Recognizing the role of grief in the dementia journey

A person in the early stages of dementia will likely experience a unique and intense range of emotions. One of the strongest and most universal emotions that may occur is grief. People diagnosed with dementia will likely have feelings of grief over the diagnosis and the losses associated with his or her symptoms. The person may also grieve anticipated losses in memory, thinking, and ability to do things.

For the person living with dementia, this grief can be excruciatingly difficult. And for caregivers it can also be difficult to witness, to know how to handle, and to balance with their own feelings of loss. In recognition of this difficult process, we offer some guidance about how to help people with dementia as they grieve.

Early Stage Grief: In the early stages of dementia, encourage the person to talk openly about their fears and express any wishes about how they would like to live well with dementia. Planning for the future gives the person with dementia some control at a time when he or she might feel helpless. Understanding their wishes will also help caregivers make future decisions that follow the person with dementia’s values and wishes.

As the disease progresses, the person with dementia may not be able to express all of the losses they are experiencing, but may have a general feeling that something is wrong. Now, his or her grief may be expressed through feelings such as anxiety or frustration. Caregivers can support the person with dementia
in dealing with these losses in different ways. First, try to focus on what the person can do at each stage of the disease, rather than what they can no longer do. Encouraging the person to do what they enjoy and are able to do – whether it is helping to prepare a meal, painting, telling stories, or playing with children – can help keep the person engaged and contribute to their quality of life.

When supporting someone with dementia, show you understand the feelings of loss the person may express. Listen with empathy without discounting the expressed feelings. The person with dementia may need to have their grief acknowledged by others, just as anyone grieving a loss may want. Look for ways to make meaningful connections with the person each day.

Later Stage Grief: In the later stages of dementia, the person will be less able to express his or her thoughts and concerns. There are still ways to connect with the person and show your support; such as holding hands and using a reassuring tone of voice. It’s also important to share your knowledge of the person with dementia’s personality with any staff providing care. Tell care providers about the person’s interests, likes, dislikes and life history. This will help the care providers to better support and connect with that person as a unique individual.

For the person living with dementia:

When you have difficulty remembering or being able to do things you once did, it can be understandably frustrating. This frustration can turn to anger. Living with dementia can also trigger feelings of guilt. Here are suggestions to help with anger and guilt:

• Identify your warning signs of frustration. Can you tell when you are getting frustrated? What are your warning signs? What’s something you can do to calm yourself before frustration turns to anger?

• Stop and use calming techniques at the first signs of frustration. For example, try deep breathing, counting to ten, or leaving the room.

• Express anger in healthy ways such as punching a pillow or yelling when alone.

• Let some things go. There may be times when you struggle with something that seems important. Is it so important that it’s worth feeling frustrated? Try to let it go and focus on something else.

• Sometimes you may feel guilty about how your cognitive impairment is impacting those you love. You can learn to let go of the guilt by recognizing what you can control and what you can’t. People who care about and love you want the best for you. Focus on ways you can continue to enjoy time with your family and friends, and let them know how much you appreciate their care and support.

ADAW staff is available to offer support on issues related to grief and other topics. Call toll-free 888.308.6251 or visit alzwisc.org for more information.
Dear Friends,

I’m saddened to share the news our colleague and friend Patricia (Pat) Wilson passed away in early May. Her passing was a shock to us all. For 17 years Pat served people with dementia and their families. She was a devoted member of the Alzheimer’s & Dementia Alliance family and connected with so many through her years as the family support coordinator.

We recognize that Pat’s passing is a tremendous loss to the Alliance and the people we serve, as well as the broader dementia community. We join together to express our collective sympathy to Pat’s family and friends.

While we work through this transition we will continue to provide support, education, and advocacy for each and every person impacted by any form of dementia. Improving quality of life is the fundamental mission of ADAW. These lofty goals take many forms - we are active participants with shaping public policy, sponsoring high quality educational events, and providing one-on-one care consultations on the phone and in person.

Naturally this requires financial resources and we are grateful for your support whether its through direct mail contributions, workplace giving such as United Way or Community Health Charities, or attending our charity golf outing on August 13. And of course, our seven Alzheimer’s Walks in September.

Planning for the Alzheimer’s Walks is well underway. We are most grateful for our hard-working walk committees and volunteers who make our largest fundraising event each year possible. In addition to the dollars raised, this is an opportunity to help raise awareness while recognizing the outstanding individuals who are making a real difference in the lives of many. Start forming your team and register to walk online now.

This year marks the 20th Anniversary of the Dane County Alzheimer’s Walk. To acknowledge this accomplishment and to celebrate, we are planning a kick-off event at Capital Brewery in Middleton on Wednesday, June 6. We’ll be recognizing the many teams, sponsors and volunteers who participated over the years. I hope to see you there.

Thank you for being a part of the greater Alzheimer’s family by referring your family and friends to our organization. There are strategies in place that can provide a ray of hope for a better day. This journey does not need to be faced alone.

Sincerely,

Paul Rusk
Executive Director
Remembering Pat Wilson

“If there ever comes a day when we can’t be together, keep me in your heart, I’ll stay there forever.” —Winnie-the-Pooh

If you were a person newly diagnosed with Alzheimer’s disease or dementia and you called the Alliance looking for support, the person you likely spoke with was Pat.

If you were a caregiver struggling to find resources to help your loved one or yourself and you emailed ADAW, the person who likely responded to you was Pat.

If you were a person attending an ADAW support group, family educational program or early stage program in Dane County, the person leading was most likely Pat.

Pat volunteered with the Alliance for two years prior to accepting the Family Support & Education Coordinator position in 2003. She filled the role with compassion, sage advice, and an always hard-working spirit. For many touched by Alzheimer’s or other forms of dementia, Pat was truly a partner in the journey. It was her calm, reassuring voice that responded to phone calls from overwhelmed caregivers or offered advice to families through one-on-one care consultations or family meetings. Her smile and joyful laugh greeted those who attended the early stage programs she facilitated. Spending time with program participants was always a highlight of her day.

If you attended an ADAW Memory Café or participated in the Meeting of Minds program, you likely created an acrostic poem. Pat learned of acrostic poetry and often used them to spark creativity among the groups. She enjoyed the funny and often profound moments these seemingly simple poems could create.

In the spirit of her memory, we created a acrostic poem. Rest in peace, Pat. You will be missed.

ACROSTIC POEMS

An acrostic is a poem where the first letter of each line spells out a word or phrase.

There's no need to rhyme or worry about the rhythm—just have fun.

P patient, passionate, positive, protector
A assured, angel, altruistic, attentive, advocate
T treasure, thoughtful, true-hearted, tai chi, take charge
W warm, whimsical, wise, Winnie the Pooh, welcoming, witty
I intelligent, inspirational, improved the lives of others, imaginative
L loyal, loving, laughter
S selfless, skilled, sincere, sensitive, sympathetic
O outstanding, observant, optimistic
N nice, natural, non-judgemental
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.alzwis.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

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

Tuesday, June 26
5:30 – 7:00 p.m.
Columbus Community Hospital
Diamond Room
1515 Park Ave., Columbus

Monday, August 13
5:30 – 7:00 p.m.
Hawthorne Public Library
2707 E. Washington Ave.
Madison

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.

Wednesday, June 27
1:00 - 2:30 p.m.
Crawford County Administration Building
225 N. Beaumont Rd.
Prairie du Chien

Thursday, July 26
3:00 - 4:30 p.m.
Richland Center Community Center
1050 N. Orange St.
Richland Center

Tuesday, August 21
5:30 - 7:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage

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

Monday, July 9
1:00 - 2:30 p.m.
Middleton Public Library, LL
7425 Hubbard Ave., Middleton

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

Tuesday, July 24
5:30 - 7:00 p.m.
West Square Building - Room B24
505 Broadway St., Baraboo

POWERFUL TOOLS FOR CAREGIVERS
An educational program designed to help family caregivers care for themselves while caring for a loved one.

Mondays, June 4 – July 9
10:00 – 11:30 a.m.
ADRC of Marquette County
428 Underwood Ave., Room #151, Montello
Free. Call ADRC, 855.440.2372, to inquire about in-home respite and to register.

Continued on page 6
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.

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

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

MIDDLETON MEMORY CAFÉ
First Friday of each month
Friday, June 1
Friday, July 6
Friday, August 3
9:30 – 11:30 a.m.
Captain Bill’s Restaurant
2701 Century Harbor Rd.
Middleton
Contact ADAW: 608.232.3400

WESTFIELD MEMORY CAFÉ
First Wednesday of each month
Wednesday, June 6
July 4 (Cancelled due to holiday)
Wednesday, August 1
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, June 6
July 4 (Cancelled due to holiday)
Wednesday, August 1
1:00 – 2:30 p.m.
Stonefield Apartments Community Rm
407 E. Madison St., Dodgeville
Contact ADAW: 608.232.3400

WAUNAKEE MEMORY CAFÉ *
First Thursday of each month
Thursday, June 7
Thursday, July 5
Thursday, August 2
9:30 – 11:00 a.m.
SteeplesChase Condominiums Clubhouse
5636 Conway Glen, Waunakee
Contact: 608.849.8385

MT HO Reb MEMORY CAFÉ *
Second Tuesday of each month
Tuesday, June 12
July 10- Cancelled
Tuesday, August 14
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, June 13
Wednesday, July 11
Wednesday, August 8
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

SUN PRAIRIE MEMORY CAFÉ *
Second Thursday of each month
Thursday, June 14
Thursday, July 12
Thursday, August 9
9:30 – 11:00 a.m.
Colonial Club Senior Center
301 Blankenheim Ln., Sun Prairie
Contact: 608.837.4611

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

NEW!
MARKESAN MEMORY CAFÉ
Third Tuesday of each month
Tuesday, June 19
Tuesday, July 17
Tuesday, August 21
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, June 21
Thursday, July 19
Thursday, August 16
9:30 – 11:00 a.m.
Sauk Prairie Community Center
Café Connections
730 Monroe St., Sauk City
Contact ADAW: 608.742.9055

DEFOREST MEMORY CAFÉ *
Fourth Friday of each month
Friday, June 22
Friday, July 27
Friday, August 24
1:00 – 2:30 p.m.
DeForest Area Community and Senior Center
505 N. Main St., DeForest
Contact: 608.846.9469

PORTAGE MEMORY CAFÉ
Fourth Wednesday of each month
Wednesday, June 27
Wednesday, July 25
Wednesday, August 22
1:00 – 3:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage
Contact ADAW: 608.742.9055

RICHLAND CENTER MEMORY CAFÉ
Fourth Thursday of each month
Thursday, June 28
Thursday, July 26
Thursday, August 23
9:30 – 11:30 a.m.
Woodman Senior Center
1050 N. Orange St.
Richland Center
Contact ADAW: 608.723.4288

SINSINAWA MOUND MEMORY CAFÉ *
Last Thursday of the month
Thursday, June 28
Thursday, July 26
Thursday, August 30
1:00 – 2:30 p.m.
Sinsinawa Mound Center
585 County Rd. Z, Sinsinawa
Contact: 608.748.4411 Ext. 188.

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 featuring information on current research, scientifically-rooted nutritional and lifestyle advice as well as fun brain teasers and take home material.

Tuesday, June 5
4:00 – 5:00 p.m.
Baraboo Senior Center
124 2nd St. #24, Baraboo

Wednesday, June 20
10:00 - 11:30 a.m.
Scoville Center Apartments
545 Public Ave., Beloit

Tuesday, July 3
1:30 - 2:30 p.m.
Hatch Public Library
111 W. State St., Mauston

Tuesday, July 10
10:00 - 11:00 a.m.
Beloit Public Library
605 Eclipse Blvd., Beloit

Wednesday, August 22
10:00 - 11:30 a.m.
Senior Connections
Mercy Health Mall
Community Education Room
1010 N. Washington St.
Janesville

Wednesday, August 22
1:30 - 2:30 p.m.
Lester Public Library of Rome
1157 Rome Center Dr., Nekoosa

Continued on page 8
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, whether you are concerned about yourself or a loved one.

**Tuesday, June 9**
1:30 - 2:30 p.m.
Montello Library
128 Lake Ave., Montello

**Wednesday, July 19**
10:00 – 11:00 a.m.
Berlin Public Library
121 W. Park Ave., Berlin

**Tuesday, July 24**
1:30 - 2:30 p.m.
Wautoma WWII Veterans Memorial Building
440 W. Main St., Wautoma

**Tuesday, August 7**
4:00 – 5:00 p.m.
Baraboo Senior Center
124 2nd St. #24, Baraboo

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.

**Monday, June 11**
1:30 - 2:30 p.m.
Montello Library
128 Lake Ave., Montello

**Tuesday, June 26**
1:30 - 2:30 p.m.
Wautoma WWII Veterans Memorial Building
440 W. Main St., Wautoma

**Wednesday, August 8**
1:30 - 2:30 p.m.
Adams Community Center
569 N. Cedar St., Adams

**Tuesday, July 10**
4:00 – 5:00 p.m.
Baraboo Senior Center
124 2nd St. #24, Baraboo

**Tuesday, August 21**
10:00 - 11:00 a.m.
Beloit Public Library
605 Eclipse Blvd., Beloit

SAVE THE DATE
Understanding and Coping with the Challenges of Alzheimer’s Disease and Dementia workshop
**Wednesday, November 7**
9:00 a.m. – 3:00 p.m.
United Methodist Church, 2227 4th Street, Monroe

Featuring keynote speaker Susan H. McFadden, Ph.D., is Professor Emerita of Psychology at UW Oshkosh and co-founder of the Fox Valley Memory Project, an organization that offers programs and services for people living with dementia.

With breakout sessions for professionals and family caregivers.
Diversity Update

Solomon Carter Fuller Memory Screening events

The 2018 Solomon Carter Fuller community discussion on Alzheimer’s disease, held Friday, February 16 at Fountain of Life Covenant Church, featured Dr. Cerise Elliot, a program analyst at the National Institute on Aging and an expert in health disparities research. Dr. Elliot touched on three main points - engaging youth in science, caregiving, and the importance of diversity in research.

As a young child, Dr. Elliot was encouraged to participate in science-related activities, which propelled her toward a career as a researcher. Through her work, she recognized a lack of studies involving people of color. Noting African-Americans are twice as likely to develop Alzheimer’s disease, she emphasized the importance of African-American involvement in research.

On a personal side, Dr. Elliot spoke candidly about caregiving for her grandfather and mother, the challenges of caring long-distance, and the necessity for caregivers to also care for themselves.

The screening day, named after the nation’s first African-American psychiatrist and a pioneer in Alzheimer’s disease research, was the creation of former ADAW Diversity Coordinator Charlie Daniel and Dorothy Farrar-Edwards, PhD, leader of the Minority Recruitment Satellite Program at the Wisconsin Alzheimer’s Disease Research Center. Along with free memory screenings, the two-day event also offered caregiver workshops and a healthy cooking demonstration by Chef Rod Ladson, proprietor of Bonefish Grill in Madison.

This year also marked the conclusion of many dedicated years of ADAW service by Charlie Daniel. She was an advocate for raising awareness in communities of color and instrumental in building community partnerships. We are grateful for Charlie’s contributions.

Expanding Alzheimer’s awareness to all

ADAW’s new Diversity Coordinator Barbara McKinney represented ADAW during the African American Council on Churches Holy Week celebration. The events were a wonderful opportunity to introduce our programs to more people and hear how Alzheimer’s touches the lives of so many.

Barbara hopes to start Memory Cafés in partnership with African American churches in Dane County. We’re glad to have Barbara on board with us as we find new ways to serve a wider audience. Read more about Barbara and other new ADAW staff on page 16.
Perspectives from people living with dementia
- A compilation of statements shared by Meeting of Minds participants

- Life is not easy for us.
- I live alone.
- I have someone who is telling me what, when, and how to do it.
- People are afraid of losing their minds that is why they avoid us.
- Do not beat yourself up when you forget something.
- Be grateful for every day.
- Treasure the caregiver and family and friends who support you.
- I am not wonderful, but I'm okay. What does okay mean? It means for right now I can live with this situation.
- When you misplace something, how do you deal with it? I have a difficult time finding things always. I tend to berate myself and I am frustrated. I do not want to be that person.
- Change your approach. When you are looking for your glasses and you find them, then say: “Hello glasses.” Instead of berating yourself.
- Be kind to yourself.
- I think about how we are one among millions. We are not alone.
- Cancer is much easier than this journey.
- I'm not afraid to die.
- I used to obsess about Alzheimer’s disease. I decided that I cannot do anything about it, so I'm not obsessing as much.
- Modern day medicine is not doing anything for us.
- With research, I have been a guinea pig for years and there’s no results for me.
- Aging isn’t so sexy and not as interesting, so medical profession and research are not as caring about us.
- Be happy for the skills from the past that we still have and use them.
- I am not an easy person for my caregiver to deal with. At least my caregiver has not dropped me because of my dementia.
- Some people have divorced because of a dementia diagnosis.
- Some caregivers do not help us as much as we should be helped, such as starting an activity or helping with the cooking.
- I feel like I am alone by myself – we are not together as a couple.
- I get blamed for misbehaving and told to go away.

Giving Envelope

Gifts from individuals like you make it possible for ADAW to offer the programs and services outlined in this newsletter free of charge. Every day, we help people understand the effects of dementia and plan for the future. We are often called when people are in crisis and have nowhere else to turn. Participants of our early stage programs and caregivers attending our education programs often state they wish they connected with ADAW sooner.

Please give today. Your gift allows us to meet the unique needs of people regardless of where they live or their ability to pay. Your gift enhances the quality of life for people impacted by dementia.
YOUR IMPACT ON ALZHEIMER’S

WHY GIVE?

Your gift makes it possible for the Alzheimer's & Dementia Alliance of Wisconsin to partner with families at every stage of the dementia journey.

Last year alone we had over 23,000 points of contact including:

- Nearly 1,500 Helpline calls
- Over 500 care consultations and family meetings
- More than 325 educational programs

In addition, we’ve added offices in Green Lake and Mauston, expanding our capacity to serve rural communities. We’ve also have full-time staff in Beloit and a Diversity Coordinator in Madison, to better serve communities of color.

Raising awareness and funding research is important, but our primary mission is supporting individuals and families touched by a dementia diagnosis.

Our ability to assist people with dementia, their families, and caregivers through family meetings and care consultations sets us apart.

We work with those directly in the communities we serve – rural and urban alike - FREE of charge - offering education and guidance to promote an enhanced quality of life.

Thank you for your support.
Alzheimer’s Walk Season 2018 has begun

“Walk season” has officially arrived! This is always a busy and exciting time of year. Walks are scheduled in seven communities across south central Wisconsin. Each walk is its own unique event organized by committed community volunteers and staff.

Alzheimer’s Walks offer:

• An opportunity for communities to show support for people impacted by Alzheimer’s disease and other forms of dementia.
• A chance for people to share their stories with others, discover they are not alone, and help in the healing process.
• An occasion to increase awareness while decreasing stigmas associated with dementia.
• A way to give back and pay it forward for others in the dementia journey by raising funds to insure ADAW programs and services like one-on-one care consultations, Memory Cafés, family education programs continue free of charge.

MARK YOUR CALENDARS

Green County Alzheimer’s Walk
Monroe - September 8

Columbia/Marquette Co. Alzheimer’s Walk
Portage - September 9

Sauk County Alzheimer’s Walk
Baraboo - September 15

Iowa County Alzheimer’s Walk
Dodgeville - September 22

Richland County Alzheimer’s Walk
Richland Center - September 23

Grant County Alzheimer’s Walk
Lancaster - September 29

Dane County Alzheimer’s Walk
Madison - September 29

Visit alzwisc.org for details.

We need you! Alzheimer’s Walk volunteers

There are many opportunities for involvement, from joining a local planning committee to helping on walk day. Planning committees are always seeking members to bring new perspectives and ideas on ways to raise awareness. Committees typically meet monthly about eight months of the year.

Perhaps you’d like to volunteer, but can’t make that time commitment. Then event volunteering might be for you. Volunteers are needed to help with registration, take photos, assist with set-up and take-down.

If you’re interested in volunteering, contact special events coordinator Rebecca Spindler, 608.310.8780 or email rebecca.spindler@alzwisc.org. We’d love to have you!
Golf Fore a Cause

Join the Alzheimer’s & Dementia Alliance of Wisconsin for our 22nd Annual $1,000,000 Shootout on Monday, August 13 at Maple Bluff Country Club in Madison.

We’re gathering foursomes and sponsors for a day of fun. Registration fee includes lunch, dinner, great giveaways and an opportunity for one lucky individual to take a shot at winning $1,000,000. NBC15 Sports Director Mike "Jocko" Jacques returns to emcee the day-long event. Other special guests to be announced.

Take advantage of the early-bird registration rates apply through Wednesday, July 6.

Visit alzwisc.org or call 608.232.3400 for sponsorship information or to register your foursome.

22nd Annual Million Dollar Shootout

Monday, August 13, 2018 | Maple Bluff Country Club, Madison

Join emcee Mike “Jocko” Jacques, NBC15 Sports Director, to support the Alzheimer’s & Dementia Alliance of WI.

2018 Alzheimer’s Walk Dane County Kick-off Party

June 6 5 - 7:30 PM

Join us at Capital Brewery to celebrate 20 years of raising awareness and walking to support families impacted by Alzheimer’s and other dementias.

The Best Chefs

Oak Park Derek Buckley Capital Brewery

7734 Terrace Ave., Middleton

Give Local. Stays Local.
St. Patrick's Alzheimer's Benefit

Irish eyes were smiling on the Alzheimer's & Dementia Alliance of Wisconsin. On Thursday, March 15 Fitz's on the Lake, in Lodi, hosted their annual St. Patrick’s Alzheimer’s benefit. Diners enjoyed a corned beef and cabbage dinner along with live music by Mike Ashworth. The event raised more than $4,000!

We’d like to thank Mark Obois, co-owner of Fitz’s on the Lake, restaurant staff, and all of the people who attended the event.

Strike Out Alz

Casey Brown organized "Strike Out Alz" a bowling fundraiser on Saturday, April 21 at Dogger’s Bar & Lanes in Wautoma. There were 55 bowlers with prizes and raffles galore. The event raised $1,544!

Thank you Casey Brown, Dogger's Bar & Lanes staff and all who came out to support ADAW.

Legacy planning benefits

Executive Director Paul Rusk had the honor of speaking, along with former Governor Martin Schreiber and author of “My Two Elaines”, at the annual meeting of the RWay members sponsored by the Wilson Law Group.

In 1999 the RWay Client TrustCare Program was developed as a benefit for clients of Wilson Law Group to ensure the commitment invested in designing their estate plans be protected regardless of future circumstances. The program keeps members informed, with a built-in opportunity to adjust their planning so that their trusts retain integrity from year to year.

Paul learned important information in regards to estate planning. Bequests through wills and trusts provide a unique opportunity to plan for future family needs while at the same time setting aside a gift of lasting benefit to the Alzheimer’s & Dementia Alliance of Wisconsin.

Watch for details on upcoming ADAW Legal & Financial Planning Seminars to learn more.

Third party events

14TH ANNUAL DUMP RUN

Saturday, August 25, 2018
The Dump Bar & Grill, 105 W. Edgewater St., Cambria
Visit thedumpbar.com for details. A portion of the proceeds benefit the Columbia/Marquette Co. Alzheimer’s Walk.
Advocacy Update

Rob Gundermann, Public Policy Director

The Wisconsin Legislature has adjourned the Legislative session and in the final days passed several important legislative proposals we worked on which meant we were invited to several bill signings again this year.

Assembly Bill 632, now Wisconsin Act 186, was authored by Representative Mike Rohrkaste (R-Neenah) and signed into law by Governor Walker on April 2.

Act 186 reads in part: “the department of health services shall award grants in a total amount not to exceed $500,000 for the purpose of increasing awareness of Alzheimer’s disease and dementia in rural and underserved urban areas.”

Additional bills passed this session, while not specific to dementia, will be beneficial to families.

Senate Bill 575, now Wisconsin Act 149, was authored by Senator Leah Vukmir (R-Brookfield) and signed into law this session. Act 149 allows pharmacists to substitute biologic drugs approved by the Food and Drug Administration with their generic counterpart, called interchangeable biosimilars. Patients are expected to get an estimated 20-percent savings by purchasing a biosimilar drug, as opposed to the brand-name version.

Assembly Bill 629, now Wisconsin Act 187, was authored by Representative Ken Skowronski (R-Franklin) and applies to the process of determining jurisdiction over the person for the purpose of a guardianship proceeding or matter.

Assembly Bill 655, now Wisconsin Act 345, was authored by Representative Kathy Bernier (R-Lake Hallie) and allows an adult with a functional impairment to create a supported decision-making agreement to allow another person, referred to as a “supporter,” to assist the adult with certain decision-making.

Two bills failed to pass. These bills would have decreased the number of training hours required for Certified Nursing Assistants from the current number, 120 hours, to the minimum number of training hours allowed under federal law which is 75 hours. At one time Wisconsin only required 75 hours of training but our state, along with more than half the states, increased training requirements to 120 hours. To date no state has reduced the number of training hours required after increasing them. The 120 hours of training will remain a requirement.

Thank you to everyone who advocated for the bills ADAW supported and to those who connected with their legislators to express their opposition to the bills reducing CNA training hours in our state.

We had a very successful legislative session and I’m looking forward to working with you on some exciting things we have planned moving forward.

If you have public policy questions or concerns, contact Rob at 608.232.3408 or gundermann@alzwisc.org.
Welcomes new staff

Barbara McKinney, Diversity Coordinator

Barbara McKinney is a true Southern Belle born in the small town of Macon, Mississippi and raised in St. Louis, Missouri. A personal tragedy brought her to Madison. Barbara’s son, Mike McKinney, a Madison news anchor and a prominent member of the community, was diagnosed with a terminal illness in 2005. Barbara moved to Wisconsin to be his caregiver. Sadly, Mike passed away in July 2006.

Barbara became an active member of the Madison community. She started the first Eastside Mobile Food Pantry, volunteered for numerous organizations, and worked as a teaching assistant at Operation Fresh Start. Following that position, she was hired at Madison Urban Ministry (MUM), where she was later promoted to Associate Director.

Restorative Justice through community building has long been Barbara’s passion, and she said she has been blessed with the opportunity to practice these gifts in many ways, including being elected in 2015 as an Alder in Madison’s District 1.

“My connection with Alzheimer’s disease and dementia is personal,” Barbara said. “If you have ever looked into the eyes of someone you care about, and seen the exuberance for life slowly fading, it changes you. I now have the privilege of working to increase awareness of ADAW programs and services through a culturally responsive lens.”

Barbara can be reached at 608.204.9789 or barbara.mckinney@alzwisc.org.

Rebecca Spindler, Special Events Coordinator

Rebecca comes to ADAW following a dedicated career at UW Health. For over 16 years, Rebecca worked in Human Resources, Compensation and Recruitment. Most recently, she served as Program Assistant for the nationally recognized Patient and Family Advisor (PFA) Partnership Program and planned many volunteer-involved events.

She’s also a published author, screenwriter, film producer and writing instructor for Madison College. A UW Madison graduate and native of Middleton, Rebecca has been a life-long Badger fan and also roots for the Green Bay Packers. Her claim to fame is meeting Academy award-winning actor, Jon Voight, at the Beloit International Film Festival. In her free time, she continues with her writing projects and loves to travel with her husband and college student daughter, they have ventured to seven countries so far. She also spoils their two geriatric yet rambunctious terriers; Penny and Jackson.

Rebecca’s work in the PFA Partnership Program at UW Health gave her an opportunity to work with and form a focus group on the care of dementia patients and the caregivers’ patient experience. The high point in her career thus far is to serve as an active listener of patients and families and their diagnosis, treatment and healthcare journey. It’s been a humbling and profoundly rewarding experience to assist patients and families with their healthcare concerns and to learn the significance of compassionate care.

Rebecca can be reached at 608.310.8780 or rebecca.spindler@alzwisc.org.
New staff continued

Lori Stadelman, Finance Manager

Prior to joining ADAW Lori spent twelve years at First Business Financial Services. She is a dedicated volunteer for the Lussier Community and Education Center and tutors for Schools of Hope in Oregon.

Stadelman is passionate about ADAW’s mission because she has experienced the effects dementia can have on a family. Twenty years ago her father-in-law was diagnosed with dementia. At the time, resources and support were hard to find, she said.

“I saw firsthand the very difficult progression with him and the family,” she said. “Now, I’m thrilled to be able to support ADAW and its mission of educating, supporting and advocating for those patients and families dealing with this disease. Knowledge and support in the area of Alzheimer’s and dementia have grown dramatically, but there is still work to be done.”

In her free time, Lori enjoys quality time with her husband and three adult sons. She likes to travel, golf, read and spend time with family and friends - especially over a glass of wine!

ADAW is glad to have her support and expertise. Welcome, Lori!

Lori can be reached at 608.232.3401 or lori.stadelman@alzwisc.org.

TIME FOR US KIDS CAMP

June 10 - June 15
Bethel Horizons
4601 County Rd. ZZ, Dodgeville
Cost: $395

TIME FOR US is a great camping opportunity for teens from 10 to 18 years of age who has a loved one with Alzheimer’s disease, Parkinson, Post-Traumatic Stress Disorder, or similar Memory/cognitive challenges. While most of each day is spent on fun camp activities - ropes challenge, tower climbing, canoeing, water sports, field sports. - a portion of the time focuses on an understanding of Alzheimer’s and memory challenges.

Campers will gain knowledge, coping skills, peer support and relationships that may assist them for years to come. The innovative curriculum allows campers to experience nature up close, eat healthy meals and learn about toxins and the connection between healthy food and their health.

For more information contact forMemory, a network of persons affected by early memory challenges, at 608.935.5834 or 920.734.9638
Sponsored by the Alzheimer’s & Dementia Alliance of Wisconsin, forMemory and Bethel Horizons.
IN MEMORY OF:

LEONARD BIERMAN
Sandra Marquardt

CYNTHIA CALDWELL
Kristine Manke

CHARLIE & HERMAN CLEGG
Charlie Clegg
Charlotte & Robert Pifkin

TOM CONWAY
Ann & Tom Conway

JOHN (JACK) DUESTERBECK JR
Rebecca & Mark Carson
Verna & Jackie Heidebrecht
Victoria Niles
Jack Wallace

GERALD (JERRY) GARRIGAN
Susan Amend
American Family Mutual Insurance Company
Darlene Anderson Prest
Kathleen & Robert Behling
Mel & Maureen Bindl
Jenny Lynn Brun
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Kathleen Brandenburg
Carol Keleny
William Lucht
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1-20-2018 to 4-19-2018

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Geralyn Quandt
Susan Rossetti
Kenneth Ruhland
Paul Rusk

Madison Address Change

Our main office in Madison is relocating to:
3330 University Avenue, Suite 310
Madison, WI 53705

Beginning in early July, our office and all programs held in our conference room will operate out of the new location. Phone numbers will remain the same and programs and services will be uninterrupted.

Questions: Call 608.232.3400