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Dealing with Frustration, Anger, and Guilt

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?

Continued on page 2

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- **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.

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

Thank you to this year's sponsors: American Printing, Boardman & Clark LLP, Catholic Financial Life, Catholic Financial Life Chapters #261 and #280, Dane County Title, Dentistry of Madison, Group Health Cooperative, Hooper Foundation/General Heating & Air Conditioning, J & K Security, Lincoln Financial Advisors, McGladrey LLP, Meuer Art & Picture Frame, NBC 15, New Concept Cleaning, Oak Bank, Oak Park Place, Sienna Crest Assisted Living, State Bank of Cross Plains, Stevens Construction, Thompson Investment Management, and Zimbrick European.

MARK YOUR CALENDAR FOR NEXT YEAR'S 20TH ANNIVERSARY OUTING, ON MONDAY, AUGUST 1, 2016 AT MAPLE BLUFF COUNTRY CLUB.





From the director

Dear Friends,

The 2015 Alzheimer's Walk season has come to an end, and I'm pleased to report that as of today more than \$274,000 has been raised from our seven annual walks. Every dollar stays in Wisconsin. We are most grateful for the support we receive each fall. We are working diligently with our volunteers to update information on our website, and also to add pictures. Please don't be shy about sending in additional contributions you have received or for making a late on-line donation as typically up to 10% more revenue comes in after the walks. We are hoping for a final count of \$300,000 when it is all over. Each Walk is unique and reflects the people and the communities we serve – we try to capture this via the photographs.

ADAW is committed to public policy for the entire state of Wisconsin and we are the only dementia-specific organization with a dedicated public policy position. Public Policy Director Rob Gundermann and I were invited by the governor to attend the announcement in Lake Geneva of Wisconsin's new Dementia Friendly Workforce Toolkit to assist the public with dementia related issues. This work builds upon ADAW's Young Onset Dementia Worker Retention Toolkit that was recently featured around the world through a British Broadcasting Corporation (BBC) story you can see on our website. Easy-to-access information about issues and local services relating to dementia is critically important for both care partners and employers as we all struggle to take care of our loved ones, and of ourselves. Secretary of Health Services Kitty Rhodes spoke about the dementia friendly community movement now growing all over Wisconsin. One of her points is that dementia friendly communities should be done locally and for best results should not be another government program. The ADAW is proud to be involved in dementia friendly community projects in Middleton, Portage, Mount Horeb, Waunakee, Cross Plains, Green County, Dodgeville and Platteville, just to name a few.

The Alliance has some new employees. I want to introduce Ingrid Kundinger as our new development director while Kristin Larson is focusing primarily on communications. Longtime employee Nichole Hawkins has changed responsibilities and is now our development coordinator. Mary Severson is our new AFCSP coordinator replacing Lindsey Marsh who had a baby but will stay as co-facilitator of our male support group. Jane DeBroux is our caregiver coordinator administering the NFCSP program located at the Dane County Area Agency on Aging. Suanne Zimmerman, who has several decades of dementia facility training experience, is available to do facility training for us and will be teaching the Dementia Specialist class at Madison College. Theresa Malak, a certified public accountant who relocated to the Madison area, has joined us as our finance manager. Therese Strome is a nurse working with us and the South Madison Senior Coalition on the dementia support team to assist folks with challenging behaviors. Dr. Lisa Boyle, a geriatric psychiatrist at the Veterans Hospital has also joined the dementia support team, replacing Dr. Kim Petersen who continues to move towards retirement.

As always, please feel free to participate in any of our programs regardless of where you live, and know that we are just a phone call away for any and all issues related to dementia. Best wishes for a happy holiday season.

Sincerely,

Paul Rusk, Executive Director



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 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.alzwissc.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

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 CAFÉ*

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.

Saturday, November 28

11:30 a.m. – 1:30 p.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

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 CAFÉ*

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 – 11:00 a.m.

Sauk Prairie Community Center,

Café Connections

730 Monroe St., Sauk City

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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 ADAW. 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 CAFE
Friday, January 22**

1:00 – 2:30 p.m.
DeForest Area Community & Senior Center
505 N. Main Street, DeForest
* Affiliated with ADAW. Hosted by the DeForest Area Community & Senior Center. Contact **608.846.9469** for more information.

**YOUNG ONSET MEMORY CAFÉ
(65 AND UNDER)**

Please contact ADAW at **608.232.3400** prior to participating.
Saturday, January 23
11:30 a.m. – 1:30 p.m.
Alzheimer's & Dementia Alliance of WI
2nd Floor Conference Room
517 N. Segoe Rd., Madison

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

PORTAGE MEMORY CAFÉ

Wednesday, January 27
1:00 – 3:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage

**RICHLAND CENTER MEMORY CAFÉ
Thursday, January 28**

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

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 CAFE
Thursday, February 11**

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.

IS IT TIME FOR FACILITY CARE?

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

Friday, February 12

1:00 – 2:30 p.m.
Alzheimer's & Dementia Alliance of WI
2nd Floor Conference Room
517 North Segoe Road, Madison

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.

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 ADAW. 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 ADAW 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

Alzheimer's Walk 2015

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.alzswisc.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.alzswisc.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

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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.alz.wisc.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.alz.wisc.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.alz.wisc.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:

Golden Living Centers
Harvest Guest Home Assisted Living

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.alz.wisc.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

Park Place Senior Living
Morningside Assisted Living
Southwest Health

Silver:

Good Samaritan Society – Fennimore
Grant Regional Health Center
Sienna Crest Assisted Living

Bronze:

Our House

Media:

WGLR

Honorary:

Faherty Inc.
Lancaster Machine & Tool, Inc.
Premier Cooperative
Reynolds Electric Services
Scenic Rivers Energy Cooperative
Universal AET

Dane, October 10

support.alzswisc.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

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Gold:

American Family Insurance

Dean & St. Mary's
Oak Park Place
UW Health & Unity Health Insurance

Silver:

All Saints Memory Care
Culver's
Oakwood Lutheran Senior Ministries

Bronze:

Attic Angel Community
Senior Helpers
Stoughton Hospital

Media:

Mid-West Family Broadcasting
NBC 15

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

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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.

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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