how to lower your risk of developing dementia. This program features information about current research, scientifically-rooted nutritional and lifestyle advice as well as fun brain teasers and take home material.

DEMENTIA FRIENDLY COMMUNITY: The number of people living with Alzheimer’s disease in our state is growing and communities are mobilizing to better understand and support their local citizens. The majority of us will know someone with dementia in our lifetime. In this program you will learn how to better recognize a person with memory or thinking impairments and to better understand what businesses and community members can do to serve and support people struggling with cognitive challenges. Find out what is happening in your community and learn how you can make a difference.

NOVEMBER

UNDERSTANDING AND COPING WITH THE CHALLENGES OF ALZHEIMER’S DISEASE AND DEMENTIA

Learn more about Alzheimer’s disease and other dementias and person centered care through informative and interactive presentations w/ keynote presenter Erin Bonitto, an internationally-known educator and dementia communication coach.

Thursday, November 5, 2015
9:30 a.m. – 3:30 p.m.
United Methodist Church, 2227 4th St., Monroe

MIDDLETON MEMORY CAFÉ
Friday, November 6
9:30 – 11:30 a.m.
Captain Bill’s Restaurant
2701 Century Harbor Rd., Middleton

COMMUNICATION TIPS & STRATEGIES

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

Monday, November 9
5:30 – 7:00 p.m.
Alicia Ashman Library
733 N. High Point Rd., Madison
Alzheimer’s & Dementia Alliance of Wisconsin • 5

**BOOST YOUR BRAIN HEALTH**
Tuesday, November 10
1:00 – 2:00 p.m.
Middleton Library
7425 Hubbard Ave., Middleton

**DFC COMMUNITY TRAINING**
Make your business or organization dementia friendly. Attend this public training to better recognize, serve and communicate with customers and participants who have cognitive challenges.

**Tuesday, November 10**
2:30 – 3:30 p.m.

**Wednesday, November 11**
5:30 – 6:30 p.m.
Middleton Senior Center
7448 Hubbard Ave., Middleton

**SUN PRAIRIE MEMORY CAFE**
Thursday, November 12
9:30 – 11:00 a.m.
The Sunshine Place
1632 W. Main St., Suite 200, Sun Prairie
* Affiliated with ADAW. Hosted by the Colonial Club Senior Center. Contact Pam Westfall at 608.837.4611 ext. 152 for more information.

**MADISON MEMORY CAFÉ**
Monday, November 16
1:00 – 3:00 p.m.
Warner Park Community Center
1625 Northport Dr., Madison

**UNDERSTANDING ALZHEIMER’S & DEMENTIA**
Tuesday, November 17
1:00 – 2:00 p.m.
Middleton Library
7425 Hubbard Ave., Middleton

**SAUK CITY MEMORY CAFÉ**
Thursday, November 19
9:30 – 11:00 a.m.
Sauk Prairie Community Center, Café Connections
730 Monroe St., Sauk City

**DATE CHANGE:**
**RICHLAND CENTER MEMORY CAFÉ**
Thursday, November 19
9:30 – 11:30 a.m.
Woodman Senior Center
1050 Orange St., Richland Center
Richland Center Memory Café will meet one week earlier due to Thanksgiving holiday.

**DATE CHANGE:**
**DEFOREST MEMORY CAFÉ**
Tuesday, November 20
1:00 – 2:30 p.m.
DeForest Area Community and Senior Center
505 N. Main St., DeForest
* Affiliated with ADAW. Hosted by the DeForest Area Community and Senior Center. Contact 608.846.9469 for more information.
DeForest Memory Café will meet one week earlier due to Thanksgiving holiday.

**SAFETY AT HOME**
Receive tips to help you and your loved one stay safely and independently in your own home.

Tuesday, November 24
5:30 – 7:00 p.m.
Oak Park Place
800 Waldo St., Baraboo

**PORTAGE MEMORY CAFÉ**
Wednesday, November 25
1:00 – 3:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage

**YOUNG ONSET MEMORY CAFÉ**
(65 AND UNDER)
Please contact ADAW at 608.232.3400 prior to participating.

**SAUK CITY MEMORY CAFÉ**
Thursday, November 19
9:30 – 11:00 a.m.

**SAUK CITY MEMORY CAFÉ**
Thursday, December 17
9:30 – 1:00 a.m.
Sauk Prairie Community Center, Café Connections
730 Monroe St., Sauk City

**UNDERSTANDING & RESPONDING TO BEHAVIOR CHANGES**
Understand reasons why behavior changes occur and get problem-solving tips to help prevent and cope with them.

**MADISON MEMORY CAFÉ**
Monday, November 16
1:00 – 3:00 p.m.
Warner Park Community Center
1625 Northport Dr., Madison

**UNDERSTANDING ALZHEIMER’S & DEMENTIA**
Tuesday, November 17
1:00 – 2:00 p.m.
Middleton Library
7425 Hubbard Ave., Middleton

**SUN PRAIRIE MEMORY CAFE**
Thursday, November 12
9:30 – 11:00 a.m.
The Sunshine Place
1632 W. Main St., Suite 200, Sun Prairie
* Affiliated with ADAW. Hosted by the Colonial Club Senior Center. Contact Pam Westfall at 608.837.4611 ext. 152 for more information.

**MIDDLETON MEMORY CAFÉ**
Friday, December 4
9:30 – 11:30 a.m.
Captain Bill’s Restaurant
2701 Century Harbor Rd., Middleton

**SUN PRAIRIE MEMORY CAFE**
Thursday, November 12
9:30 – 11:00 a.m.
The Sunshine Place
1632 W. Main St., Suite 200, Sun Prairie
* Affiliated with ADAW. Hosted by the Colonial Club Senior Center. Contact Pam Westfall at 608.837.4611 ext. 152 for more information.

**LEGAL & FINANCIAL PLANNING SEMINAR**
A two-part workshop for families that provides an overview of key legal and financial issues to consider for loved ones with memory loss, Alzheimer’s disease or another dementia. Presented by Attorney Paul Schmidt, Boardman & Clark Law Firm. Registration required by calling 608.232.3400.

**December 3 & December 10**
5:30 – 7:30 p.m.
Grandview Hall, Oak Park Place
718 Jupiter Dr., Madison

**MIDDLETON MEMORY CAFÉ**
Friday, December 4
9:30 – 11:30 a.m.
Captain Bill’s Restaurant
2701 Century Harbor Rd., Middleton

**SUN PRAIRIE MEMORY CAFE**
Thursday, December 10
9:30 – 11:00 a.m.
The Sunshine Place
1632 W. Main St., Suite 200, Sun Prairie
* Affiliated with ADAW. Hosted by the Colonial Club Senior Center. Contact Pam Westfall at 608.837.4611 ext. 152 for more information.

**UNDERSTANDING & RESPONDING TO BEHAVIOR CHANGES**
Understand reasons why behavior changes occur and get problem-solving tips to help prevent and cope with them.

**Monday, December 14**
5:30 – 7:00 p.m.
Goodman South Madison Library
2222 S. Park St., Madison

**SAUK CITY MEMORY CAFÉ**
Thursday, December 17
9:30 – 1:00 a.m.
Sauk Prairie Community Center, Café Connections
730 Monroe St., Sauk City

**DATE CHANGE:**
**RICHLAND CENTER MEMORY CAFÉ**
Thursday, November 19
9:30 – 1:30 a.m.
Alzheimer’s & Dementia Alliance of WI
2nd Floor Conference Room
517 N. Segoe Rd., Madison

**DECEMBER**

**DODGEVILLE MEMORY CAFÉ**
Wednesday, December 2
1:00 – 3:00 p.m.
Folklore Village
3210 County Rd. BB, Dodgeville

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DATE CHANGE:
RICHLAND CENTER MEMORY CAFÉ
Thursday, December 17
9:30 – 11:30 a.m.
Woodman Senior Center
1050 Orange St., Richland Center
Richland Center Memory Café will meet one week early due to Christmas holiday.

MADISON MEMORY CAFÉ
Monday, December 21
1:00 – 3:00 p.m.
Warner Park Community Center
1625 Northport Dr., Madison

UNDERSTANDING & RESPONDING TO BEHAVIOR CHANGES
Understand reasons why behavior changes occur and get problem-solving tips to help prevent and cope with them.

Tuesday, December 22
5:30 – 7:00 p.m.
Columbus Senior Center
125 N. Dickason Blvd., Columbus

PORTAGE MEMORY CAFÉ
Wednesday, December 23
1:00 – 3:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage

DeForest Memory Café and Young Onset Memory Café will not meet in December due to the Christmas holiday.

JANUARY 2016

DODGEVILLE MEMORY CAFÉ
Wednesday, January 6
1:00 – 3:00 p.m.
Folklore Village
3210 County Rd. BB, Dodgeville

DATE CHANGE:
MIDDLETON MEMORY CAFÉ
Friday, January 8
9:30 – 11:30 a.m.
Captain Bill’s Restaurant
2701 Century Harbor Rd., Middleton
Middleton Memory Café will meet one week later due to New Year’s Day.

SUN PRAIRIE MEMORY CAFÉ*
Thursday, January 14
9:30 – 11:00 a.m.
The Sunshine Place
1632 W. Main St., Suite 200, Sun Prairie
* Affiliated with ADAQ. Hosted by the Colonial Club Senior Center. Contact Pam Westfall at 608.837.4611 ext. 152 for more information.

MADISON MEMORY CAFÉ**
Monday, January 18
1:00 – 3:00 p.m.
Warner Park Community Center
1625 Northport Dr., Madison
** Please call 608.232.3400 to confirm.
Date may change due to MLK holiday.

SAUK CITY MEMORY CAFÉ
Thursday, January 21
9:30 – 11:00 a.m.
Sauk Prairie Community Center, Café Connections
730 Monroe St., Sauk City

DEFOREST MEMORY CAFÉ
Friday, January 22
1:00 – 2:30 p.m.
DeForest Area Community & Senior Center
505 N. Main Street, DeForest
* Affiliated with ADAQ. Hosted by the DeForest Area Community & Senior Center. Contact 608.846.9469 for more information.

YOUNG ONSET MEMORY CAFÉ (65 AND UNDER)
Please contact ADAQ at 608.232.3400 prior to participating.

IS IT TIME FOR FACILITY CARE?
Review things to consider when making the decision to move to facility care.

FEBRUARY 2016

DODGEVILLE MEMORY CAFÉ
Wednesday, February 3
1:00 – 3:00 p.m.
Folklore Village
3210 County Rd. BB, Dodgeville

MIDDLETON MEMORY CAFÉ
Friday, February 5
9:30 – 11:30 a.m.
Captain Bill’s Restaurant
2701 Century Harbor Rd., Middleton

SUN PRAIRIE MEMORY CAFÉ
Thursday, February 11
9:30 – 11:00 a.m.
The Sunshine Place
1632 W. Main St., Suite 200, Sun Prairie
* Affiliated with ADAQ. Hosted by the Colonial Club Senior Center. Contact Pam Westfall at 608.837.4611 ext. 152 for more information.

COMMUNICATION TIPS & STRATEGIES
Learn ways to effectively and compassionately communicate with someone who has dementia.

Tuesday, January 26
5:30 – 7:00 p.m.
Sauk Co. Health Care Center
1051 Clark St., Reedsburg

IS IT TIME FOR FACILITY CARE?
Review things to consider when making the decision to move to facility care.

MADISON MEMORY CAFÉ**
Monday, February 15
1:00 – 3:00 p.m.
Warner Park Community Center
1625 Northport Dr., Madison
** Please call to confirm. Time may change.
Alzheimer’s Walk 2015 was a tremendous success, raising $274,880.18. More than 1,950 people attend the seven walks across our ten-county service area. It was great to see so many new faces and teams this year! And it is always amazing to welcome back so many returning teams! Thank you!

All proceeds from the Alzheimer’s Walks will support programs and services throughout the region. Thank you to all participates, committee members, honorary chairs, donors, volunteers, and sponsors for another outstanding year!

**Green, September 12**
support.alzwise.org/green

**EVENT RESULTS**
Teams raising the most money:
Pleasant View Nursing Home $4,761
Monroe Manor $2,692

Team with the most walkers:
Monroe Manor with 49

Family team raising the most money:
Ruth’s Angels $2,198.66

Individuals:
Michael Wolff
Karla Rule

Number of walkers: 184
Total raised as of 10/22: $35,713.13

**THANK YOU TO OUR SPONSORS**
Gold:
Colony Brands, Inc.
Mimi’s Team

Silver:
Babler Associates
First National Bank and Trust Company
Monroe Clinic

Honorary:
Ekum Abstract & Title
New Glarus Brewing Co.
Premier Cooperative

**Columbia/Marquette, September 13**
support.alzwise.org/columbia

**EVENT RESULTS**
Team raising the most money:
Bonnet Prairie Lutheran Church $4,509

Team with the most walkers:
Bonnet Prairie Lutheran Church with 19

Family team raising the most money:
McCarthy & Girls $3,931

Individuals:
Marilyn Bubolz
Libby Lain
Cheryl Mielke

Number of walkers: 177
Total raised as of 10/22: $45,315.72

**THANK YOU TO OUR SPONSORS**
Gold:
Our House Senior Living

Silver:
AmericanWay Assisted Living
BrightStar Care
Columbia County Healthcare Center
The Dump Bar & Grill
Ho-Chunk Gaming Wisconsin Dells
House of Embers

*Affiliated with A Daw. Hosted by the DeForest Area Community and Senior Center. Contact 608.846.9469 for more information.

SAUK CITY MEMORY CAFÉ
Thursday, February 18
9:30 – 11:00 a.m.
Sauk Prairie Community Center,
Café Connections
730 Monroe St., Sauk City

UNDERSTANDING & RESPONDING TO BEHAVIOR CHANGES
Understand reasons why behavior changes occur and get problem-solving tips to help prevent and cope.

Tuesday, February 23
5:30 – 7:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage

PORTAGE MEMORY CAFÉ
Wednesday, February 24
1:00 – 3:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage

RICHLAND CENTER MEMORY CAFÉ
Thursday, February 25
9:30 – 11:30 a.m.
Woodman Senior Center
1050 Orange St., Richland Center

DEFOREST MEMORY CAFE
Friday, February 26
1:00 – 2:30 p.m.
DeForest Area Community and Senior Center
505 N. Main Street, DeForest

* Affiliated with A Daw. Hosted by the DeForest Area Community and Senior Center. Contact 608.846.9469 for more information.

YOUNG ONSET MEMORY CAFÉ (65 AND UNDER)
Please contact A Daw at 608.232.3400 prior to participating.

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

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Tivoli at Divine Savior Healthcare

Bronze:
Bonnet Prairie Lutheran Church
Country Terrace of Wisconsin

Honorary:
Harris Villa
Hinze Excavating
Marquette/Adams Telephone Cooperative Inc.
Montello Care Center
National Exchange Bank & Trust
Northland Home Health
Northside Automotive
Oxford Lions Club
Precision Collision
Premier Cooperative
Mary & Karl Spath

Iowa, September 19
support.alzwisc.org/iowa

EVENT RESULTS
Teams raising the most money:
Land’s End Unforgettables $1,245
Wal-Mart $1,095

Team with the most walkers:
Granny’s Gang with 43

Family team raising the most money:
Granny’s Gang $1,095

Individuals: Penny Hering

Number of walkers: 137
Total raised as of 10/22: $13,443.80

THANK YOU TO OUR SPONSORS
Gold:
Crest Ridge Senior Living
Sienna Crest Memory Care

Silver:
Bloomfield Healthcare and Rehabilitation Center
Kiwanis International
Mark’s Auto Repair

Bronze:
Upland Hills Health

Honorary:
Ivey’s Pharmacy, Inc.
Point Foods
Potterton Rule Real Estate & Insurance
Premier Cooperative
Universal AET

Sauk, September 26
support.alzwisc.org/sauk

EVENT RESULTS
Teams raising the most money:
Mighty Oaks (Oak Park Place) $2,838.78
Reedsburg Area Senior Life Center $2,466.84

Teams with the most walkers:
Mighty Oaks with 18
Reedsburg Area Senior Life Center with 16

Family team raising the most money:
Rockin’ Ritas $1,310

Individuals:
John Scott
Courtney Hamilton

Number of walkers: 161
Total raised as of 10/22: $21,804.74

THANK YOU TO OUR SPONSORS
Gold:
Elderspan Management
(Meadow View, Meadows, Pine Villa)

Silver:
BrightStar Care
Ho-Chunk Gaming Wisconsin Dells
Maplewood
Our House Senior Living
Reedsburg Area Senior Life Center
Sauk County

Honorary:
Baraboo Cooperative Citizen Organization
Golden Living Center
Premier Cooperative

Richland September 27
support.alzwisc.org/richland

EVENT RESULTS
Team raising the most money:
Harvest Guest Home Assisted Living
$4,430.50

Team with the most walkers:
Minnie’s Memories with 29

Family team raising the most money:
Thanks for the Memories $3,744.23

Individuals:
Mary Lou Tessmer

Number of walkers: 143
Total raised as of 10/22: $24,923.99

THANK YOU TO OUR SPONSORS
Gold:
HCR ManorCare

Silver:
Pine Valley Healthcare & Rehabilitation Center
The Richland Hospital, Inc.
Schmitt Woodland Hills

Media:
WRCO FM 100.9

Honorary:
Ash Creek Plumbing & Heating, Inc.
Premier Cooperative
Subway
Universal AET
Wertz Plumbing & Heating, Inc.

Grant, October 3
support.alzwisc.org/grant

EVENT RESULTS
Teams raising the most money:
Johnny’s Walkers $6,705
Park Place Senior Living $3,030

Teams with the most walkers:
Forget Me Nots (Grant Co. Regional Health) with 26
Park Place Senior Living with 22

Individuals:
Rosie Errthum
Linda Groeschl

Number of walkers: 112
Total raised as of 10/22: $23,594.74

THANK YOU TO OUR SPONSORS
Gold:
HCR ManorCare
Dane, October 10
support.alzwisc.org/dane

EVENT RESULTS
Teams raising the most money:
Oak Park Place $25,381.99
Attic Angel $4,631.03

Team with the most walkers:
Oak Park Place with 93

Family teams raising the most money:
Team Blotner $18,674
Memories with Mary $3,335

Number of walkers: 1,045
Total raised as of 10/22: $110,083.17

THANK YOU TO OUR SPONSORS
Gold:
American Family Insurance

Silver:
Dean & St. Mary’s
Oak Park Place
UW Health & Unity Health Insurance

Bronze:
All Saints Memory Care
Culver’s
Oakwood Lutheran Senior Ministries

Honorary:
Premier Cooperative
Summit Credit Union

Advocacy Update
from Rob Gundermann, Public Policy Director

SPEAKER’S ALZHEIMER’S AND DEMENTIA TASK FORCE MEETS
The newly created Task Force on Alzheimer’s and Dementia created by Assembly Speaker Robin Vos has started meeting. The first public hearing was limited to invited speakers and held in Madison on September 16. At that hearing, Executive Director Paul Rusk and Public Policy Director Rob Gundermann presented testimony advocating for specific actions the Task Force could undertake to improve the lives of people with dementia. The Alliance has asked the Task Force to consider the following:

- Incentivizing home care over institutionalization by providing more funding for family caregivers through the Alzheimer’s Family Caregiver Support Program.
- Creating mobile dementia crisis units to address behavioral challenges in place, whether that is in a home setting or an institutional setting, rather than removing the person with dementia from their place of residence for treatment.
- Explore avenues to assist in distribution of our Young Onset Dementia Worker Retention Toolkit which we developed a few years ago in response to queries we received from people in Wisconsin who had dementia and were forced to leave the workforce because of their disease. The Toolkit is comprised of five guides for both the employee with dementia and the employer.
- Applying the “Informed Consent” requirements for the administration of antipsychotic medications with black box warnings for people with dementia, which nursing homes currently operate under to Community Based Residential Facilities (CBRFs) as well.

The informed consent issue is somewhat complicated. Black Box Warnings for dementia are now required by the Food and Drug Administration (FDA) for all antipsychotics. This excerpt is from the FDA website:

“In April 2005, FDA notified healthcare professionals that patients with dementia-related psychosis treated with atypical antipsychotic drugs are at an increased risk of death. Since issuing that notification, FDA has reviewed additional information that indicates the risk is also associated with conventional antipsychotics.”

Continued on page 11
Risperdal for example is an FDA-approved prescription medication for the treatment of schizophrenia, bipolar disorder and autism spectrum disorders. The drug, also known as risperidone, is an atypical antipsychotic medication that is also often prescribed to treat psychosis, aggression, agitation and behavioral disorders in dementia patients. This is known as off-label use, meaning that the drug was not approved by the FDA for this purpose.

Serious health risks associated with the use of Risperdal and other antipsychotics in elderly dementia patients prompted the FDA to require a Black Box Warning – the strictest warning possible. A Black Box Warning is information that appears on the label of a prescription medication to alert patients, caregivers and health care providers of important safety concerns associated with that medication. It is called a black-box warning because its text is surrounded by a black border.

This is the actual Black Box Warning for Risperdal:

**WARNING: INCREASED MORTALITY IN ELDERLY PATIENTS WITH DEMENTIA-RELATED PSYCHOSIS**

Elderly patients with dementia-related psychosis treated with antipsychotic drugs are at an increased risk of death.

**RISPERDAL** is not approved for use in patients with dementia-related psychosis.

We are recommending that if these medications are to be administered to people with dementia in CBRFs, the facility administering the drug should be required to let the individual or responsible party if there is an activated Health Care Power of Attorney (HCPOA) or Guardianship know that there is a black box warning for the medication since neither the individual nor the responsible party would be likely to see the medication packaging themselves. The medications could still be prescribed and administered. Our position is simply that the person with dementia or their designated HCPOA or guardian has a right to know about the warning and should be informed.

The Task Force held a second public hearing in Madison in October where members of the Nursing Home and Community Based Residential Facility industries were invited to speak. We were pleased that Dr. Sanjay Asthana and Dr. Carey Gleason were also invited to speak on behalf of the Wisconsin Alzheimer’s Disease Research Center at UW Madison. The next public hearing is scheduled for November 10th in Neenah and I will have more information about that in our next newsletter.
We are deeply grateful to everyone who has supported our programs and services.

Please contact the ADAW at 608.232.3400 to make any corrections to this listing.
SAVE THE DATE

Mark your calendars and spread the word on two annual events the Alzheimer’s & Dementia Alliance of Wisconsin will host in 2016:

**6TH ANNUAL SOLOMON CARTER FULLER MEMORY SCREENING EVENT**

Friday, February 19, 2016
Featuring guest speaker Consuelo Wilkins, MD
Executive Director, Meharry-Vanderbilt Alliance

Saturday, February 20, 2016
Memory Screenings by appointment
Details and registration information coming soon

**ANNUAL UNDERSTANDING & COPING WITH THE CHALLENGES OF ALZHEIMER’S DISEASE AND DEMENTIA**

Featuring Teepa Snow, MS, OTR/L, FAOTA, Positive Approach LLC

Thursday, March 10, 2016
Southwest Technical College, Fennimore

Friday, March 11, 2016
Oakwood Village University Woods location