Planning ahead

Living with a progressive cognitive impairment can be a journey of worry, frustration and anxiety. The following steps are provided to help maintain your health and make it easier to live life to the fullest.

Education: After receiving a dementia diagnosis, the education process can begin. Alzheimer’s and other dementias bring new, unfamiliar challenges and issues. Learning about the disease and its possible progression and symptoms can help you know what to expect, help alleviate some stress of the unknown, and can aid you in making more informed decisions. Education can start at the doctor’s office at the time of diagnosis and at follow-up appointments; by attending Alzheimer’s & Dementia Alliance of Wisconsin (ADAW) programs; and through reading books, brochures and reputable websites.

Supports: Planning ahead and working through difficult decisions can be aided by one of the most important factors in the planning process - support. Support of family and friends, along with resources in your community, can be an enormous help to your well-being. Be open to asking for assistance from family, friends, neighbors, your church and other community groups.

Family Meetings: By taking actions to plan early, you can help your family by outlining your future preferences. This may lessen disagreements later and ensure your wishes are followed. In this process, it is important to give your family members and caregivers an opportunity to be clear on what role they will play and what their limits are. One way to begin planning is by holding a family meeting. Family meetings are a helpful tool to share information, discuss concerns, decide how caregiving responsibilities will be shared and make
caregiving decisions. It can also reduce misunderstandings and clarify each person’s expectations.

**Legal and Financial Planning:** Taking steps to protect yourself and your loved ones legally and financially is critical. The cost of Alzheimer’s treatment and care can quickly drain a person’s savings and retirement accounts. Reviewing your financial situation and completing important legal documents is essential. Complete a Power of Attorney for healthcare and for finances. If you don’t have one, complete a will, a living will and a Do Not Resuscitate Order. Consider consulting with an elder law attorney to determine if your situation has unique circumstances that will need to be addressed.

**Community Resources:** Look to community resources. There may be financial support available through Medical Assistance, Family Care, Alzheimer’s Family Caregiver Support Program (AFCSP), National Family Caregiver Support Program (NFCSP), or Veteran’s benefits. Pursue in-home services and adult day programs when needed. ADW’s county resource guides available on our website provide a wealth of information. Look into future residential care options and consider placing your name on a waiting list before you need it. These options could include senior living apartments, Residential Care Apartment Complex (RCAC), Continuing Care Retirement Communities (CCRC), Adult family homes, Community Based Residential Facilities (CBRF), and skilled nursing facility or nursing homes.

**Stay Engaged:** Each day, try to continue routines that you enjoy or need to do, actively pursue outside interests, and keep your social network strong. Be a part of your community. Try to build a structure into your day to help lessen confusion. Ask for assistance organizing and planning if you’re having difficulty getting started.

While planning for the future can feel overwhelming, doing so can give you peace of mind and help you know your wishes will be honored. Reach out to us for assistance. A few of the many resources and programs we provide are listed below:

- **Resource Guides:** ADW community resource guides provide information specific to each county.
- **Family Meetings/Care Consultations:** Our Dementia Outreach Specialists can facilitate family meetings and are available for one-on-one care consultations.
- **Legal & Financial Seminars:** Consider attending one of our free Legal & Financial Planning Seminars offered this fall. These workshops, presented by local elder law attorneys, provide a wealth of information and a great starting point.
- **Crossing Bridges:** Inquire about ADW’s program developed for the person with dementia and their care partner. The program is designed to help people learn coping skills, enhance family communication, and give guidance toward developing future plans.

Call toll-free 888.308.6251 or visit alzwisc.org for more information.
Dear Friends,

Having fun in an office that deals with Alzheimer’s and other dementias may sound like an oxymoron, but, believe me, it isn’t. The reason I say this is that I am now the Interim Executive Director of the Alzheimer’s & Dementia Alliance of Wisconsin (ADAW), following the recent retirement of Paul Rusk who served in this position for over 20 years. As if this were not a big enough change, we also moved to new offices at 3330 University Ave., Suite 300, in Madison.

The Alliance is not new to me as I’ve served on the Board of Directors since 2005; however, experiencing the Alliance from the inside has given me added insight into the full extent of the programs and services we offer and the value they have to the people we serve. It’s quite an amazing organization with a dedicated and talented staff now providing outreach in 15 Wisconsin counties.

To share a wonderful example of the fun part, I recently experienced a Memory Café held in our conference room. (Our office served as a temporary meeting place as the regular location was not available). The sound of laughter and singing that were flowing from the room across the hall from me was infectious. I couldn’t help myself when I heard everyone singing, “How Much is that Doggie in the Window?” Yes, you probably guessed it. After the group sang the question - I responded with “Arf, Arf” while working at my desk. (More about the “doggies in the window” later).

I decided to share this moment with you so you could get the feel of what a Memory Café is all about - if you haven’t yet attended one. Memory Cafés are just one of the core programs offered by ADAW, and they are rapidly growing in popularity. I can understand why.

Memory Cafés provide a relaxed social gathering place for individuals with memory loss, mild cognitive impairment, early Alzheimer’s or another dementia to comfortably come together with family, friends and caregivers. Each café offers plenty of time devoted to catching up, engaging with each other, and meeting any new attendees. Friendships develop quickly. The interests of the group drive what they do, but typically there is a short program or speaker and always a fun activity.

Which takes me back to the “doggies.” After the group finished the song, Dementia Outreach Specialist Janet Wiegel, who was leading the group that morning, pulled out a stack of dog photos. As she held each one up, she asked the group to put thoughts in the dogs’ heads. What could this dog possibly be thinking?

Here is just one of the photos: (Before you read any further, try out your creative juices. What would you say the dog is thinking?).

Well, the various answers were hilarious, but I thought the best one was, “You’re going to put that thermometer where?!!”

Memory Cafés often bring out the best in people with cognitive issues and are a great equalizer because when it comes to calling on the creative side of their brains, they shine. Memory Cafés are fun – even when you are all alone in a room across the hall. You can’t help but smile!

There is no charge to attend our Memory Cafes, although donations are welcome to help cover costs.

Carol Koby
Interim Executive Director
Join the Alzheimer’s & Dementia Alliance of Wisconsin (ADAW) for our 2018 Alzheimer’s Walk. As our tagline states, with each STEP FORWARD, we GIVE HOPE and make a difference in the lives of people impacted by Alzheimer’s disease and other forms of dementia.

There is still time - register for an Alzheimer’s Walk near you today! Visit alzwisc.org to join our efforts. All dollars raised stays local to support families, friends and neighbors.

**GREEN COUNTY ALZHEIMER’S WALK**
Saturday, September 8
Behring Senior Center
1113 10th Street, Monroe
7:30 AM Registration  8:45 AM Walk Begins
Walk Chair: Green County Sheriff Mark Rohloff
Highlight: Silent Auction
Sponsors: Colony Brands, Mimi’s Team, Azura Memory Care, Monroe Clinic, David & Janeen Babler, First National Bank and Trust Co., Klondike Cheese

**COLUMBIA/MARQUETTE COUNTY ALZHEIMER’S WALK**
Sunday, September 9
Riverside Park
E. Wisconsin Street, Portage
1:00 PM Registration  2:25 PM Walk Begins
Walk Chair: The family of Jerry Garrigan
Highlights: Silent Auction, Forget Me Not Painting by Cyndi Turner
Sponsors: Fitz’s on the Lake, Platinum Communities Larson House, BrightStar Care, Columbia Co. Health Care Center, Divine Savior Healthcare, The Dump Bar & Grill, Bonnet Prairie Church, Our House Senior Living

**SAUK COUNTY ALZHEIMER’S WALK**
Saturday, September 15
Mary Rountree Evans Park
701 Second Avenue, Baraboo
9AM Registration  10:25 AM Walk Begins
Walk Chair: Karin Kohlman, family caregiver
Highlights: Raffle, Forget Me Not Photo by Nick Ansett
Sponsors: Meadows, Meadow Ridge, The Pines, Oak Park Place, Brightstar Care, Maplewood, Reedsburg Area Senior Life Center, Sauk Co. Health Care Center, Our House SL, SSM Health St. Clare Meadows Care Center, WI Dells Health Services
IOWA COUNTY ALZHEIMER’S WALK
Saturday, September 22
Grace Lutheran Church
1105 N. Bequette Street, Dodgeville
8:30 AM Registration  9:30 AM Walk Begins
Walk Chairs: Activity Directors Julie Athey, Crest Ridge Senior Living; Kari Grady, Bloomfield Healthcare and Rehabilitation Center; and Toni Rochon, Upland Hills Health
Sponsors: Crest Ridge SL, Sienna Crest, Dodgeville Kiwansis, Bloomfield Healthcare, Upland Hills Health

RICHLAND COUNTY ALZHEIMER’S WALK
Sunday, September 23
UW Richland Center Campus
1200 Hwy 14 W, Richland Center
12:00 PM Registration  1:15 PM Walk Begins
Walk Chair: Mary Stanek, family caregiver
Highlight: Quilt Raffle
Sponsors: Harvest Guest Home, Dycora, Pine Valley Healthcare, Richland Hospital, Schmitt Woodland Hills, Our House SL

GRANT COUNTY ALZHEIMER’S WALK
Saturday, September 29
Grant Co. Fairgrounds - Eckstein Building
916 E. Elm Street, Lancaster
8 AM Registration  9 AM Walk/Run Begins
Walk Chair: Lancaster Mayor David Varnam
Highlights: Walk & 5K Run, Silent Auction
Sponsors: ManorCare, Morningside, Park Place SL, Grant Regional Health Center, Southwest Health, Sienna Crest, Home Instead, Our House SL

DANE COUNTY ALZHEIMER’S WALK
Saturday, September 29
Warner Park
1511 Northport Drive, Madison
7:45 AM Registration  9:15 AM Walk Begins
Walk Chair: Hal Blotner, caregiver for his late wife Sue; ADAW Male Caregiver Support Group facilitator; and 10 year Team Blotner veteran
Sponsors: Oak Park Place, All Saints Neighborhood, Oakwood Village, BrightStar Care, Attic Angel, Brookdale, Culver’s, Senior Helpers, Yahara Software
Welcome

Vicki Hodel, Administrative Assistant

We are extremely pleased to welcome Vicki Hodel. Vicki joined us in July as the Administrative Assistant in our Madison office. Vicki Hodel came to ADAW after more than twenty years of working in the finance and banking industry, most recently at BMO Harris Bank in Portage.

Life changes spurred Vicki to look for a position in community service and she said she felt a connection to ADAW. When she was a child, she remembers watching her grandfather experience symptoms of dementia; and the confusion and sadness she felt watching him suffer. Not long ago, her mother suffered a small stroke which affected her short term memory.

“This - along with remembrance of my Grandfather and some sudden health issues with myself - started me thinking about the future and what really means something to me,” she said.

Horses and horse riding have been a life-long passion for Vicki. Along with her husband Rob, she lives on a 40 acre farm in Portage. At as young as six months old, Vicki was exposed to life around horses. By age 8, she was riding and training. Today she owns five horses, runs a boarding and riding facility on her property, and is active in horse judging. She also serves as a mentor through an equine youth trauma program. Work, volunteering and horse riding are all part of what Vicki said has renewed her commitment to living life the way she wants, without worrying about judgement from others.

Vicki can be reached at 608.232.3402 or vicki.hodel@alzwisc.org.

Heather Moore, Outreach Specialist serving Crawford, Grant, Iowa and Lafayette counties

Heather Moore recently joined ADAW’s team following a dedicated career as a Licensed Practical Nurse.

For the past 16 years she has been caring for individuals and families by using her knowledge, support, education, and advocacy. She has the compassion and patience to care for those in need. Most recently she was the nurse care coordinator for an Alzheimer’s and dementia unit in Southwest Wisconsin. The past four years she co-facilitator the Alzheimer’s Caregivers Support Group and Memory Café in Platteville, WI. She also served as a member of the Grant County Dementia Care Network and the Grant County Alzheimer’s Walk committee for over four years.

Heather has a personal connection to Alzheimer’s, not only by working as a nurse for 16 years, but also through experiences her family went through when her grandfather was diagnosed. Watching her grandfather go through the different stages of the disease and how it affected her family members was very difficult. It led her to this career path which allows her to support individuals and families on the dementia journey. She looks forward to making connections and furthering ADAW’s mission.

Originally from Platteville, WI, Heather is thankful to be living in this area with her family. In her free time you will see her running from place to place to watch her children’s ball games. If it’s not work, then it’s family time because, she says, we should not remember the days, but remember the moments we have.

Heather can be reached at 608.723.4288 or heather.moore@alzwisc.org.
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

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

FAMILY CAREGIVER EDUCATION PROGRAMS

ALZHEIMER’S & DEMENTIA: RESOURCES & SUPPORTS AT EACH STAGE
Understand memory loss, cognitive impairment and other dementias; learn about resources and supports available.

**Monday, September 10**
5:30 - 7:00 p.m.
Middleton Public Library, lower level
7425 Hubbard Ave., Middleton

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

**Tuesday, September 25**
5:30 - 7:00 p.m.
Oak Park Place
800 Waldo St., Baraboo

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

**Monday, October 8**
5:30 - 7:00 p.m.
Hawthorne Public Library
2707 E. Washington Ave., Madison

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.

**Tuesday, October 30**
5:30 - 7:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage

COMMUNICATION & EMOTION IN LATE STAGE
Learn how to communicate with a person in the late stage of dementia and understand their emotions.

**Monday, November 12**
5:30 - 7:00 p.m.
Middleton Public Library, lower level
7425 Hubbard Ave., Middleton

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

**Tuesday, November 27**
5:30 - 7:00 p.m.
Sauk City Library
515 Water St., Sauk City

FAMILY DYNAMICS IN THE DEMENTIA JOURNEY
Discover ways dementia impacts families and the value of recognizing and accepting each person’s strengths and weaknesses as caregivers.

**Monday, December 10**
5:30 - 7:00 p.m.
Hawthorne Public Library
2707 E. Washington Ave., Madison

"Just knowing that you are there has been a source of support."
—Caregiver Education participant

Continued on page 8
LEGAL & FINANCIAL PLANNING SEMINAR

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

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.

Wednesday, September 26
6:30 - 8:30 p.m.
Wautoma Public Library
410 W. Main St., Wautoma
Presenter: Attorney Jennifer Koeppl, Koeppl Law Offices

Thursday, October 11
6:00 - 8:00 p.m.
Oak Park Place
718 Jupiter Dr, Madison
Presenter: Attorney John Haslam, Wilson Law Group

Wednesday, October 24
6:00 - 8:00 p.m.
Schreiner Memorial Library
113 W. Elm St., Lancaster
Presenter: Attorney John Haslam, Wilson Law Group

Free and open to the public. Light refreshments and handouts provided. No solicitations will be made. Pre-registration requested. Call Alzheimer’s & Dementia Alliance of Wisconsin, toll-free 888.308.6251 or 608.232.3400, to RSVP. Visit www.alzwisc.org for details on additional Legal & Financial Planning Seminars coming soon.

POWERFUL TOOLS FOR CAREGIVERS

Caring for someone with a chronic illness such as dementia can be physically, emotionally and financially exhausting. Powerful Tools for Caregivers is designed to help family caregivers care for themselves while caring for a relative or friend.

Wednesdays: Sept. 12 – Oct. 17
10:00 - 11:30 a.m.
Peace Lutheran Church
335 W. Prairie St., Wautoma
Cost: FREE; Registration required
Respite available. To RSVP call 920.294.4100.

Tuesdays: Oct. 9 - Nov. 13
1:00 - 3:30 p.m.
Adams Co. Community Center
569 N. Cedar St., Adams
Cost: Free; Registration is required.
Respite available. To RSVP call 608.516.6248.

COMMUNITY EDUCATION PROGRAMS

BOOST YOUR BRAIN HEALTH

Learn how the brain works and receive tips to lower your risk of developing dementia and improve your brain health. Features information on current research, scientifically-rooted nutritional and lifestyle advice, as well as fun brain teasers and take home material.

Wednesday, September 19
10:00 - 11:00 a.m.
Oak Park Place
700 Myrtle Way, Janesville

Continued on page 9
COMMUNITY EDUCATION PROGRAMS continued

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 for yourself or a loved one.

Thursday, September 20
1:30 - 2:30 p.m.
Adams Community Center
569 N. Cedar St., Adams

Tuesday, October 2
10:30 - 11:30 a.m.
Ethel Everhard Memorial Library
117 E. 3rd St., Westfield

Wednesday, November 7
1:30 - 2:30 p.m.
Lester Public Library of Rome
1157 Rome Center Dr., Nekoosa

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 and how our memories work.

Tuesday, September 11
10:30 - 11:30 a.m.
Ethel Everhard Memorial Library
117 E. 3rd St., Westfield

Wednesday, September 26
10:00 - 11:30 a.m.
Senior Connection
Mercy Health Mall
1010 N. Washington St., Janesville

Wednesday, October 10
1:30 - 2:30 p.m.
Lester Public Library of Rome
1157 Rome Center Dr., Nekoosa

PROGRAMS FOR THE PERSON WITH MEMORY LOSS

CROSSING BRIDGES
An educational discussion group for people who have mild memory loss, are in the early stages of Alzheimer’s disease or a related dementia, and their primary care partner. The overall philosophy of the group is to promote a fulfilled life while living with cognitive change.

Crossing Bridges can help people learn coping skills, enhance their family communication, and have some guidance toward developing future plans.

When asked which part of our Crossing Bridges class was most helpful, a past participant with memory loss responded, "All of it really, I loved and learned very much. This was an excellent class."

The program is being offered in Madison and Prairie du Chien this fall starting in October. An informational interview is required prior to attending.

If interested in the Crossing Bridges program in Prairie du Chien, contact Heather Moore, 608.723.4288, by Friday, September 28.

If interested in the Madison Crossing Bridges program, contact Becky DeBuhr, 608.732.3131, by Friday, October 19.
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. Family and friends are encouraged to come. If you require assistance to participate, please have someone accompany you.

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

Times and locations are subject to change. Please call to confirm.

**WESTFIELD MEMORY CAFÉ**
First Wednesday of each month
**Wednesday, September 5**
**Wednesday, October 3**
**Wednesday, November 7**
10:00 a.m. – 12:00 p.m.
Westfield Village Hall
124 E. 3rd St., Westfield
Contact ADAW: 920.294.4100

**DODGEVILLE MEMORY CAFÉ**
First Wednesday of each month
**Wednesday, September 5**
**Wednesday, October 3**
**Wednesday, November 7**
1:00 – 2:30 p.m.
Stonefield Apartments Community Rm
407 E. Madison St., Dodgeville
Contact ADAW: 608.723.4288

**WAUNAKEE MEMORY CAFÉ** *
First Thursday of each month
**Thursday, September 6**
**Thursday, October 4**
**Thursday, November 1**
9:30 – 11:00 a.m.
Steepchase Condominiums Clubhouse
5636 Conway Glen, Waunakee
Contact: 608.849.8385

**MIDDLETON MEMORY CAFÉ**
First Friday of each month
**Friday, September 7**
**Friday, October 5**
**Friday, November 2**
9:30 – 11:30 a.m.
Captain Bill’s Restaurant
2701 Century Harbor Rd., Middleton
Contact ADAW: 608.232.3400

**MT HOREB MEMORY CAFÉ** *
Second Tuesday of each month
**Tuesday, September 11**
**Tuesday, October 9**
**Tuesday, November 13**
1:00 – 2:30 p.m.
Immanuel Lutheran Church
310 W. Main St., Mt. Horeb
Contact: 608.437.8733

**PLATTEVILLE MEMORY CAFÉ**
Second Wednesday of each month
**Wednesday, September 12**
**Wednesday, October 10**
**Wednesday, November 14**
1:00 – 2:30 p.m.
Park Place Community Room
1015 N. Elm St., Platteville
Sponsored by Park Place SL.
Contact ADAW: 608.723.4288

New! **EAST MADISON MEMORY CAFÉ** *
Second Tuesday of each month
**Tuesday, September 11**
**Tuesday, October 9**
**Tuesday, November 13**
9:00 - 11:00 a.m.
BMO Harris Conference Room
4726 East Towne Blvd., Madison
Contact: Senior Helpers,
608.729.5365
MEMORY CAFÉS continued

MARKESAN MEMORY CAFÉ
Third Tuesday of each month
Tuesday, September 18
Tuesday, October 16
Tuesday, November 20
10:00 – 11:30 a.m.
Markesan City Hall - Community Rm
150 S. Bridge St., Markesan
Contact ADAW: 920.294.4100

SAUK CITY MEMORY CAFÉ
Third Thursday of each month
Thursday, September 20
Thursday, October 11
Thursday, November 8
9:30 – 11:00 a.m.
Sauk Prairie Community Center
Café Connections
730 Monroe St., Sauk City
Contact ADAW: 608.742.9055

SUN PRAIRIE MEMORY CAFÉ *
Second Thursday of each month
Thursday, September 13
Thursday, October 11
Thursday, November 8
9:30 – 11:00 a.m.
Colonial Club Senior Center
301 Blankenheim Ln., Sun Prairie
Contact: 608.837.4611

SAUK CITY MEMORY CAFÉ
Third Thursday of each month
Thursday, September 20
Thursday, October 11
Thursday, November 8
9:30 – 11:00 a.m.
Sauk Prairie Community Center
Café Connections
730 Monroe St., Sauk City
Contact ADAW: 608.742.9055

RICHLAND CENTER
MEMORY CAFÉ
Fourth Thursday of each month
Thursday, September 27
Thursday, October 25
November- cancelled due to Thanksgiving
9:30 – 11:30 a.m.
Woodman Senior Center
1050 N. Orange St.
Richland Center
Contact ADAW: 608.732.3131

DEFOREST MEMORY CAFÉ *
Fourth Friday of each month
Friday, September 28
Friday, October 26
November- call to confirm
1:00 – 2:30 p.m.
DeForest Area Community and Senior Center
505 N. Main St., DeForest
Contact: 608.846.9469

SINSINAWA MOUND
MEMORY CAFÉ *
Last Thursday of the month
Thursday, September 27
Thursday, October 25
November - call to confirm
1:00 – 2:30 p.m.
Sinsinawa Mound Center
585 County Rd. Z, Sinsinawa
Contact: 608.748.4411 Ext. 188.

“\We don’t socialize much anymore, so it was great seeing him happy and laughing with others. Opportunities like this make life so much better.\”
- Memory Café care partner participant

New! BELOIT MEMORY CAFÉ
Second Thursday of each month
Thursday, September 13
Thursday, October 11
Thursday, November 8
9:30 – 11:00 a.m.
Blender Cafe
Beloit Public Library
605 Eclipse Blvd., Beloit
Contact ADAW: 608.313.3335

New! MADISON MEMORY CAFÉ
Third Friday of each month
Friday, September 21
Friday, October 19
Friday, November 16
9:30 - 11:00 a.m.
Fountain of Life Covenant Church
633 W. Badger Dr., Madison
Contact ADAW: 608.204.9798

PORTAGE MEMORY CAFÉ
Fourth Wednesday of each month
Wednesday, September 26
Wednesday, October 24
Wednesday, November 28
1:00 – 3:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage
Contact ADAW: 608.742.9055
On June 20, the Alzheimer’s & Dementia Alliance of Wisconsin, along with 147 other organizations and allies, wrote to Congress in support of the Concentrating on High-Value Alzheimer’s Needs to Get to an End (CHANGE) Act (S. 2387/H.R.4957).

The CHANGE Act will advance systemic changes required to strengthen care for millions of American families currently facing dementia while helping to maximize the value of our national investments in science to deliver prevention, disease modifying treatments and an eventual cure. In particular, the CHANGE Act makes clear that Medicare should adopt and cover uniformly accepted assessment and diagnostic tools for Alzheimer’s disease and other forms of dementia. As research increasingly focuses on intervening at the earliest point in the disease trajectory, shortcomings in disease detection impede progress toward breakthrough therapies. The lack of uniform Alzheimer’s tools delays cognitive impairment detection and diagnosis at the earliest possible point, resulting in decreased opportunities for people to access timely treatment options, including clinical trial participation.

When people receive a timely and accurate diagnosis, they are better able to make informed decisions about participating in research. They also have improved opportunities to make productive medical, financial, legal, and spiritual choices to improve both their own quality of life and that of their family caregivers. Delaying diagnosis or receiving an inaccurate diagnosis significantly complicates and all-too-often prevents research participation and undermines efficacy of quality of life decisions. The CHANGE Act would encourage early assessment and diagnosis, improve care, and accelerate scientific progress.

The CHANGE ACT would address the need for diagnosis and clinical trial participation by requiring the Centers for Medicare and Medicaid Services to identify a uniform, reliable cognitive impairment detection tool or set of tools and to incentivize clinicians to detect, refer, and diagnose Alzheimer’s disease and other forms of dementia in their earliest stages. Earlier diagnosis would allow for increased clinical trial participation and contribution by the patient in health care decision making, and validated tools would make it much easier for physicians to provide earlier diagnoses.

Care would be improved by using Medicare authority to test a comprehensive continuum of care addressing care needs for people living with Alzheimer’s disease and other forms of dementia along with their caregivers, modeled on the Programs of All- Inclusive Care for the Elderly (the PACE Program). It also would create a coverage and payment model that offers family caregivers evidence-based training and certification specific to dementia care that qualifies them to provide certain medically necessary services that society relies upon them to provide.

Action Alert: The CHANGE Act could benefit from more co-sponsors. Encourage our state Senators Tammy Baldwin and Ron Johnson, as well as your US Representative, to co-sponsor the bimameral, bipartisan Concentrating on High-Value Alzheimer’s Needs to Get to an End (CHANGE) Act (H.R.4957, S.2387).

If you have public policy questions or concerns, contact Rob at 608.232.3408 or gundermann@alzwisc.org.
**Diversity Update**

**New Culturally Specific Memory Café to open in Madison**

Diversity Coordinator Barbara McKinney has been actively participating in community events and networking to promote ADAW’s programs and services in more diverse communities.

Alzheimer’s disease affects African Americans at a much higher risk than other demographics. Many research studies, including studies from the Wisconsin Alzheimer’s Disease Research Center in Madison, have found older African Americans are at higher risk of developing Alzheimer’s disease than Caucasians. Because family members often undertake the role of caring for their loved ones, African Americans also represent a large portion of caregivers.

ADAW is responding to the needs within the African American community through education, awareness and intentional outreach. We are pleased to announce our first culturally specific Memory Café will begin September 21 at Fountain of Life Covenant Church, 633 W. Badger Rd. in Madison. See our Memory Café listing on page 11 for details. Volunteers and sponsorship opportunities are welcome.

To learn more, contact Barbara McKinney, 608.204.9789 or email barbara.mckinney@alzwisc.org.

**Ales for Alzheimer’s**

**Enjoy Ales for a Worthy Cause.**

Join us for the 3rd Annual Ales for Alzheimer’s on Thursday, October 25 from 4:00 - 9:00 p.m. at the Edgewater Hotel in Madison. While planning is underway, one thing is certain, Ales for Alzheimer’s is a fun way for people to support a worthy cause while having a few beverages - what’s wrong with that?

Ales for Alzheimer’s is a fundraiser for ADAW organized by Lynn Holley and Molli Babler, Keller Williams Realty; Jim Imhoff, First Weber Group; and Sara Alvarado. Last year the event, which is now deemed “Madison’s Largest Happy Hour”, raised over $40,000 for ADAW.

For $25 participants receive entrance to the event, one drink, and food. The Happy Hour will have a silent auction, live auction, wine pull, and door prizes/raffle. All proceeds directly support ADAW’s programs and services. A portion of the proceeds from the event will be earmarked to provide assistance to caregivers through respite grants.

For more information and to purchase tickets visit www.alesforalzheimers.com.
### TRIBUTES & MEMORIALS 4-20-2018 to 7-31-2018

**IN MEMORY OF:**

**JUANITA BERGERSON**  
School District of Wisc. Rapids Sunshine Fund

**DARWIN BISHELL**  
Amy & T. Allan Bishell  
Margaret Bishell  
Linda & Eugene Blodgett  
Donna Prew

**MARILYN BOLTZ**  
David Rahn

**JOAN CARNCROSS**  
Janet Welsh

**DENNIS COPPER**  
Mary Alice Copper  
Cheryl & Glen Hermanson  
Judith & Monty Pearson

**HAROLD FARKAS**  
David Bodoh

**MARCELLA GARDNER**  
Janet & Paul Beck  
Kimberly & Jeffrey Boughton  
Rebecca Eck  
Mary & Greg Fisher  
Carol & Mikkel Gardner  
Rochelle & Joe Guastella  
Elaine Hoffman  
Cynthia & Douglas Knoble  
Lands' End

**HAROLD FARKAS**  
David Bodoh

**MARCELLA GARDNER**  
Janet & Paul Beck  
Kimberly & Jeffrey Boughton  
Rebecca Eck  
Mary & Greg Fisher  
Carol & Mikkel Gardner  
Rochelle & Joe Guastella  
Elaine Hoffman  
Cynthia & Douglas Knoble  
Lands' End

**GERALD GARRISON**  
Susan Clark

**RONALD HALVERSON**  
Carol & Al Henry

**MAXINE HAMBRECHT**  
Marjorie & Robert Daniels  
Marcia & Don Douglas  
Susan & John Flauger  
McFarlane Mfg. Co.  
Penny & William Rendall  
Sandra & Bruce Richmond

**WALTER HAMPTON**  
Anonymous

**EUGENE HOLZMANN**  
Susan Vuckovich

**ARVIS JOHNSON**  
Patricia Forest

**MADONNA KIEFFER**  
Sallie & David Waller

**SHIRLEY KINNUNEN**  
Carl Kinnunen  
Edwin Kinnunen  
Marsha & Kendall McBroome  
Patty & Robert Muller  
Roger Springman  
Ellen Vantussi

**MARYLOU KNUDSON**  
Anonymous  
Janine Beggs  
Ann Marie & Mark Buehl  
Debbie & David Labrenz  
Rosemary Martin  
Jean McKim  
Donna Stewart  
Donna & Edward Ziegler

**BEVERLY LANZENDORF**  
Ingleside Manor  
Kimberly Lunaas  
Troy Tarnutzer

**CARL LOCHNER**  
Cross Plains Pharmacy

**MARY ELLEN MACMAN**  
Carmen and Lynn Thompson

**RUTH MEIER**  
Stefanie Moritz & Vincel Jenkins

**DONNA L MILLER**  
Karine Fulton

**ROBERT (BOB) MILLER**  
D & M Concrete Company Inc.

**ARNOLD NEISES**  
Patricia & John Hein  
Shryle & John Kustka  
Ruth & Robert Leistikow  
Susan Marshall  
Dorothy Neises  
Connie & Richard Rieder  
Barbara & Robert Rufi

**JOHN (JACK) PETTINGER**  
Lorraine & Dr. Lawrence Grant

**DONNA K SMITH**  
Blue Cross Blue Shield of Nebraska  
Peggy & Daniel Hendricks

**ARTHUR SPANJAR**  
Robert Cullen  
Sumanish Kalia  
William Kraus  
Candice Spanjar

**CLEO SPRING**  
Darlene Anderson Prest

**JOE STELTONPOHL**  
Capitol Bank  
Paige & Neal Janquart  
Christine Kirsch  
Kristine & Kenneth Thompson

**JOHN STEVENSON**  
Barbara & James Attoe  
Lori & Travis Chapman  
Patricia & Neal James  
Kimberly & Michael Manke  
Charles Miller  
Martha & Jon Paskey  
Janice & Mark Reichers  
Donald Skarda

**THERESA WESTBERG**  
Kathleen and Daniel Griepentrog

**EILEEN WIENKE**  
Linda & Kendall Corbett

**PAT WILSON**  
Kay & Robert Arnold  
Miriam & Brian Boegel  
Claire Box  
Mary & Anthony Cardarella  
Julie Cherney  
Judith Cornelius  
Larry Dallia  
Barb Davidson  
Barb Dewitt  
Anne Dorn  
Susan Ducharme  
Nancy & James Engelhart  
Michelle Fox  
Roger & Mary Gibson Glass  
Judy & Bill Gilbert  
Fred Haltvick & Diane Johnson  
Karla & Mick Hansen  
Pamela & Neil Hanson  
Perry & Virginia Henderson, M.D.  
Sue & Dave Hineline  
Gerald & Alana Hoddinott  
Brian Jacobson  
Linda Josheff & Philip Springman  
Moira Kelley  
Susan & Martin Kennedy  
Mary Kerwin  
Bonnie Knuppel  
Mary Laedke  
Marilynn & Jerome Lawler  
Jane Maher  
Sandra Marquardt  
Marlyn Martin  
Kenneth Mohr  
Melody Moore  
Sandra & Thomas Muschitz, Jr.  
Mike & Mary Newton Kellogg  
Dale "Buzz" Nordeen  
Oak Park Place  
Sandra Person  
Mary Jo & Rod Peterson
TRIBUTES & MEMORIALS continued
Mary Pike
Irene Reilly
Susan & Timothy Reilly
Mary & Bruce Reines
Jane Rouleau
Dick & Judy Rust
Cynthia Schmelzer
Sandra Schmidt
Linda Marty Schmitz
Winnie & Dick Severson
Janice Smith
Lori & Tim Stadelman
Mary Stamstad
Rosemary Stauffer
Therese & Daniel Strome
William White
Wilson Advocacy & Guardianship
Paul Grossberg & Dean Ziemke
Margaret Zutter
LORETTA ZANDER
Susan & Wayne Barsness
DANIEL ZIMMER
Joseph Kroening

INDIVIDUAL CONTRIBUTIONS continued
C.M. & R.E. Mach
Carol & James Mayfield
Judith & Monty Pearson
Donna & Linus Schoepp
William Sime
Michael Thompson

We've moved!
Our main office in Madison is now located at:
3330 University Avenue, Suite 300
Madison, WI 53705
All programs held in our conference room are now operating out of the new location.
Questions?: Call 608.232.3400

SURVIVING AS AN ALZHEIMER’S CAREGIVER: A MORNING WITH MARTY SCHREIBER

Wednesday, October 24, 2018
10:00am - 11:00am
Grace Lutheran Church
1105 N. Bequette St., Dodgeville, WI

Join former Wisconsin Gov. Martin J. Schreiber as he shares lessons from his decade-plus journey as a caregiver for his wife, Elaine, who lives with Alzheimer’s disease.

Gov. Schreiber will candidly describe his challenges and missteps, and highlight how compassion and humor provide comfort to both caregiver and the person with dementia.

Schreiber’s award-winning book, My Two Elaines: Learning, Coping, and Surviving as an Alzheimer’s Caregiver, will be available. Net proceeds are used to promote Alzheimer’s caregiver support. RSVP not required.

This event is sponsored by the Dementia Friendly Sub-Committee of the Iowa County Caregiver Coalition. Thank you to the following organizations for their support; Aging & Disability Resource Center of Southwest Wisconsin, Alzheimer’s & Dementia Alliance of Wisconsin, Alzheimer’s Association, Sienna Crest, Agrace, Dodgeville Public Library, Upland Hills Health and Iowa County Department of Health.

QUESTIONS: CONTACT ADRC OF SOUTHWEST WISCONSIN 608.930.9835
Understanding and coping with the challenges of

Alzheimer’s Disease & Dementia

A workshop for family members, direct care workers and professionals
Featuring keynote speaker Susan H. McFadden, Ph.D.

Wednesday, November 7, 2018, 9 am - 3:30 pm

United Methodist Church, 2227 4th Street, Monroe

Register by calling Aging & Disability Resource Center at 608-328-9499 by Thursday, November 1, 2018.
Fee: $30 for professionals and direct caregivers. Onsite respite is available at no cost through the Hand in Hand Adult Day Center. Call 608-328-9499 to make arrangements by Thursday, November 1, 2018.