Caregiving during dementia’s middle stage

Caring for a family member with Alzheimer’s disease or other related dementias is a journey that changes over time. One of the most difficult changes can occur as responsibilities shift from the role of spouse, partner or adult child to primary caregiver. It might be difficult to think of yourself as a caregiver because it’s not your first or primary role with your loved one. You spent years as husband, wife, partner, son or daughter.

Before a diagnosis, many couples share responsibility for day-to-day tasks, often equally. One person may handle the cooking, grocery shopping, housekeeping duties and medical appointments while the other manages bill paying, banking, maintenance and laundry. Some responsibilities may fall to both spouses, like companionship, decision-making and social planning.

As the dementia progresses, one person takes on more and more responsibility. This can happen gradually and subtle shifts can slowly add stress to the relationship. The person now in the primary caregiver role may be doing tasks outside his or her comfort zone or that they lack the skills or patience to do. While the caregiver may know he or she needs more support, defining what help is needed may be more difficult.

Continued on page 2
Often the best place to start is by defining all the tasks that need to happen on a regular basis. Which tasks is the caregiver well equipped and willing to take on? Recognize which tasks are outside the caregiver’s physical or emotional limits. Where can expectations be adjusted? Is a spotless house and home-cooked meals a requirement or are there other alternatives? Identify friends and family who are willing to help out and assign tasks to them.

Understand how dementia will affect the person and the impact to the caregiver’s role in order to anticipate what sort of assistance may be needed in the future. As the person with dementia becomes more dependent, try to determine ahead of time what tasks might tip the scales and make caregiving too overwhelming. Having a good understanding of the effects of dementia can help reduce the stress of caregiving and allow the caregiver to develop the skills to respond.

There is no perfect caregiving formula, only one that fits your unique situation. Take time to acknowledge stressful situations and how your relationship is changing. Above all, take care of yourself, physically and emotionally.

The Alzheimer’s & Dementia Alliance (ADAW) now offers an intensive program for family members caring for someone in the middle stage of dementia, designed to increase caregiver’s understanding of the effects of dementia; help gain insight into their own strengths and challenges as caregivers; and enhance coping skills related to caregiving responsibilities. See the upcoming program lists for more information.

If you are struggling to adjust to your changing caregiver roles, give ADAW a call at 608.232.3400 or toll-free in Wisconsin at 888.308.6251 or email your questions to support@alzwisc.org.

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The Search

Ok, I’ve already looked through that closet trying to find my lost vocabulary.

It wasn’t there, but I did find a missing scarf I haven’t seen in years.

I dug a hole in the garden too, figuring those clever words were just playing hide and seek with me in the vegetable patch.

They weren’t there either, but I found a hidden zucchini the size of my arm that has been feeding me for a week.

Then I thought to look in one more place: my single sock drawer of divorced socks that don’t want to be married anymore.

To my surprise, one sock, like an inedible fortune cookie, had a haiku message hidden inside.

“What you seek has gone down the river of Lost Words. Celebrate less talk.”

~Courtesy of Gary Glazner and the Alzheimer’s Poetry Project.
From the director

Dear Friends,

As we move to a new year it is time to reflect on our recent accomplishments and what makes us different at the Alzheimer’s & Dementia Alliance of Wisconsin. The word effective comes to mind.

The quality of our staff, board and volunteers adds to our effectiveness, and I’m proud to say others are noticing. We don’t have massive budgets for elaborate television and internet messaging but we have the wonderful ability to bring people together to make real change, demonstrating our effectiveness each and every day.

• In late September through a national competition we received a federal grant to establish three new outreach offices, one in Beloit and two north of us. The official announcement came just before the Richland Walk so I was able to share how we want to replicate the dementia system where Grant/Richland/Crawford Outreach Specialist Becky DeBuhr works with everyone to enhance quality of life and bring dementia expertise to all.

• Working with our colleagues in Columbia, Marquette & Sauk counties, a new dementia crisis grant was received from state government allowing dementia expert and geriatrician Dr. Bob Smith and Columbia/Sauk/Marquette Outreach Specialist Janet Wiegel to share their expertise with many in this challenging area.

• Our public policy initiatives continue to be passed into Wisconsin law, and we received the Advocacy Award from the Safe Communities Coalition for passing Wisconsin’s Silver Alert legislation (see page 5).

• In our ongoing quest to end this disease once and for all, three of us from the Alliance attended the Us Against Alzheimer’s Summit in Washington, D.C. where we met personally with Speaker of the House Paul Ryan. At the Out of the Shadows dinner we heard from all of American’s First Ladies via video (Rosalyn Carter, Barbara Bush, Hillary Clinton, Michelle Obama) along with Laura Bush in person. Alzheimer’s disease is a non-partisan disease and it is wonderful having everyone come together to try to increase federal research and caregiver support dollars (see page 5).

• The dementia expertise of our staff continues to be recognized by being asked to present at conferences sponsored by numerous organizations, including the Greater Wisconsin Agency on Aging Resources (GWAAR) and the Hospice Organization & Palliative Experts of Wisconsin (HOPE).

• Hal Blotner, our men’s group co-facilitator and leader of Team Blotner for the Dane Walk, received the Outstanding Volunteer Fundraiser Award from the Madison Chapter of the Association of Fundraising Professionals, recognizing his lifetime of volunteerism on behalf of several substantial local community causes.

The tributes we receive from the honorary chairs at our seven annual Alzheimer’s Walks are heart-warming, along with the word-of-mouth testimonials that come in all the time. The people we serve provide the most effective advertising that keeps us all fully engaged with all of you. Best wishes for a happy holiday season.

Sincerely,

Paul Rusk, Executive Director
On September 16 and 17, Mrs. Regina Prude presented to our first Diversity Speakers event in Madison and Beloit. Mrs. Prude, who is an author, syndicated newspaper columnist, Sirius XM radio program host, and inspirational speaker, shared “Faith, Not Fear: Sevens Ways to Deal Successfully with the Challenges of Alzheimer’s disease in the African American Community.” This event was sponsored in part by Helen Daniels Bader, a Bader Philanthropy. Now residing in Nashville, Mrs. Prude works for the American Baptist College as the Assistant in the Office of the President; she is the College’s Director of Special Projects and Initiatives. She was able to secure over $5 million in federal grants and recognition by the U.S. Department of Education as one of the nation’s 103 Historically Black Colleges & Universities.

Mrs. Prude’s advice followed a series of words starting with the letter e. She asked that we as a community “Enlighten” others regarding this disease; to “Embrace” those with the disease. We are also to “Engage” the community in conversation in order to “Educate” each other. Her weekly syndicated newspaper column, “Everyday Joy” appears in African American publications across the country.

More than 200 people attended this two-day event, with 104 attendees in Madison and 97 in Beloit. This event was so successful folks are asking if we will hold this sort of event again next year. We ended the event with Rev. Dr. Leonard Thompson, Jr. telling us as we work and provide care to people with Alzheimer’s and dementia to:

- With our Mind: I will think of you!
- With our Heart: I will cherish you!
- With our Hands: I will help you!

Save the date:
The 7th annual Solomon Carter Fuller Memory Screening event will be held on February 24 and 25, 2017 and feature Dr. Keith Whitfield as the special guest presenter. Dr. Whitfield is currently provost for academic affairs of Wayne State University in Detroit. He is a longtime member of the advisory board of Wayne State’s Institute on Aging. He also holds appointments at Duke University as professor in the Department of Psychology and Neuroscience, research professor in the Department of Geriatric Medicine at Duke University Medical Center and senior fellow in the Center for the Study of Aging and Human Development. Additional details will be available soon.
Advocacy Update

By Rob Gundermann, Public Policy Director

It’s been a busy summer at the ADAW!

With the Speaker’s Task Force on Dementia having wrapped up their work and the legislative session having come to an end we have been busy preparing for the next session starting in January. I have held meetings with State Legislators, the State Department of Health Services and the Governor to discuss issues for next session and to provide input on the State Budget, which the Governor is in the process of drafting.

We were also in Washington D.C. for the UsAgainstAlzheimer’s annual legislative summit. Executive Director Paul Rusk and board member Carol Koby attended the summit with me and we all had meetings with the Wisconsin Congressional Delegation. The primary items they were asking Congress to support include:

• An additional $400 million in base funding for Alzheimer’s research aimed at finding new treatments and ultimately a cure.

• Support and co-sponsorship of the Alzheimer’s Beneficiary and Caregiver Support Act to provide more support for family caregivers.

• Support and co-sponsorship of the Eureka Act to ensure useful research expenditures.

Lastly, we presented our first three Ally Awards at a presentation in the Governor’s Office. The Ally Award is reserved for elected officials who have shown a sustained commitment to people with dementia and their families. The first award went to Governor Walker for having now signed five separate bills aimed at helping people with dementia, exempting Alzheimer’s programming from budget cuts and undertaking the Dementia Care Systems redesign.

The second Ally Award went to Representative Mike Rohrkaste of Neenah for working with us and a family from his district who had contacted us about a problem they were having before the session even started. Representative Rohrkaste went on to chair the Speaker’s Task Force on Dementia and has been working with us on our agenda for the next two years. His mother had dementia so there is a family connection to the disease as well.

The third Ally Award went to Representative Dianne Hesselbein of Middleton. Representative Hesselbein has been a tremendous supporter of ADAW for many years, starting when dementia struck her family and she came to us for assistance. Our relationship has only grown stronger over the years with Representative Hesselbein attending every public policy event ADAW has hosted. She also served as the Vice Chair of the Speaker’s Task Force on Dementia and worked very closely with us on the Task Force agenda and legislation.

Congratulations to all of our Ally Award recipients and thank you for your support!

Pictured, Rob Gundermann, ADAW Public Policy Director, George Vradenburg, President and co-founder of UsAgainstAlzheimer’s, Trish Vradenburg, co-founder of UsAgainstAlzheimer’s, House Speaker Paul Ryan, John Dwyer, President of Global Alzheimer’s Platform Foundation, Paul Rusk, ADAW Executive Director, Carol Koby, ADAW Board Member.

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Congratulations to all of our Ally Award recipients and thank you for your support!
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 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 13 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 2016

END OF LIFE AND DEMENTIA

Discuss the critical decisions often faced at the end of life and ways to communicate and stay connected in the later stages.

Monday, November 14
5:30 - 7:00 p.m.
Hawthorne Library
2707 E. Washington Ave., Madison

SAUK CITY MEMORY CAFÉ

Thursday, November 17
9:30 - 11:00 a.m.
Sauk Prairie Community Center,
Café Connections
730 Monroe St., Sauk City
RICHLAND CENTER MEMORY CAFÉ
* Note date change
Thursday, November 17
9:30 - 11:30 a.m.
Woodman Senior Center
1050 N. Orange St., Richland Center

DEFOREST MEMORY CAFÉ
*Note date change
Friday, November 18
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.

MADISON MEMORY CAFÉ *
Monday, November 21
1:00 - 3:00 p.m.
Warner Park Community Center
1625 Northport Dr., Madison
* In partnership with North/Eastside
Senior Coalition.

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

SINSINAWA MOUND MEMORY
CAFÉ * CANCELLED FOR NOVEMBER
1:00 - 2:30 p.m.
585 County Rd. Z, Sinsinawa
* Affiliated with ADAW. Contact Coni
LaBarbera, Pastoral Minister Sinsinawa
Dominicans, Inc., at 608.748.4411 Ext.
188 for more information.

YOUNG ONSET MEMORY CAFÉ
(65 AND UNDER)**
**Please contact ADAW, 608.232.3400,
prior to participating.
Saturday, November 26
11:30 a.m. - 1:30 p.m.
Alzheimer's & Dementia Alliance
of Wisconsin
2nd Floor Conference Room
517 N. Segoe Rd., Madison 53705

LEGAL AND FINANCIAL
PLANNING SEMINAR
A seminar for families providing an
overview of key legal and financial
planning issues for older adults. You
will learn about basic estate planning,
advance directives, wills/trusts,
guardianship, funeral pre-planning,
medical assistance, long-term care
insurance, and ways to pay for care.
Free. Light refreshments and handouts
provided. No solicitations will be made.
Registration is requested. RSVP by calling
ADAW at 608.232.3400 or toll-free
888.308.6251.
Monday, November 28
5:30 – 7:30 p.m.
Monona Public Library
1000 Nichols Rd., Monona
Presented by Attorney Jeff Clark,
Boardman & Clark, LLP

Tuesday, November 29
5:30 – 7:30 p.m.
Verona Public Library
500 Silent St, Verona
Presented by Attorney Paul Schmidt,
Boardman & Clark, LLP

IS IT TIME FOR FACILITY CARE?
Review things to consider when making
the decision to move to facility care.
Wednesday, November 30
1:00 - 2:00 p.m.
Crawford County Administration Building
225 N. Beaumont Rd., Prairie du Chien

DECEMBER 2016

WAUNAKEE MEMORY CAFÉ *
Thursday, December 1
9:30 - 11:00 a.m.
Steeplechase Condominiums Clubhouse
5636 Conway Glen, Waunakee
* Affiliated with ADAW. Hosted by
Dementia Friendly Waunakee and
Waunakee Senior Center. Contact
608.849.8385 for more information.

MIDDLETON MEMORY CAFÉ
Friday, December 2
9:30 - 11:30 a.m.
Captain Bill's Restaurant
2701 Century Harbor Rd., Middleton

DODGEVILLE MEMORY CAFÉ
Wednesday, December 7
1:00 - 3:00 p.m.
Stonefield Apartments Community Room
407 E. Madison St., Dodgeville

WESTFIELD MEMORY CAFÉ *
Wednesday, December 7
10:00 a.m. - 12:00 p.m.
Westfield Village Hall
124 E. 3rd St., Westfield
* In partnership with the Aging &
Disability Resource Center serving
Adams, Green Lake, Marquette, and
Waushara counties.

LEGAL AND FINANCIAL
PLANNING SEMINAR
A seminar for families providing an
overview of key legal and financial
planning issues for older adults. You
will learn about basic estate planning,
advance directives, wills/trusts,
guardianship, funeral pre-planning,
medical assistance, long-term care
insurance, and ways to pay for care.
Free. Light refreshments and handouts
provided. No solicitations will be made.
Registration is requested. RSVP by calling
ADAW at 608.232.3400 or toll-free
888.308.6251.
Wednesday, December 7
5:30 – 7:30 p.m.
Oak Park Place
800 Waldo St., Baraboo
Presented by Attorney Jeff Clark,
Boardman & Clark, LLP

THE CAREGIVING JOURNEY:
MIDDLE STAGE DEMENTIA
An intensive program for family members
caring for someone in the middle stage
of dementia, designed to increase
caregiver's understanding of the effects
of dementia; help them gain insight
into their own strengths and challenges
as caregivers; enhance coping skills
related to caregiving responsibilities; and
develop an individualized plan of care.
Wednesdays, December 7 & 14
Park Place Community Room
1015 N. Elm St., Platteville

Continued on page 8
Pre-registration and an informational interview required prior to attending. Contact Becky DeBuhr, 608.723.4288. Developed by ADAW and funded by Bader Philanthropies.

**SUN PRAIRIE MEMORY CAFÉ**

* Thursday, December 8
  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. Call 608.837.4611 for more information.

**PLATTEVILLE MEMORY CAFÉ – NEW!**

* Wednesday, December 14
  1:00 - 2:30 p.m.
  Park Place Community Room
  1015 N. Elm St., Platteville
  *Sponsored by Park Place Senior Living.

**SAUK CITY MEMORY CAFÉ**

* Thursday, December 15
  9:30 - 11:00 a.m.
  Sauk Prairie Community Center, Café Connections
  730 Monroe St., Sauk City

**MADISON MEMORY CAFÉ**

* Monday, December 19
  1:00 - 3:00 p.m.
  Warner Park Community Center
  1625 Northport Dr., Madison
  * In partnership with North/Eastside Senior Coalition.

**RICHLAND CENTER MEMORY CAFÉ**

* Thursday, December 22
  9:30 - 11:30 a.m.
  Woodman Senior Center
  1050 N. Orange St., Richland Center

**DEFOREST MEMORY CAFÉ**

* Friday, December 23
  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.

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

**CANCELLED FOR DECEMBER**

11:30 a.m. - 1:30 p.m.
Alzheimer’s & Dementia Alliance of Wisconsin
2nd Floor Conference Room
517 N. Segoe Rd., Madison

**PORTAGE MEMORY CAFÉ**

* Wednesday, December 28
  1:00 - 3:00 p.m.
  Portage Public Library
  253 W. Edgewater St., Portage

**SINSINAWA MOUND MEMORY CAFÉ**

* CANCELLED FOR DECEMBER

1:00 - 2:30 p.m.
585 County Rd. Z, Sinsinawa
* Affiliated with ADAW. Contact Coni LaBarbera, Pastoral Minister Sinsinawa Dominicans, Inc., at 608.748.4411 Ext. 188 for more information.

**JANUARY 2017**

**DODGEVILLE MEMORY CAFÉ**

* Wednesday, January 4
  1:00 - 3:00 p.m.
  Stonefield Apartments Community Room
  407 E. Madison St., Dodgeville

**WESTFIELD MEMORY CAFÉ**

* Wednesday, January 4
  10:00 a.m. - 12:00 p.m.
  Westfield Village Hall
  124 E. 3rd St., Westfield
  * In partnership with the Aging & Disability Resource Center serving Adams, Green Lake, Marquette, and Waushara counties.

**WAUNAKEE MEMORY CAFÉ**

* Thursday, January 5
  9:30 - 11:00 a.m.
  Steeplechase Condominiums Clubhouse
  5636 Conway Glen, Waunakee
  * Affiliated with ADAW. Hosted by Dementia Friendly Waunakee and Waunakee Senior Center. Contact 608.849.8385 for more information.

**MIDDLETON MEMORY CAFÉ**

* Friday, January 6
  9:30 - 11:30 a.m.
  Captain Bill’s Restaurant
  2701 Century Harbor Rd., Middleton

**PLATTEVILLE MEMORY CAFÉ**

* Wednesday, January 11
  1:00 - 2:30 p.m.
  Park Place Community Room
  1015 N. Elm St., Platteville
  *Sponsored by Park Place Senior Living.

**SUN PRAIRIE MEMORY CAFÉ**

* Thursday, January 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. Call 608.837.4611 for more information.

**MADISON MEMORY CAFÉ**

* CANCELLED FOR JANUARY
  1:00 - 3:00 p.m.
  Warner Park Community Center
  1625 Northport Dr., Madison
  * In partnership with North/Eastside Senior Coalition.

**SAUK CITY MEMORY CAFÉ**

* Thursday, January 19
  9:30 - 11:00 a.m.
  Sauk Prairie Community Center, Café Connections
  730 Monroe St., Sauk City

**WESTFIELD MEMORY CAFÉ**

* Wednesday, January 25
  1:00 - 2:30 p.m.
  Portage Public Library
  253 W. Edgewater St., Portage

**RICHLAND CENTER MEMORY CAFÉ**

* Thursday, January 26
  9:30 - 11:30 a.m.
  Woodman Senior Center
  1050 N. Orange St., Richland Center
SINSINAWA MOUND MEMORY CAFÉ *
Thursday, January 26
1:00 - 2:30 p.m.
585 County Rd. Z, Sinsinawa
* Affiliated with ADAW. Contact Coni LaBarbera, Pastoral Minister Sinsinawa Dominicans, Inc., at 608.748.4411 Ext. 188 for more information.

DEFOREST MEMORY CAFÉ *
Friday, January 27
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.

YOUNG ONSET MEMORY CAFÉ (65 AND UNDER)**
**Please contact ADAW, 608.232.3400, prior to participating.
Saturday, January 28
11:30 a.m. - 1:30 p.m.
Alzheimer’s & Dementia Alliance of Wisconsin
2nd Floor Conference Room
517 N. Segoe Rd., Madison

WAUNAKEE MEMORY CAFÉ *
Thursday, February 2
9:30 - 11:00 a.m.
Steeplechase Condominiums Clubhouse
5636 Conway Glen, Waunakee
* Affiliated with ADAW. Hosted by Dementia Friendly Waunakee and Waunakee Senior Center. Contact 608.849.8385 for more information.

MIDDLETON MEMORY CAFÉ
Friday, February 3
9:30 - 11:30 a.m.
Captain Bill’s Restaurant
2701 Century Harbor Rd., Middleton

PLATTEVILLE MEMORY CAFÉ
Wednesday, February 8
1:00 - 2:30 p.m.
Park Place Community Room
1015 N. Elm St., Platteville
*Sponsored by Park Place Senior Living.

SUN PRAIRIE MEMORY CAFÉ *
Thursday, February 9
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. Call 608.837.4611 for more information.

ALZHEIMER’S AND DEMENTIA: Question & Answer
Monday, February 13
1:00 - 2:30 p.m.
Alzheimer’s & Dementia Alliance of Wisconsin,
2nd floor conference room
517 N. Segoe Rd., Madison
Learn about dementia and its effects on the person and family. Have your questions answered by experienced ADAW staff.

SAUK CITY MEMORY CAFÉ
Thursday, February 16
9:30 - 11:00 a.m.
Sauk Prairie Community Center,
Café Connections
730 Monroe St., Sauk City

MADISON MEMORY CAFÉ *
Monday, February 20
1:00 - 3:00 p.m.
Warner Park Community Center
1625 Northport Dr., Madison
* In partnership with North/Eastside Senior Coalition.

PORTAGE MEMORY CAFÉ
Wednesday, February 22
1:00 - 3:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage

RICHLAND CENTER MEMORY CAFÉ
Thursday, February 23
9:30 - 11:30 a.m.
Woodman Senior Center
1050 N. Orange St., Richland Center

SINSINAWA MOUND MEMORY CAFÉ *
Thursday, February 23
1:00 - 2:30 p.m.
585 County Rd. Z, Sinsinawa
* Affiliated with ADAW. Contact Coni LaBarbera, Pastoral Minister Sinsinawa Dominicans, Inc., at 608.748.4411 Ext. 188 for more information.

DEFOREST MEMORY CAFÉ *
Friday, February 24
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.

YOUNG ONSET MEMORY CAFÉ (65 AND UNDER)**
**Please contact ADAW, 608.232.3400, prior to participating.
Saturday, February 24
11:30 a.m. - 1:30 p.m.
Alzheimer’s & Dementia Alliance of Wisconsin
2nd Floor Conference Room
517 N. Segoe Rd., Madison

Continued on page 12
THANK YOU FOR MAKING A DIFFERENCE!

STEP FORWARD - GIVE HOPE

We asked you to step forward, give hope, and help make a difference in the lives of people who are impacted by Alzheimer’s disease or other forms of dementia, and you did! THANK YOU!

ADAW held seven successful Alzheimer’s Walks this fall, with 100% of dollars raised going towards funding critical services and programs like support groups, education programs, family care consultations, Memory Cafés, and more, for those affected by Alzheimer’s and dementia in our community.

Thank you to the many corporate sponsors, the walk planning committee members in each county, the nearly 175 team captains and 1,800 walkers, the event day volunteers, donors, and everyone else who supported our 2016 Alzheimer’s Walk campaign in any way!

We are especially grateful to each walk’s honorary chairs for sharing their personal and touching stories with us. By sharing their dementia journey with the public, they raise awareness about the disease and help decrease stigmas.

To date, nearly $290,000 has been raised with money still being collected. If you have not yet had an opportunity to support one of our Alzheimer’s Walks, there is still time! Make your secure credit card donation online today!

Visit us on Facebook for Alzheimer’s Walk day photos from each event. Be sure to tag yourself, friends, family or organization. And again, thank you! We could not do what we do without the support of so many amazing people!

GREEN COUNTY, SEPTEMBER 10
support.alzwisc.org/green

Thank you to our sponsors
Gold: Colony Brands, Inc. and Mimi’s Team
Silver: Babler Associates, First National Bank & Trust Company, Monroe Clinic
Bronze: Klondike Cheese

Day of event results
Team raising the most money: Pleasant View Nursing Home
Team with the most walkers: Monroe Manor
Family team raising the most money: Mimi’s Team
Individuals: 1st Vickie Jones; 2nd Michael Wolff

TOP THREE TEAMS
Mimi’s Team, Shelley Muranyi, Team Captain, $10,475
Pleasant View Nursing Home, Cindy Miller, Team Captain, $6,665
Monroe Manor, James Wilson, Team Captain, $2,888

COLUMBIA/MARQUETTE COUNTY, SEPTEMBER 11
support.alzwisc.org/columbia

Thank you to our sponsors
Gold: Fitz’s on the Lake
Silver: AmericanWay, BrightStar Care, Columbia Health Care Center, Ho-Chunk Gaming, Trail’s Lounge, The Dump Bar & Grill

TOP THREE TEAMS
Judy’s Gang, Andrea Klahn, Team Captain, $5,245
McCarthy & Girls, Marsha McCarthy-Pulver, Team Captain, $3,255
Bonnet Prairie Lutheran Church, Cheryl Mielke, Team Captain, $2,369
Bronze: Bonnet Prairie Lutheran Church, Golden Living Center, Our House Senior Living

**Day of event results**
- Team raising the most money: Bonnet Prairie Lutheran Church
- Team with the most walkers: Judy’s Gang
- Family team raising the most money: Judy’s Gang
- Individuals: 1st Marilyn Bubolz; 2nd Colleen Sengbusch

**SAUK COUNTY, SEPTEMBER 17**
support.alzwisc.org/sauk

**TOP THREE TEAMS**
- Sauk Co. Health Care Center, John Peterson, Team Captain, $4,310.84
- Reedsburg Area Senior Life Center, Jacyln Schommer, Team Captain, $3,912.94
- Simon’s Say CURE IT!, Amanda Simon, Team Captain, $3,486.02

**Thank you to our sponsors**
- Gold: ElderSpan (Pine Villa, The Meadows, Meadow View), Simon’s Say CURE IT!, Oak Park Place-Baraboo
- Silver: BrightStar, Ho-Chunk Gaming, Sauk County Health Care Center, Reedsburg Area Senior Life Center, Maplewood Sauk Prairie
- Bronze: Agrace HospiceCare, Golden Living Center, Our House Senior Living, St. Clare Meadows Care Center

**Day of event results**
- Team raising the most money: Sauk County Health Care Center
- Team with the most walkers: Oak Park Place-Baraboo

**DANE COUNTY, SEPTEMBER 24**
support.alzwisc.org/dane

**TOP THREE TEAMS**
- Mighty Oaks (Oak Park Place), Annalise Doyle, Team Captain, $18,680.80
- Team Blotner, Hal Blotner and Betsy Abramson, Team Co-captains, $15,708
- Sparks of Hope, Pat Wilson and Danielle Thai, Team Co-captains, $5,500

**Thank you to our sponsors**
- Platinum Presenting Sponsor: Senior Helpers
- Gold: Oak Park Place, UW Health & Unity
- Silver: All Saints Memory Care, Oakwood Lutheran Senior Ministries
- Bronze: Attic Angel Community, Culver’s, Ho-Chunk Gaming Madison, Stoughton Hospital

**GRANT COUNTY, SEPTEMBER 24**
support.alzwisc.org/grant

**TOP THREE TEAMS**
- Johnny’s Walkers, Rosie Errthum, Team Captain, $6,390
- Team SOC, Audrey Gaio-Johnston, Team Captain, $2,940
- Park Place Senior Living, Heather Moore, Team Captain, $2,649

**Thank you to our sponsors**
- Gold: ElderSpan Management – Park Place Assisted Living, Morningside Assisted Living, ManorCare
- Silver: Grant Regional Health Center, Good Samaritan Society, Sienna Crest, Southwest Health
- Bronze: Our House Senior Living

**Day of event results**
- Family Team raising the most money: Johnny’s Walkers
- Teams with the most walkers: Park Place Senior Living
- Team raising the most money: Team SOC (Southwest Opportunities Center)
- Individuals: 1st Rosie Errthum; tied for 2nd Janice Steinbeck & Linda Groeschl
TOP THREE TEAMS

Schmitt Woodland Hills, Jen Carter, Team Captain, $3,639.93
Thanks for the Memories, Mary Lou Tessmer, Team Captain, $2,418.33
Harvest Guest Home, Millie Thiede, Team Captain, $2,148

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
Bronze: Our House Senior Living

Day of event results
Team raising the most money: Schmitt Woodland Hills
Team with the most walkers: Richland County HHS
Family team raising the most money: Thanks For The Memories
Individuals: 1st Millie Thiede; 2nd Mary Lou Tessmer

IOWA COUNTY, OCTOBER 1

2017 ALZHEIMER’S WALK DATES

Richland: TBD
Iowa: TBD

TOP THREE TEAMS

Harrington Hustlers, Mary Ann Harrington, Team Captain, $2,695
Pennies for Memories, Penny Hering, Team Captain, $1,957
Bloomfield Health Care & Rehab, Tessa Fure, Team Captain, $958.06

Thank you to our sponsors
Gold: Crest Ridge Senior Living, Sienna Crest
Silver: Bloomfield Healthcare & Rehabilitation Center, Dodgeville Kiwanis
Bronze: Upland Hills Health

Day of event results
Team raising the most money: Bloomfield Healthcare & Rehabilitation Center
Team with the most walkers: Granny’s Gang
Family team raising the most money: Harrington Hustlers
Individual: 1st Penny Hering; 2nd Mary Ann Harrington

IOWA COUNTY, OCTOBER 1

Support.alzwisc.org/iowa

2017 Alzheimer’s Walk Dates

Please mark your calendar for next year’s Alzheimer’s Walk and remember that our walks are called the Alzheimer’s Walk. Watch for information in your email for the launch of the completely updated 2017 Alzheimer’s Walk websites for an easier online fundraising experience next year.

Green: Saturday, September 9
Columbia/Marquette: Sunday, September 10
Sauk: Saturday, September 16
Dane: Saturday, September 23
Grant: TBD
Richland: TBD
Iowa: TBD

Continued from page 9

MARCH 2017

Save the Date: Annual Understanding Alzheimer’s Disease, Dementia & Memory Loss Workshop

Annual workshop for professionals and caregivers aimed towards increasing knowledge of Alzheimer’s disease, dementia and memory loss.

Thursday, March 16
8:30 a.m. - 3:00 p.m.
Southwest Wisconsin Technical College
Fred Lenz Conference Center
1800 Bronson Blvd., Fennimore, WI
Presented by: Grant County Dementia Care Network. Contact Becky DeBuhr, 608.723.4288, for more information.
GOLF UPDATE

20TH ANNUAL MILLION DOLLAR SHOOTOUT RESULTS

The 20th annual Million Dollar Shootout Charity Golf Outing was held on Monday, August 1, 2016 with 106 golfers enjoying a gorgeous summer day for a competitive round of golf at Maple Bluff Country Club, raising nearly $44,000. Guests enjoyed the opportunity to meet and hear from NBC15 Sports Director Mike “Jocko” Jacques who served as the emcee for the dinner program which featured Bill Mauerman as the special guest speaker. Bill shared his personal dementia story and the many ways in which ADAW helped him, his wife, and their family navigate their dementia journey.

There was a 3-way tie for first place with a score of 58 in the scramble format. Winning foursomes included Boardman & Clark, comprised of golfers Jeff Clark, Paul Johnson, James Bartzen and Russ Turk; Mark Chullino, Tyler Piddington, Steve Ploch and Joe Calloway; and Jim Tullis, Jen Young, Caleb Briske and Brian Briske. Russ Turk was closest to the pin on the 4th hole, earning the opportunity to take the $1,000,000 shot at the end of the tournament. Other winners were:

- Long Putt, Ladies – Vicky D’Orazio
- Long Putt, Men – Mark Chullino

Thank you to this year’s sponsors:

- Gold Level: bbJack’s
- Silver Level: Group Health Cooperative of South Central Wisconsin
- Lunch Sponsor: Catholic Financial Life, Advisor Alan Charles
- Golfer’s Cart Sponsor: UW Health & Unity Health Insurance


Special thanks to the Catholic Financial Life volunteers and all other volunteers who helped at the event.

And last but not least, thank you to the planning committee: Bob Boehnen, Cindy Klein, Chuck Brei, Dan Smith, Dick Vraga and Eric Brinen.

Save the date for next year’s 21st annual outing: Monday, August 14, 2017 at Maple Bluff Country Club.
CONTRIBUTIONS
Thank you to the following donors for their contributions from July 1 to October 27, 2016.

Lynn & Peter Brethouwer
In memory/honor of Audrey Blankenheim

Kelly Brewer
Ivan Bruner
Susan Cesnik
Judith & Philip Cox
Nancy Daly
Patricia & Michael Daubs
Carolyn Davis
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Susan Robinson
Virginia & Robert Salisbury
Linda Shult
Sue Swanson

Please contact ADAW at 608.232.3400 to make any corrections to this listing. We are deeply grateful to everyone who has supported our programs and services.

TRIBUTES & MEMORIALS
7-1-2016 to 10-27-2016

IN HONOR OF:
ANNIE LEVIHN & WILLIAM KARLS
Jennifer Collins
Erica Gehrig
Emily Hall
Marnie Hulan
Julia Kerr
Shannon & Benjamin Kleiber
Kristin Shadman
Julia C Stanley
Amy Thomas
Renee Thomas
Haley Weygandt

IN MEMORY OF:
LYLE BALLENTINE
Shar & John Ballentine
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Karen & Jerry Gipp
Michael Gourlie
Shirley Haidinger
Deanne & Andrew Hall
In memory/honor of Marie Michaelis
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Every dollar the Alzheimer’s and Dementia Alliance of Wisconsin raises will stay in Wisconsin. We ARE NOT AFFILIATED with any of the following organizations you might be solicited from:

Alzheimer’s Association  
American Health Assistance Foundation  
Alzheimer’s Disease Research  
National Alzheimer’s Coordinating Center  
Leeza’s Place

Questions: 608.232.3400 or 888.308.6251.

Your donations make our organization possible.

THANK YOU
PLAN AHEAD FOR YEAREND GIFT

The end of the year is almost upon us and with that comes a flurry of requests for financial support. Here are some ways to support ADAW with an end-of-the-year gift you may not have considered:

You’ve heard of Black Friday and Cyber Monday but have you heard of #GivingTuesday? It’s the international day of giving, set for November 29, 2016. Watch for more information on Facebook, Twitter and in the enews.

Are you age 70 ½ or older and required to make a required minimum distribution (RMD) from an IRA? At the end of 2015, Congress passed legislation making permanent qualified charitable distributions (QCD), which means you can direct your RMD to ADAW tax free. Talk to your financial advisor for details.

Consider setting up a monthly recurring donation. It’s a quick and painless way to give. Visit alzwisc.org and click on the green “Donate Now” button.

Do you own appreciated stocks? Donating shares is an easy way to support ADAW and reap tax benefits as well. Call 608.232.3400 for information on how to do so.