Care consultations provide a lifeline

“I wish I would have found you sooner” is a comment families often make to staff at the Alzheimer’s & Dementia Alliance of Wisconsin (ADAW).

A diagnosis of Alzheimer’s disease or another form of dementia can be overwhelming for both the person and the caregiver. Question after question may jump to mind. As the disease progresses, the answers to those questions can change. Physicians may not go into detail about the effects of dementia. Important information may not be heard or may be lost among all the other discussion that may happen.

Caregivers may turn to support groups to help fill in the gaps but it’s not always the place to obtain information or answers as time constraints may not allow for each person’s unique situation to be discussed. Because dementia can affect each person differently, it is difficult to anticipate all of the possible situations families may experience. Sharing personal information can be uncomfortable. Asking for help is often difficult because it can make the person asking feel less than adequate in the task at hand. Sometimes, it’s hard to know the right questions to ask.

One of the most valuable services ADAW offers is the supportive care consultation. ADAW outreach staff and family support specialists can help identify, understand, and respond to the challenges of Alzheimer’s and other types of dementia; problem-solve specific issues; set individualized goals; and provide connections to useful services and support. Staff can meet with individuals
or help facilitate family meetings, in person or over the telephone, to problem-solve issues, plan for the future, and develop practical action plans.

“Family meetings or care consultations are a chance to educate and talk about what a person with dementia and/or an individual is experiencing as a caregiver, whether it's a specific problem area or frustration, and develop a way to address the problem,” said Pat Wilson, family support coordinator. “I work with caregivers to help them understand what may be causing the person to react the way they do. We can help caregivers understand the effects of dementia and how to support the person with dementia.”

The goals of the consultation are to 1) identify and problem-solve immediate concerns; 2) optimize the quality-of-life of the person challenged by cognitive impairment, 3) guide family caregivers to practical solutions, 4) build a strong network of support, and 5) maintain the health and well-being of all involved.

Professional staff can provide information about the disease, current treatment options, ways to support the person in order to avoid challenging situations and identify current and future needs and the resources available to meet the care needs of people with dementia in a variety of settings.

According to Wilson, each family member has his or her own strengths and weaknesses and its important to understand these because it will affect how the person with dementia may respond in a trying situation. Care consultations can help families develop an action plan to respond differently in order to have a better outcome. In addition, staff can suggest ways caregivers can build a circle of support so they are not alone.

Best of all, there is no charge for this service. Caregivers can reach out as often as needed.

Contact ADAW, 608.232.3400 or toll-free 888.308.6251, to set up an appointment at one of our offices, in your home, or at another convenient location. Visit www.alzwisc.org for more information.
Dear Friends,

Serving rural Wisconsin and underserved populations has been a key goal of ADAW. We left our national affiliation in late 2009 largely because we were asked to reduce our presence in rural Wisconsin. This newsletter features information on two of our three new regional offices serving Adams, Juneau, Marquette, Green Lake and Waushara counties as well as the greater Beloit area.

Although there is a great deal of excitement in the air, there is also some trepidation as we have new responsibilities. Our philosophy of working with individual communities based on their needs and priorities, rather than a top-down approach, has always served us well. Our expansion includes the formation of local dementia networks to help guide and support the development of programs and services most in need in each community.

We will be offering the highly regarded Powerful Tools for Caregivers program that has been shown to be beneficial. We believe combining Powerful Tools with our current array of programs and services, along with having staff available locally, will prove to be a powerful combination to enhance quality of life for those living in counties with few dementia resources.

We were fortunate to have Charlie Daniel on staff for seven years as our diversity coordinator serving communities of color in Dane County and Beloit. With the expansion, the outreach specialist serving the Beloit area will be full-time allowing us to serve the greater Beloit area more effectively.

ADAW plays a unique role as a private non-profit agency designed specifically to help families and persons with dementia. Being an independent agency we can concentrate on the issues at hand without worrying about where folks live and whether they qualify for this or that. You don’t have to live in our service area to seek assistance from us. Our toll-free number is available throughout Wisconsin. You should never hesitate to call us first. We continually hear from families who say they wished they had connected with us sooner.

Please join me in welcoming Teena Monk-Gerber and Kristine Biesenthal to the Alzheimer’s & Dementia Alliance of Wisconsin. We are fortunate to have them join our team to help expand our services.

Sincerely,

Paul Rusk, Executive Director

P.S. Now is the time to seriously consider making a donation of appreciated stock to the Alliance. You will receive substantial tax benefits, and the ADAW will be forever grateful for your gift that will assist thousands of families now and in the future. Contact us for the appropriate paperwork.
Programs offered for individuals with early stage dementia and their families can be fundamental in increasing quality of life. Pat Wilson facilitates several early stage programs including the Middleton Memory Café, the Young-Onset Memory Café, Crossing Bridges and Meeting of Minds. These programs offer a chance for a person with dementia and their family to connect with others in the dementia journey.

The Middleton Memory Café continues to grow. This past year offered a diverse mix of topics and presenters. Most notably, Wisconsin’s Poet Laureate Karla Huston, WKOW-TV Meteorologist Brian Olson, and the Last Minute Notice band-husband and wife, Scott and Jeana Archer, performed a wide selection of music for over an hour.

The Young Onset Memory Café is the first offered in Wisconsin to individuals under 65 diagnosed with dementia. The café recently changed meeting time; now meeting from 12:30 - 2:00 p.m. on the fourth Saturday of each month in ADAW’s 2nd floor conference room. If you or someone you know is interested in attending, contact Pat for details.

Crossing Bridges is an education discussion group for people with mild memory loss, or in the early stages of Alzheimer’s disease or a related dementia, and a primary care partner. The program meets throughout the year offering an opportunity to learn coping skills, enhance family communication, and have some guidance toward developing future plans. One participant with memory loss wrote, “This was a very effective way of preparing for the future that awaits me.” Those who complete the program are invited to join the Learning among Friends support group.

Meeting of Minds is a lively discussion group and memory enhancement program for people with mild memory loss. It is offered three times a year. For twelve weeks participants meet for creative and mentally stimulating activities. One participant proclaimed, "It is a positive experience that does not leave when we walk out the door."

Each year the Wisconsin Alzheimer’s Institute partners with ADAW for New Friends, a companion program that brings together health professional students at the University of Wisconsin-Madison with people who have a diagnoses of mild cognitive impairment, Alzheimer’s disease or related dementia. Pat works closely with the person with dementia to match them with a student who will meet one-on-one with them throughout the fall and spring semesters. Through shared activities and conversation, the program offers an opportunity for students to learn what it feels like to have memory loss and for families to voice concerns regarding their care and contribute to training future health professionals. New Friends is a research study though participants are free to withdraw at any time.

Of the many support groups offered in Dane County, Pat facilitates three targeted groups; the Adult Children Support Group, the Male Caregiver Support Group, and the Young Onset Caregiver Support Group. Caring for a parent with dementia or a loved one diagnosed early in life can pose different issues or concerns. The Adult Children and the Young Onset Caregiver support groups focus specifically on those care needs. For instance, with a young onset diagnosis, there may be young children at home or a job loss to contend with. The “Men’s Group,” as it is referred to, is one of our largest support groups. On average more than twenty men come together to share their experiences and learn from one another.

Another constant is the monthly Family Education series. For 2017, Pat presented a dementia-related topic on
You may have heard there are several bills that could impact people with dementia before the Wisconsin Legislature this session. The package of bills has been receiving a lot of media coverage. It is the Legislature’s latest attempt to help Wisconsin families affected by dementia.

I mentioned in a previous newsletter, Senate bill 341 (SB 341) and companion Assembly bill 432 (AB 432) that would decrease the number of required training hours for Certified Nursing Assistants (CNA) from 120 hours to the minimum number of training hours allowed under federal law, 75 hours. Wisconsin, along with more than half the states, had increased training requirements to 120 hours. If either of these bills were to pass, Wisconsin would be the first and only state to take a step backwards. A hearing was held in the Assembly Committee on Aging and Long Term Care on AB 432 in September but to date a vote has not yet been taken.

Other proposed Alzheimer’s/dementia-specific bills:

- $500,000 for Alzheimer’s awareness grants aimed at increasing awareness in rural and underserved portions of our state.
- Creation of a certification program allowing CNAs to go through additional training to become Certified Dementia Care Specialists.
- Funding to allow the Department of Health Services to purchase a license for virtual dementia tours. Dementia tours provide people an opportunity to experience what it is like to live with dementia.
- Silver Alert Fix bill requires the Department of Transportation to be notified when a Silver Alert is issued so it can be determined if a license review is needed.

Proposed non-dementia specific bills:

- Caregiver Tax Credit bill would create a maximum tax credit of $1,000 for eligible caregivers.
- Uniform Adult Guardianship and Protective Proceedings Jurisdiction bill. The bill allows a Wisconsin court to communicate with a court in another state concerning a guardianship.
- Palliative Care Council bill. This bill establishes a Palliative Care Council within the Department of Health Services. Under the bill, DHS is required to establish a statewide palliative care consumer and professional information and education program and must make available on its website information and resources regarding palliative care.

With the exception of SB 341 and AB 432, ADAW supports this package of bills. I urge you to contact your State Representative and State Senator, if you have not already done so, urging them to oppose bills SB 341 and AB 432, and if there are specific bills listed above that you support.

As always, thank you for your advocacy. We would not have achieved the successes we have achieved and we would not have legislators introducing so many Alzheimer’s bills if it were not for your efforts.
**ADAW welcomes new staff**

**Kristine Biesenthal, outreach specialist for Green Lake, Waushara & Marquette counties.**

Kristine was previously employed with the Waupaca County Aging & Disability Resource Center as the volunteer coordinator and health promotions coordinator. In the nine years with Waupaca County, she served in many capacities such as assisting with the Elderly Nutrition Program, event planning, social media coordinator, a member of the Waupaca County Caregiver Coalition, executive board member for the Volunteer Action Council of the Fox Cities and the vice president of the Wisconsin Volunteer Coordinators Association. Kristine is a Powerful Tools for Caregivers leader.

Having been a caregiver for close family members that have suffered from Alzheimer’s, Kristine knew that someday she wanted to incorporate her passion for senior outreach with the desire to help others navigate the stormy waters of the disease. She looks forward to integrating into the community and becoming actively involved in the development of Memory Cafés, Powerful Tools for Caregivers workshops and caregiver support groups.

As a recent newlywed, Kristine and her husband have made their home in Green Lake County. They are the proud parents of three adult daughters and six beautiful grandchildren. When she’s not decorating the new home, she enjoys road trips, wineries, baking, volunteering, grandchildren’s sporting events, craft fairs and planning parties.

While Kristine will be traveling throughout the three counties her office is located at 209 S. Saint Marie Street in Wautoma. She can be reached at 920.765.3359 or Kristine.Biesenthal@alzwisc.org.

**Teena Monk-Gerber, outreach specialist in Rock County with a local office in downtown Beloit.**

Teena is a certified social worker and has her Master’s degree in Adult Education focusing on Human Services. She has served Rock County in the social work field for the past 22 years. Her most recent position was program manager with Catholic Charities, Inc. in their Janesville Developmental Disability Counseling office.

With a broad knowledge of Rock County community resources, Teena enjoys being able to link those in need of assistance to available resources. She has extensive experience working with people who have intellectual and developmental disabilities, physical disabilities, aging issues, and traumatic brain injuries.

Teena is excited to be contributing to ADAW’s mission of educating the community and supporting caregivers and people affected by Alzheimer’s and dementia. Her professional goal is to assist others in helping themselves. She is a strong advocate for those without a voice and empowers others to advocate as well. She is passionate about working in underserved communities.

When Teena’s not busy with her professional life, she enjoys spending time with her teenage son and other family members. Teena’s personal interests include having a strong faith life, singing, being with friends and her son’s friends, and reading for enjoyment.

Teena can be reached at 608.313.3335 or teena.monk-gerber@alzwisc.org. Her office address is 136 W. Grand Ave., Suite 304, in Beloit.
Development Updates

Seven successful fundraising events in four weeks! It takes a dedicated crew to pull that off. More than 1700 people came together in seven counties to raise more than $233,000 for Alzheimer’s & Dementia Alliance of Wisconsin.

Each Alzheimer’s Walks is unique and highlights a local resident with a connection to Alzheimer's or other dementia, be it personal or professional. It is through their stories that awareness is raised and stigmas associated with dementia are decreased. Hearing from others going through the journey can break down barriers to a disease that is often isolating.

The chairpersons for this year's walk shared moving and inspiring stories about how dementia has impacted them. A common theme each honorary chair shared was the importance of reaching out for support and guidance.

Bonnie Richardson, the honorary chair of the 2017 Richland County Alzheimer’s Walk, spoke poignantly about the impact of caring for her mother with Alzheimer’s disease. Richardson worked as a social worker with older adults for more than thirty years, most often with patients with memory loss. But when it was her mom who was diagnosed, Richardson said, “I realized it’s so different when it’s your family. I had to re-learn all the skills and tips I’d been teaching others.” Richardson said she was grateful to have the personal, local support ADAW offers in Richland County. “There are national hot-lines you can call, but it means so much more when I can meet with someone and know that I’m getting up-to-date information from them,” she said.

Thank you to our 2017 Alzheimer’s Walk chairs: Dr. Nathaniel Chin, Wisconsin Alzheimer's Disease Research Center; Chris DeLapp, Columbus Community Hospital; John Ellington, Baraboo City Council; Ben Gavinski, caregiver; Corine Hill, caregiver; Jodi Kegebein and family, caregivers; Dr. Joshua Morrison, Monroe Clinic; Emil Mravik, caregiver; Roxanne O’Neil, Vicky Hudson and family, caregivers; and Bonnie Richardson.

Annual Charity Golf Outing

We could not have asked for a better day – partly sunny skies and perfect temperatures ushered in the 21st annual Million Dollar Shootout at Maple Bluff County Club. Mike "Jocko" Jacques, NBC15 News sports director, emceed the event and was joined by special guest Jessie Gerry, a native of Wisconsin and professional golfer on the Symetra Tour (LPGA's qualifying tour). Jessie was available for team photos, tee’d off with each foursome and gave some sage advice to start the tournament, "make the least shots - that's how you win."

The outing raised over $40,000 to support ADAW's programs and services. We'd like to extend a "thank you" to the volunteers, sponsors and businesses who donated silent auction items and raffle prizes. We appreciate your commitment to our mission. Save the date for next year - Monday, August 13 at Maple Bluff County Club.

It's a Wrap

Seven successful fundraising events in four weeks! It takes a dedicated crew to pull that off. More than 1700 people came together in seven counties to raise more than $233,000 for Alzheimer's & Dementia Alliance of Wisconsin.

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Thank you to our 2017 Alzheimer’s Walk chairs: Dr. Nathaniel Chin, Wisconsin Alzheimer's Disease Research Center; Chris DeLapp, Columbus Community Hospital; John Ellington, Baraboo City Council; Ben Gavinski, caregiver; Corine Hill, caregiver; Jodi Kegebein and family, caregivers; Dr. Joshua Morrison, Monroe Clinic; Emil Mravik, caregiver; Roxanne O’Neil, Vicky Hudson and family, caregivers; and Bonnie Richardson.

STEP FORWARD
GIVE HOPE
Alzheimer’s Walk 2017

Continued on page  8
Development Updates continued
caregiver. We appreciate their involvement with the walks and for sharing their stories. We recognize that it isn’t always easy when dementia has touched you on such a personal level.

A dementia or Alzheimer’s diagnosis is a terrifying time for anyone, and ADAW is here to provide comfort, empathy and practical support for individuals and family members facing that critical, scary question, “What now?”

Thanks to the support of participants, committee members, volunteers, staff and sponsors, we were able to successfully raise awareness and funds to ensure our critical programs and services remain available. As always all funds stay in Wisconsin.

Visit the ADAW Facebook page to see photo albums of each Alzheimer’s Walk. We encourage you to tag yourself and your friends. Thank you for stepping forward and giving hope to people impacted by Alzheimer’s disease and other forms of dementia.

GREEN COUNTY - SEPTEMBER 9
Day of results
Top fundraising team: Pleasant View Nursing Home
Top fundraising family team: Alleda’s Crew
Team w/most walkers: Monroe Manor
Top individual fundraisers: Larry Coffey, Donna Hamilton

Thank you to our sponsors
Colony Brands, Mimi’s Team, Azura Memory Care, Babler Associates, First National Bank & Trust, Klondike Cheese Co.

COLUMBIA/MARQUETTE COUNTY - SEPTEMBER 10
Day of results
Top fundraising team: Columbia County HHS/ADRC
Top fundraising family team: McCarthy & Girls
Team w/most walkers: Columbia County HHS/ADRC
Top individual fundraisers: Marilyn Bubolz, John Campion, and Dorothy Harris

Thank you to our sponsors
Brakebush Chicken, Fitz’s on the Lake, Platinum Communities Larson House, BrightStar Care, Columbia County Health Care Center, Divine Savior Healthcare, The Dump Bar & Grill, Bonnet Prairie Lutheran Church, Our House Senior Living

SAUK COUNTY - SEPTEMBER 16
Day of results
Top fundraising team: Mighty Oaks
Top fundraising family team: Slo-Jon
Team w/most walkers: Mighty Oaks
Top individual fundraisers: Corine Hill, Eileen Schutz

Thank you to our sponsors
Meadows Assisted Living and Memory Care, Meadow Ridge Senior Living, The Pines Senior Living Company, Oak Park Place, BrightStar Care, Maplewood Sauk Prairie Health and Rehabilitation Center, Reedsburg Area Senior Life Center, Sauk County Health Care Center, Our House Senior Living, SSM Health-St. Clare Meadows Care Center

DANE COUNTY - SEPTEMBER 23
Day of results
Top fundraising team: Mighty Oaks
Top fundraising family team: Team Blotner
Team w/most walkers: Mighty Oaks

Thank you to our sponsors
Senior Helpers, Oak Park Place, UW Health & Unity Health Insurance, All Saints Neighborhood, Attic Angel Community, Culver’s, Ho-Chunk Gaming - Madison, Brookdale Senior Living

GRANT COUNTY - SEPTEMBER 30
Day of results
Top fundraising team: Grant Regional Health Care
Top fundraising family team: Johnny’s Walkers
Team w/most walkers: Grant Regional Health Care
Top individual fundraisers: Rosie Errthum, Janice Steenbeck, Linda Groeschl

Thank you to our sponsors
ManorCare Health Services, Morningside Assisted Living, Park Place Senior Living, Good Samiritan Society, Grant Regional Health Center, Sienna Crest Assisted Living, Southwest Health, Our House Senior Living

There is still time to donate
2017 Alzheimer’s Walk donations will be accepted through November 30.
Visit http://support.alzwisc.org

Continued on page 10
Faces of the 2017 Alzheimer's Walks
IOWA COUNTY - SEPTEMBER 30
Day of results
Top fundraising team: Upland Hills Health
Top fundraising family team: Grannie’s Gang
Team w/most walkers: Grannie’s Gang
Top individual fundraisers: Penny Hering, Ron Rauch

Thank you to our sponsors
CrestRidge Senior Living, Sienna Crest Memory Care, Bloomfield Healthcare and Rehabilitation Center, Upland Hills Health

RICHLAND COUNTY - OCTOBER 1
Day of results
Top fundraising team: Schmitt Striders
Top fundraising family team: Milford McCauley Family
Team w/most walkers: Dycora Transitional Health
Top individual fundraisers: Mary Lou Tessmer, Millie Theide

Thank you to our sponsors
Harvest Guest Home Assisted Living, Dycora Transitional Health, Pine Valley Community Village, Richland Hospital, Schmitt Woodland Hills, Our House Senior Living

Continued from page 4

the 2nd Monday of each month from 5:30 - 7:00 p.m. alternating between the Monona Public Library and Alicia Ashman Library in Madison. Topics range from addressing behavior changes and communication tips to end of life. Check the program calendar listing for information on the remaining programs for 2017 and look for 2018 programs coming soon.

Lastly, Pat will be offering The Caregiving Journey, ADAW’s program for persons caring for a loved in the middle stage of dementia. As the disease progresses, additional challenges and issues emerge. Knowing what to do and how to respond can have a positive impact for both the individual with dementia and the caregiver. This program offers caregivers the opportunity to learn and practice strategies they can immediately use by combining presentation, group discussion and role playing. A participant stated, "Role playing - how would I respond & hearing others role playing - It helped me see the need to look into care facilities."

Pat Wilson is the Family Support Coordinator serving Dane County. If you are interested in learning more about any of these programs contact Pat at 608.232.3406 or patricia.wilson@alzwisc.org.

Big impact with IRA and stock gifts

With the stock market hitting record numbers over the past few months, you may find yourself holding publicly traded stocks that have significantly increased in value. Did you know donating appreciated stock can provide you with significant tax benefits while supporting the programs and services offered by ADAW?

The process is simple. Talk to your financial advisor to see if making this type of donation will be beneficial to you. If so, your next step is to contact ADAW for further instructions, including information on transferring the stocks to ADAW’s brokerage account. You will need to provide ADAW with the following information:

- Agent/banker/broker’s name and contact information
- Stock name and ticker symbol
- Number of shares to be donated
- Donor name and contact information
- Donor account number

Once the transfer is made, ADAW will sell the stock and send you a thank you letter indicating the dollar value of the donation.

If you are age 70 ½ or older and are obligated to make a required minimum distribution (RMD) from an IRA, you can donate it to ADAW. 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.

Your gift has a local impact—from early stage programs like Memory Cafes to caregiver support groups to personalized support and guidance. Contact ADAW at 608.232.3400 or 888.308.6251 for more information.

Continued from page 4
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 eleven counties. All 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 thirteen 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.

* Memory Café affiliated with Alzheimer’s & Dementia Alliance of Wisconsin.

NOVEMBER 2017

ALZHEIMER’S & DEMENTIA: FIRST STEPS FOR FAMILIES
Learn about dementia-related diseases, what families can do, and resources to help.
Monday, November 13
5:30 – 7:00 p.m.
Alicia Ashman Library
733 N. High Point Rd., Madison

MT. HOREB MEMORY CAFÉ *
Tuesday, November 14
1:00 – 2:30 p.m.
Immanuel Lutheran Church
310 W. Main St., Mt. Horeb
Contact: Immanuel Lutheran Church, 608.437.8733.

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

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

YOUNG ONSET MEMORY CAFÉ (65 AND UNDER) **
**Contact ADAW, 608.232.3400, prior to attending.
Saturday, November 25
12:30 – 2:00 p.m.
ADAW - 2nd Floor Conference Room
517 N. Segoe Rd., Madison

RICHLAND CENTER MEMORY CAFÉ
Thursday, November 30 *
*Note date change due to holiday
9:30 – 11:30 a.m.
Woodman Senior Center
1050 N. Orange St.
Richland Center

SINSINAWA MOUND MEMORY CAFÉ *
Thursday, November 30
1:00 – 2:30 p.m.
585 County Rd. Z, Sinsinawa
Contact: Coni LaBarbera, Pastoral Minister Sinsinawa Dominicans, Inc., 608.748.4411 Ext. 188.

Continued on page 12
DECEMBER 2017

MIDDLETON MEMORY CAFÉ
Friday, December 1
9:30 – 11:30 a.m.
Captain Bill’s Restaurant
2701 Century Harbor Rd.
Middleton

WESTFIELD MEMORY CAFÉ
Wednesday, December 6
10:00 a.m. – 12:00 p.m.
Westfield Village Hall
124 E. 3rd St., Westfield
In partnership with the ADRC serving Adams, Green Lake, Marquette & Waushara counties.

DODGEVILLE MEMORY CAFÉ
Wednesday, December 6
1:00 – 2:30 p.m.
Stonefield Apartments
Community Room
407 E. Madison St., Dodgeville

WAUNAKEE MEMORY CAFÉ *
Thursday, December 7
9:30 – 11:00 a.m.
Steplechase Condominiums Clubhouse
5636 Conway Glen, Waunakee
Contact: 608.849.8385.

END OF LIFE AND DEMENTIA
Discuss the critical decisions often faced at end of life and ways to communicate and stay connected in the later stages.
Monday, December 11
5:30 – 7:00 p.m.
Monona Public Library
1000 Nichols Rd., Monona

MT HOREB MEMORY CAFÉ *
Tuesday, December 12
1:00 – 2:30 p.m.
Immanuel Lutheran Church
310 W. Main St., Mount Horeb
Contact: Immanuel Lutheran Church, 608.437.8733.

PLATTEVILLE MEMORY CAFÉ
Wednesday, December 13
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, December 14
9:30 – 11:00 a.m.
Colonial Club Senior Center
301 Blankenheim Ln., Sun Prairie
Contact: Colonial Club Senior Center, 608.837.4611.

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

DEFOREST MEMORY CAFÉ *
Friday, December 22
1:00 – 2:30 p.m.
DeForest Area Community and Senior Center
505 N. Main St., DeForest
Contact: DeForest Area Community and Senior Center, 608.846.9469.

YOUNG ONSET MEMORY CAFÉ (65 AND UNDER) **
**Contact ADAW, 608.232.3400, prior to attending.
Saturday, December 23
12:30 – 2:00 p.m.
ADAW - 2nd Fl Conference Rm
517 N. Segoe Rd., Madison

PORTAGE MEMORY CAFÉ
Wednesday, December 27
1:00 – 3:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage

RICHLAND CENTER MEMORY CAFÉ
Thursday, December 28
9:30 – 11:30 a.m.
Woodman Senior Center
1050 N. Orange St.
Richland Center

SINSINAWA MOUND MEMORY CAFÉ *
Thursday, December 28
1:00 – 2:30 p.m.
585 County Rd. Z, Sinsinawa
Contact: Coni LaBarbera, Pastoral Minister Sinsinawa Dominicans, Inc., 608.748.4411 Ext. 188.

JANUARY 2018

WESTFIELD MEMORY CAFÉ
Wednesday, January 3
10:00 a.m. – 12:00 p.m.
Westfield Village Hall
124 E. 3rd St., Westfield
In partnership with the ADRC serving Adams, Green Lake, Marquette & Waushara counties.

DODGEVILLE MEMORY CAFÉ
Wednesday, January 3
1:00 – 2:30 p.m.
Stonefield Apartments
Community Room
407 E. Madison St., Dodgeville

WAUNAKEE MEMORY CAFÉ *
Thursday, January 4
9:30 – 11:00 a.m.
Steplechase Condominiums Clubhouse
5636 Conway Glen, Waunakee
Contact: 608.849.8385.

CONTINUED ON PAGE 13
MIDDLETON MEMORY CAFÉ
Friday, January 5
9:30 – 11:30 a.m.
Captain Bill’s Restaurant
2701 Century Harbor Rd.
Middleton

ALZHEIMER’S & DEMENTIA:
QUESTION AND ANSWER
Learn about dementia and its
effects on the person and family.
Have your questions answered by
experienced ADAW staff.

Monday, January 8
ADAW - 2nd Fl Conference Rm
517 N. Segoe Rd., Madison

MT HOREB MEMORY CAFÉ *
Tuesday, January 9
1:00 – 2:30 p.m.
Immanuel Lutheran Church
310 W. Main St., Mt Horeb
Contact: Immanuel Lutheran Church, 608.437.8733.

PLATTEVILLE MEMORY CAFÉ
Wednesday, January 10
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 11
9:30 – 11:00 a.m.
Colonial Club Senior Center
301 Blankenheim Ln., Sun Prairie
Contact: Colonial Club Senior Center, 608.837.4611.

SINNINAWA MOUND MEMORY CAFÉ *
Thursday, January 25
1:00 – 2:30 p.m.
585 County Rd. Z, Sinsinawa
Contact: Coni LaBarbera, Pastoral Minister Sinsinawa Dominicans,
Inc., 608.748.4411 Ext. 188.

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

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

SUN PRAIRIE MEMORY CAFÉ *
Thursday, January 25
1:00 – 2:30 p.m.
Colonial Club Senior Center
517 N. Segoe Rd., Madison

SINSINAWA MOUND
MEMORY CAFÉ *
Thursday, January 25
1:00 – 2:30 p.m.
585 County Rd. Z, Sinsinawa
Contact: Coni LaBarbera, Pastoral Minister Sinsinawa Dominicans,
Inc., 608.748.4411 Ext. 188.

DEFOREST MEMORY CAFÉ *
Friday, January 26
1:00 – 2:30 p.m.
DeForest Area Community and Senior Center
505 N. Main St., DeForest
Contact: DeForest Area Community and Senior Center,
608.846.9469.

YOUNG ONSET MEMORY CAFÉ (65 AND UNDER) **
**Contact ADAW,
608.232.3400, prior to attending.

SATURDAY, JANUARY 27
12:30 – 2:00 p.m.
ADAW - 2nd Fl Conference Rm
517 N. Segoe Rd., Madison

A workshop for family members, direct-care workers and professionals
Understanding & Coping with the Challenges of Alzheimer’s Disease & Dementia
Wednesday, November 15
United Methodist Church
2227 4th Street, Monroe

Martin Schreiber, former governor of Wisconsin and author of My Two Elaines, will share insights from his journey caring for his wife.

Also presenting Dr. Steven Barcz, Wisconsin Alzheimer’s Disease Research Center;
Dr. Lori Phelps, Monroe Clinic; and
Suanne Zimmerman, Alzheimer’s & Dementia Alliance

Call 608.328.9499 to register. For details visit alzwisc.org.
INDIVIDUAL CONTRIBUTIONS
7-20-2017 to 10-19-2017

SUSAN CESNIK
MARY & PAUL CUCCIA
In memory/honor of Elizabeth Brashi and Josephine Blankenheim

CAROLYN DAVIS
Catherine Dressel

ISABELLE DRESSEL
ANNE & CHARLES FRIHART

JACK & HELENE FRYE-OSIER
KAREN & JERRY GIPP

MICHAEL GOURLIE
Michele Groves

DIANA HAVEROBERG
ERIN JOHANSEN
In memory/honor of Ken Muth

KATHY KAUFFMAN
LINDA KELLER
In memory/honor of Joseph Keller

CAROL & DALE REUTER
DIANA & BILL SCHULTZ

KEITH SCHULZ
PRUDENCE STEWART

AMY & JEFFREY SUPPLE

JUDY VAUGHN
BETTY VOGT

LINDA WAGENER
In memory/honor of Ken Muth

ANN & SCOTT WERSAL
KATHERINE WESSEL

WAYS TO GIVE
Monetary Donations
Send gifts to Alzheimer’s & Dementia Alliance, 517 N. Segoe Road #301, Madison, Wisconsin 53705 or donate online at alzwisc.org.

Appreciated Securities
Donate using appreciated stocks, bonds, securities or mutual funds held long term. Congress has made permanent IRA charitable rollover. Individuals 70 ½ and older may transfer up to $100,000 from their IRA to ADAW. The transfer is free of federal income taxes and the gift qualifies for the donor’s required minimum distribution (RMD) for the year.

Bequests
By remembering ADAW in your will, you can have a significant impact on improving the quality of life for others in Wisconsin impacted by dementia.

You can also name ADAW as the beneficiary of your IRA, pension plan or existing life insurance policy.

Memorials
Remember deceased loved ones through memorial gifts. Gifts can be sent directly to ADAW and we will notify family members when memorials and tributes are received.

However you choose to give, your gift is truly appreciated. To learn more, call ADAW at 608.232.3400.

SAVE THE DATE
Alzheimer’s disease, Dementia & Memory Loss Workshop
For family caregivers and professionals

Thursday, March 15, 2018
8:00 a.m. - 3:00 p.m.
Southwest Wisconsin Technical College
1800 Bronson Blvd., Fennimore

Fee: $25 for the day; includes breakfast and lunch. Respite care available.
TRIBUTES & MEMORIALS 7-20-2017 to 10-19-2017

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Alzheimer’s & Dementia Alliance of Wisconsin • 15
Wisconsin Alzheimer’s Disease Research Center and Alzheimer’s & Dementia Alliance of Wisconsin present

8th Annual
Solomon Carter Fuller
Memory Screening Day

Keynote presentation
Free Memory Screenings
Caregiver Panels
More details coming soon.

Keynote Speaker Dr. Cerise Elliott
Senior Scientific Program Analyst, National Institute of Health