

New name ... same local mission

Welcome to our first newsletter with our new name — the **Alzheimer's & Dementia Alliance of Wisconsin**. In November, our Board of Directors voted unanimously to separate from the National Alzheimer's Association so we could continue to focus on serving south central Wisconsin as we have done for the past 24 years. We are delighted that so many of you support our decision and understand that locally-raised dollars are now staying in Wisconsin. This change allows us to keep our three outreach specialists and two regional offices in Lancaster and Portage so people struggling with Alzheimer's and other dementias don't always have to travel to Madison, Milwaukee or Green Bay to receive help.

Please know that 100% of every single dollar contributed to the Alzheimer's & Dementia Alliance of Wisconsin will stay in Wisconsin. Our emphasis on direct programs and services and our low management and fundraising costs are your assurance that your contributed dollars are being used wisely and efficiently.

This does not mean we are no longer supporting national efforts to find a cure for Alzheimer's. Our ties to UW-Madison's new federally-funded Wisconsin Alzheimer's Disease Research Center (W-ADRC) provide us a unique opportunity to support cutting-edge research at one of the premier Alzheimer's research centers in the country. The Alliance can now expand our ongoing activities to help people in Wisconsin support and participate in ground-breaking national research. Who knows — the cure we all want may someday come from this significant research being done in our own backyard.

Every dollar you donate stays in Wisconsin

The Alliance continues its statewide leadership on issues related to public policy in Wisconsin and at the federal level. We are the only dementia organization in Wisconsin that has a registered lobbyist as our public policy director. Along with our excellent programs and services, we are proud of our public policy history, including our work to maintain the nationally recognized Alzheimer's Family Caregiver Support Program (AFCSP), and look forward to working on critical issues facing all dementia patients and their families throughout Wisconsin in the years ahead.

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NEW! Winemakers Dinner
Friday, April 16, 2010
6:30 p.m.

Madison Concourse Hotel

Gala Tasting and Auction
Saturday, April 17, 2010
6:30 p.m.

Nakoma Golf Club

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From the Director

Dear Friends,

Our decision to leave our national organization and become the independent Alzheimer's & Dementia Alliance of Wisconsin has been a very busy time for all of us. All the state and federal legal aspects of our change have been completed. We have been working hard to make the transition as smooth as possible. Please don't be confused by any letters or emails you may have received indicating we are no longer here to meet the needs of local families — that is clearly NOT the case!



We are gratified by the support we have been receiving throughout the south central Wisconsin area. All of our programs and services remain in place, and as you can see in the newsletter we have an array of program offerings for the next several months. We have always been a holistic organization that concentrates on how we can improve dementia services and care for everyone. We thank you all for your commitment to our local mission and Wisconsin advocacy and look forward to serving your needs for many years to come.

I want to take a moment to comment on the 24th Annual State Conference on Alzheimer's Disease and Related Disorders to be held May 2-4 at the Kalahari in Wisconsin Dells. We encourage all of you to attend this outstanding conference, which we have been hosting every three years as it moves around the state.

As the host organization, we have spent upwards of a year helping to plan the keynote speakers and the special Sunday afternoon intensive about our groundbreaking work in the prevention of emergency detentions and the reintegration of persons with dementia from psychiatric facilities into long-term care communities. Our staff (Mary Salzieder, Jody Curley and Rob Gundermann) and our board members (Dr. Kim Petersen and Mary Kay Baum) will present several state conference workshops. We look forward to seeing you in May.

Fundraising continues to be a great challenge in this most difficult economic time. Please make note of our seven Alzheimer's Walks set for this fall, our Wine & Roses event in April and our golf event in August (see page nine). **Keep in mind that all the funds will stay right here in Wisconsin!** As always, we deeply appreciate your help in making it possible for us to serve so many families and persons with dementia in many different ways.

Please note the article on page six concerning our dementia specialist bill. I am very proud of everyone's testimony and our male support group members for attending and registering in support. Special thanks to volunteers Hal Blotner and Mary Kay Baum, and staff member Mary Salzieder. We believe this legislation, over time, will substantially improve the quality of care in Wisconsin without being a financial burden on the health care industry.

Sincerely,

A handwritten signature in cursive script that reads "Paul Rusk".

Paul Rusk, Executive Director

Upcoming education programs

Monthly Family Caregiver Education Program

Second Monday of each month

5:30 - 7:00 p.m.

Alzheimer's & Dementia Alliance, Madison

April: Is it time for at-home or facility care?

May: Introduction to Alzheimer's and dementia: Getting started

June: Practical tips for care at home

No registration necessary, just drop in.

Introduction to Alzheimer's and Dementia: Getting Started

Friday, March 19, 2010

1:00 - 2:00 p.m.

Brodhead Library

1207 25th St., Brodhead

Thursday, March 25, 2010

1:00 - 2:30 p.m.

Sauk Prairie Memorial Hospital

Devil's Lake Conference Room

80 First St., Prairie du Sac

Tuesday, April 6, 2010

1:00 - 2:00 p.m.

Richland Hospital, Pippin Room 3

333 East 2nd Street, Richland Center

Learn about dementia and its warning signs, what to do if you are concerned about yourself or someone you know, and how the Alzheimer's & Dementia Alliance can help. Call 608.232.3400 or 888.308.6251 to register.

Powerful Tools for Caregivers

Fridays, March 19 - April 23, 2010

9:30 a.m. - 12:00 p.m.

West Square Building, Room 213

505 Broadway St., Baraboo

This series is designed for family caregivers of frail elders or persons with dementia or other chronic disease, long-term illness or disability. Learn skills to help you in your caregiving role and take care of YOU. Includes *The Caregiver Helpbook*. Presented by

Carol Olson, ADAW and Sue Nagelkerk, Sauk County UW Extension. Limited class size. Call to reserve your spot (let us know if you need respite care): 608.355.3250.

ABCs of Alzheimer's and Dementia

Tuesdays, March 23 and 30, 2010

5:30 - 8:00 p.m.

Portage Library

253 West Edgewater St., Portage

Two-part education series for families of persons diagnosed with Alzheimer's disease or related dementia. It is designed to enhance your understanding of the disease as well as help you learn how it affects your loved one and how to effectively deal with it day-to-day. First session guest: Dr. Kurt Hansen. Advance registration requested; call 608.232.3400 or 888.308.6251.

Savvy Caregiver

Thursdays, March 25 - April 29, 2010

9:30 - 11:30 a.m.

Dean Clinic East, Onyx Room

1821 S. Stoughton Rd., Madison

The in-depth six-week Savvy Caregiver training series helps participants experience success as caregivers by focusing on the skills needed to accomplish the principal task of the family caregiver — managing day-to-day life. This program can help you make changes that will benefit you and your entire family. Cost is only \$30 per person. Scholarships are available and respite option may be available. Enrollment limited; pre-registration is required. Contact Pat Wilson or Danielle Thai: 608.232.3400 or 888.308.6251.

Legal and Financial Seminar

Tuesdays, May 11 and 18, 2010

5:30 - 7:30 p.m.

Oak Park Place

718 Jupiter Dr., Madison

Guest presenter: Attorney Paul Schmidt

Co-sponsored by the Area Agency on Aging of Dane County

Thursdays, May 13 and 20, 2010

5:30 - 7:30 p.m.

Park Place Community Room

1075 North Elm St., Platteville

Guest presenter: Attorney Wayne Wilson

This two-part workshop for families provides a general overview of legal and financial issues for anyone caring for an older family member. Some of the topics addressed include basic estate planning covering trusts and wills; advance directives; guardianship; medical assistance; funeral pre-planning; and various ways to pay for long-term care. Advance registration requested. No fee, but donations are appreciated. Call 608.232.3400 or 888.308.6251.

Positive Communication

Tuesday, June 8, 2010

1:00 - 3:00 p.m.

First Banking Center

15815 State Rd. 81, Darlington

Tuesday, June 15, 2010

1:00 - 3:00 p.m.

Richland Hospital, Pippin Room 3

333 East 2nd St., Richland Center

People with Alzheimer's disease often find it difficult to express themselves and understand others. This presentation will enhance your understanding of how dementia affects communication and help you learn how to carefully observe, listen and relate effectively with people with dementia to make interactions much more positive experiences. Please register at 608.232.3400 or 888.308.6251.

24th Annual State Conference on Alzheimer's Disease and Related Disorders

May 2-4, 2010

Kalahari Resort and Convention Center

Wisconsin Dells

Contact Kathy Davies, Conference Planner, at 715.344.2457 or kathy.davies@alz.org or visit www.alzwi.org.

Research update

Local research opportunities

Wisconsin Alzheimer's Institute (WAI)

As a center within the University of Wisconsin School of Medicine and Public Health, the mission of the Wisconsin Alzheimer's Institute is to create a public health environment in which Alzheimer's disease and related dementias are widely recognized, well understood, aggressively and appropriately treated, and in which those who are afflicted and those who care for them receive the education, quality services and support they need to effectively cope with this devastating chronic disease. For updates on the Wisconsin Registry for Alzheimer's Prevention (WRAP) study, contact Janet Rowley: 608.829.3306; 800.417.4169; jrowley@wisc.edu.

Wisconsin Alzheimer's Disease Research Center (W-ADRC)

The Wisconsin Alzheimer's Disease Research Center (W-ADRC) is currently recruiting volunteers to be a part of an exciting new memory research study.

The study will enroll individuals who meet any of the following criteria:

- Have been diagnosed with Alzheimer's disease (AD) or mild cognitive impairment (MCI)
- Are middle-aged adults between the ages of 45 and 65 with a parental history of AD
- Are healthy middle-aged adults between the ages of 45 and 65 without a parental history of dementia
- Are healthy older adults over the age of 65 without a diagnosis of AD or other dementia

Participants will meet with study personnel annually in Madison. The initial visit will include memory testing, a physical exam, fasting blood tests and the option to complete two additional substudies: an MRI substudy and cerebrospinal fluid collection substudy. Annual follow up visits will consist of memory testing, a physical exam and fasting blood tests only. All study exams and procedures are paid for by the W-ADRC.

Join as an individual or as a family to help researchers fight for better ways to treat and prevent AD.

Please contact Kari Paterson at 608.256.1901 ext. 12921 or email memory-research@medicine.wisc.edu.

The GAP Study: The GAP Study is a new clinical research study evaluating the effectiveness, safety, and tolerability of an investigational drug for Alzheimer's disease. Study participation will provide Alzheimer's patients with the following (at no cost):

- Potential access to an investigational drug for Alzheimer's disease
- Study-related care, monitoring, exams, and procedures

Participation in the GAP Study is scheduled to last approximately 82 weeks, and includes at least 13 scheduled visits to the study clinic.

The study medication will be administered intravenously, using a process called infusion. Participants will receive an infusion every two weeks for 70 weeks.

Call 866.636.7764 or email memory-research@medicine.wisc.edu.

A Mechanistic Examination of Falls in Mild Cognitive Impairment and Alzheimer's Disease: A new study looking at the connection between the risk of falling and certain memory diseases is now enrolling research participants.

The purpose of this study is to evaluate the relationship between the risk of falling and changes in memory and thinking abilities in men and women with MCI and AD.

Your participation in the study will include only one visit to the study clinic that lasts approximately three to three and one-half hours.

The one-day study visit to our facility in Madison will include:

- A brief exam by the study doctor
- Health, mood, and behavior questionnaires
- A walking task (you will be asked to walk down a hallway and perform a thinking task)
- Tests of memory and thinking
- MRI scan (to take pictures of your brain)

Please contact the study coordinator, Jane Sachs, at 608.256.1901, ext. 11503.

Dean Foundation

Are you facing Alzheimer's? (Study #567)

Dean Foundation is conducting Constellation, a clinical research study to test the effects of an investigational medication, Dimebon, in patients with Alzheimer's disease. Dimebon has been previously tested as a potential treatment for Alzheimer's and the study goal is to determine if Dimebon combined with Namenda® safely improves

cognition, memory, behavior and daily functioning.

To be eligible for the study, participants must:

- Have moderate to severe Alzheimer's
- Currently be taking Namenda®

Study participants will receive study medication, physical exams and study related care at no cost. Participants will be compensated for time and travel.

For more information, contact JoAnn at 608.827.2333. Please mention study #567.

Research in brief

'Longevity gene' helps prevent memory decline and dementia

Source: ScienceDaily - Scientists have found that a "longevity gene" helps to slow age-related decline in brain function in older adults. Drugs that mimic the gene's effect are now under development, the researchers note, and could help protect against Alzheimer's disease.

"Most work on the genetics of Alzheimer's disease has focused on factors that increase the danger," said Richard B. Lipton, M.D. "We reversed this approach and instead focused on a genetic factor that protects against age-related illnesses, including both memory decline and Alzheimer's disease."

Patients with advanced dementia more likely to receive feeding tube at larger, for-profit hospitals

Source: ScienceDaily - Despite being of questionable benefit for patients with advanced dementia, new research finds that hospitals with certain characteristics, such as those that are larger or for-profit, are more likely to have a higher rate of feeding tube placement.

"The decision to place a feeding tube in a patient with advanced dementia

is one of the sentinel decisions that family members and health care professionals grapple with in the nursing home environment. Two widely cited structured literature reviews conclude that the use of feeding tubes in patients with advanced dementia does not improve survival, prevent aspiration pneumonia, heal or prevent decubitus ulcers (bed sores), or improve other clinical outcomes," the authors write.

A higher rate of feeding tube insertions was independently associated with for-profit ownership vs. hospitals owned by state or local government. Hospitals with a greater number of beds also had higher rates of feeding tube insertion, as did those with more intensive care unit use for chronically ill patients in the last six months of life.

Future Alzheimer's treatments may be effective before the onset of symptoms

Source: The Medical News - Carriers of a common genetic risk factor for Alzheimer's disease begin to have memory declines in their mid-50s, far earlier than previously thought.

Approximately one out of four people have one copy of the APOE e4 gene, which was inherited from one parent, and about 2 percent have two copies, which were inherited from both parents.

"This study highlights the idea that Alzheimer's disease is a progressive disorder that likely begins well before clinical diagnosis," said Creighton Phelps, Ph.D.

These and other findings reported support the possibility that future Alzheimer's treatments may be most effective if started in middle-aged people, years before the onset of disabling memory and thinking problems or extensive brain pathology.

OPKO Health announces development of blood test for Alzheimer's disease

Source: Medical News Today - OPKO Health, Inc. announced the development of a simple diagnostic blood test for Alzheimer's disease. The test, designed to detect elevated levels of antibodies unique to Alzheimer's disease, was approximately 95% accurate in initial testing.

The novel Alzheimer's disease-specific antibodies were discovered using a proprietary platform that appears to be capable of identifying such biomarkers for any disease to which the immune system reacts, including cancer, autoimmune disease, neurodegenerative and infectious diseases. OPKO will perform additional studies required for regulatory approval and commercial use. The test could be useful in identifying patients for clinical trials for new Alzheimer's drugs as well as to confirm the diagnosis in a clinical setting.

Neuroimaging study may pave way for effective Alzheimer's treatments

Source: ScienceDaily - Scientists have determined that a new instrument known as PIB-PET is effective in detecting deposits of amyloid-beta protein plaques in the brains of living people, and that these deposits are predictive of who will develop Alzheimer's disease.

The finding, the result of a survey of more than 100 studies involving the instrument, confirms the sensitivity of the tool, but is not yet commercially available. In clinical practice, amyloid deposits are detected only on autopsy.

Eventually the technology might be used for screening those genetically at risk for Alzheimer's, as well as those who are minimally symptomatic. Anti-amyloid treatments would then be prescribed to prevent the onset of the disease.

Public policy issues

New developments on the public policy front!

There have been three important hearings held at the State Capitol on bills that could have a significant impact on people with dementia and their families.

A hearing was held in the Senate Committee on Public Health, Senior Issues, Long Term Care and Job Creation on Senate Bill (SB) 470 on February 17. Senate Bill 470 is authored by Senator Tim Carpenter (D-Milwaukee) and is the companion bill to Assembly Bill (AB) 684 which is authored by Representative Peggy Krusick (D-Milwaukee). AB 684 had a hearing February 23.

SB 470 / AB 684 creates a dementia specialist certification program. If a nurse aide or a person designated by a care provider to coordinate and supervise resident activities attends an appropriate instructional program, completes a competency evaluation, and pays a certification fee, the Department of Health Services (DHS) would certify him or her as a dementia specialist. The bill requires DHS to establish standards for a curriculum for the instructional program, which includes certain instructional topics that we at the Alzheimer's & Dementia Alliance feel must be covered.

Several members of the Alliance's male support group attended the hearings. Norm Toso, Bob Pelletier, Bob Forbess, Skip Knudson, Rob Trembath and Hal Blotner all came to the first hearing, and Hal spoke for the group. Mary Kay Baum, an Alliance board member and Chair of our Public Policy Committee also spoke at the first hearing. Mary Salzieder of our staff spoke at the second hearing, along with Hal Blotner.

They made a tremendous impression on the Committees! We can't express our gratitude enough to them for taking the time to come out and advocate on behalf of people with dementia!

Dementia and psychotropic medications

A hearing was held in the Assembly Committee on Aging, Long Term Care and Senior Issues on Assembly Bill 526. This bill is authored by Representative Dan Meyer (R-Eagle River) in response to the death of an Alzheimer's patient who was residing in a nursing home here in Wisconsin. The patient was prescribed a psychotropic medication which had a black box warning applied to it stating that people with dementia were at an increased risk of death from using this drug. The actual black box warning for the drug used is listed below:

Important safety information for Risperdal®

Elderly patients with dementia-related psychosis treated with atypical antipsychotic drugs are at an increased risk of death compared to placebo. RISP-ERDAL® (risperidone) is not approved for the treatment of patients with dementia-related psychosis.

A black box warning is the sternest warning by the U.S. Food and Drug Administration (FDA) that a medication can carry and still remain on the market in the United States.

AB 526 would require nursing homes to receive authorization from the patient, or the patient's guardian if they have one, before being allowed to administer any psychotropic drug with a black box warning.

The Alzheimer's & Dementia Alliance strongly supports this bill. Rob

Gundermann, Public Policy Director for the Alliance, and Dr. Kim Peterson testified in support of AB 526.

More information

If you have any questions, please contact Rob Gundermann at 608.232.3408 or gundermann@alzwissc.org.

You can also visit our website at www.alzwissc.org and sign up for the advocacy email newsletter!

Dementia Specialist Training

Interest in the 15-hour Dementia Specialist Training for professional caregivers is increasing dramatically and our calendar for the year is filling up quickly. Currently we are scheduling into the summer. This is testament to the quality of the program and the resulting superior care and service received by the residents who live in the facilities who invest in this training. Along with improved quality of care, this training also has a significantly positive impact on the job satisfaction of the caregivers who attend.

There is still scholarship funding available for nursing homes who provide this training for their staff, so please act soon to bring this valuable training to your facility.

We are also planning to have an open training session in the Reedsburg/Baraboo area sometime in late May. For more information, please contact Sue Zimmer at 608.661.0463 or susan.zimmer@alzwissc.org.

New name...

Continued from page 1

The Alliance is grateful for the outstanding support we receive from the south central Wisconsin community. In addition to a strong network of committed, locally focused donors, the Alliance has more than 235 dedicated volunteers, a talented staff, and a Board of Directors that represents some of the best-known and most respected businesses and organizations in our area.

As always, you should feel comfortable contacting us at any time (we have a new toll-free number, 888.308.6251) and participating in any of our excellent program offerings outlined in this newsletter and on our new website (www.alzwisc.org). We are here to serve you.

If you are still receiving communications from the National Alzheimer's Association and wish to be removed from these mailings, including email blasts, please email your request to contactcenter@alz.org or write to them at 225 N. Michigan Avenue, Chicago, Illinois, 60601.

—Carol Koby, President, Board of Directors

—Paul Rusk, Executive Director

New support groups in Lancaster and Dodgeville

- Second Wednesday of every month, 1-2:15 p.m., Grant Regional Health Center, Madison Street Conference Room, 507 S. Monroe St., Lancaster. Contact Becky DeBuhr, Outreach Specialist, at 608.723.4288.
- "The Caregivers' Journey Support Group," first Tuesday of the month beginning April 6, 10:30 a.m. - noon, Dodgeville Public Library, 139 South Iowa S., facilitated by Rita Stanton and Joan Pape. Call 888.308.6251.



www.alzwisc.org

608.232.3400

888.308.6251 toll-free

support@alzwisc.org

517 North Segoe Road

Suite 301

Madison, WI 53705

OFFICE HOURS: 8:30 A.M. - 4:30 P.M. WEEKDAYS

Visit our new website! www.alzwisc.org

The Alzheimer's & Dementia Alliance has developed a comprehensive website where you can find valuable information on our programs and services, local resources, and dementia-related information.

Some of the information you'll find includes:

- Types of dementia and the importance of an early diagnosis
- Living with memory loss and the early stage programs available to you
- Support for family, friends and caregivers
- Local resource guides and research opportunities
- Community and family education and professional training calendars
- How to become an advocate

You can also sign up for our free, twice-monthly email newsletter, which has up-to-date news and information on dementia as well as our programs. We also have an advocacy email newsletter if you would like to join our Advocacy Network. Please visit www.alzwisc.org or mail in the cutout below.

<input type="checkbox"/> Please sign me up!	First Name _____
<input type="checkbox"/> _____ Email newsletter	Last Name _____
<input type="checkbox"/> _____ Advocacy alert	Email _____

Time for Us: Summer camp for teens impacted by dementia

Once again the Alzheimer's & Dementia Alliance and forMemory, Inc., a network of persons affected by younger-onset memory challenges, are sponsoring *Time for Us*, a summer camp for young teens who are connected to someone with a memory, cognitive or neurological challenge.



This innovative program is a great camping opportunity for teens nine to 16 years of age who have a loved one with Alzheimer's disease or a similar diagnosis. Most of each day is spent on fun camp activities - rope challenge, tower climbing, canoeing, water and field sports - and a small portion of each day focuses on an understanding of memory challenges through a unique 'Keeper of Memories' program.

Campers who attended last summer said it was "Great!" — and are coming back and bringing siblings!

Time for Us will take place Sunday, August 8 through Friday, August 13 at Lutherdale Adventure Camp, Elkhorn. To learn more, contact the Alliance at 608.232.3400 or 888.308.6251, or forMemory, Inc. at 920.734.9638 or 877.288.2148.

Alzheimer's & Dementia Alliance joins the Alzheimer's Foundation of America

The Alzheimer's & Dementia Alliance has joined the Alzheimer's Foundation of America (AFA), an organization uniting more than 1,200 member organizations dedicated to meeting the educational, social, emotional and practical needs of individuals with Alzheimer's disease and related illnesses, and their caregivers and families. AFA raises public awareness about the disease, lends expertise to healthcare professionals, and provides grants to nonprofit member organizations to enhance local services.

The Alliance is strongly committed to serving and supporting those affected by dementia in south central Wisconsin. Says Executive Director Paul Rusk, "As a member of the Alzheimer's Foundation, we can better serve the local population by maximizing our resources through collaboration with similar organizations on education, program design, advocacy and other issues. We want not only to raise awareness for the disease, but to raise public awareness about the services our organization offers so that we can best serve those in our local communities who are affected by a dementia disease."

For help or support, contact us at 608.232.3400, 888.308.6251 or visit www.alzwissc.org.



Savvy Caregiver Training Program in Sauk and Columbia counties

Savvy Caregiver is in-depth, practical training for family caregivers of persons with Alzheimer's disease. This course provides professional level training for the non-professional caregiver. This training will help you to:

- Improve your knowledge, skills and outlook
- Gain a better understanding of what your loved one is experiencing
- Learn tools to assess the abilities of your loved one and adjust your approach over time
- Gain confidence to set and achieve caregiving goals
- Learn practical strategies to provide quality care on a daily basis

The course meets for two hours per week for six weeks. Cost is \$30 and includes a caregiver manual. Please ask about scholarship availability and assistance finding someone to stay with your loved one so you can attend, if needed.

We will organize a class in Columbia County and/or Sauk County as soon as we hear from enough people who are interested. Please contact Carol Olson at 608.742.9055 or 888.308.6251 to let her know what days, times and locations work best for you.

Third Annual Wine & Roses Festival™

Two special evenings; one spectacular event!

NEW! Winemakers Dinner

Friday, April 16, 6:30 p.m.
Madison Concourse Hotel
1 West Dayton St, Madison

Tickets: \$150 per person

Gala Wine Tasting & Auction

Saturday, April 17, 6:30 p.m.
Nakoma Golf Club
4145 Country Club Rd., Madison

\$95 per person

We've added an exciting new dimension to this year's Wine & Roses Festival™ with two special evenings, each offering unique opportunities to sample fine wines from around the country with a few international surprises.

New this year is our exclusive Winemakers Dinner at the Madison Concourse Hotel, beginning at 6:30 p.m. on Friday, April 16. Executive Chef Charles Lazzareschi will prepare a fabulous multi-course meal featuring some of our guest winemakers' favorite wines. In addition, a winemaker will be seated at each table to provide added insight into the art of winemaking and pairing of wine and food.

The Gala Wine Tasting and Auction will take place on Saturday, April 17 beginning at 6:30 p.m. at Nakoma Golf Club. Enjoy hearty hors d'oeuvres, spectacular wines and learn the nuances that set each varietal apart. Plus, bid on exciting auction items like a Sub-Zero wine cooler or your own barrel of wine from Algodon Wines of Argentina.

"I am so pleased that this event continues to grow each year to benefit the local programs and services provided by the Alzheimer's & Dementia Alliance of Wisconsin," said Scott Frank, president of Oak Park Place and honorary chair of the event, along with his wife, Shari. "Last year, we had 330 people attend the Gala Wine Tasting and Auction. There is a strong possibility the event will sell out this year so reserve early."

Invitations will be mailed in March but tickets for both nights can be ordered now through the Alliance website, www.alzwisc.org. Ticket packages for people attending both events are also available.



Winemakers confirmed to attend include:

- Chappellet Winery, St. Helena, CA
- Laetitia Vineyard & Winery, Arroyo Grande, CA
- Mount Eden Vineyards, Saratoga, CA
- Peterson Winery, Healdsburg, CA
- Prager Winery and Port Works, St. Helena CA
- Sokol Blosser Winery, Dundee, OR
- Truchard Vineyards, Napa, CA
- Vintus Wines, Chicago, IL
- Wollersheim Winery, Prairie du Sac, WI

For more information, including sponsorship opportunities, contact Miriam Boegel or Kristin Larson at 608.232.3400 or 888.308.6251.

Save the date!

Visit www.alzwisc.org for more information

\$1,000,000 Shoot Out™ Charity Golf Outing

Monday, August 2, The Legend at Bergamont, Oregon, WI

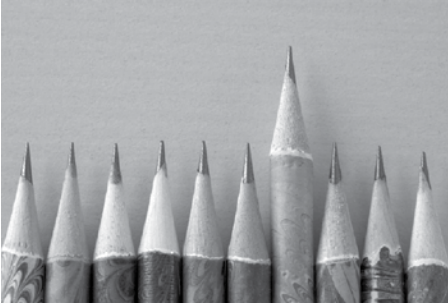
Alzheimer's Walk™

- Green County, Saturday, September 11, Behring Senior Center
- Columbia County, Sunday, September 12, Riverside Park
- Grant County, Saturday, September 18, Lancaster Congregational Church
- Iowa County, Sunday, September 19, Grace Lutheran Church
- Sauk County, Saturday, September 25, Ochsner Park and Riverwalk
- Richland County, Sunday, September 26, UW Richland
- Dane County, Saturday, October 2, Warner Park Shelter

**Sign up for our
FREE
twice-monthly
email newsletter!**

www.alzwisc.org

For the person with memory loss



In a recent Meeting of Minds session, participants worked individually and together on a word search puzzle. The puzzle featured a block of letters, fourteen rows down and fifteen rows across, with letters that appeared at first glance to be randomly placed. Appearances can be deceiving, however. There were actually more than a dozen commonly used words hidden within the block of letters, running horizontally, vertically, and diagonally in an assortment of directions, including backwards. We were provided a list of the words we were searching for. Finding them was up to us.

Like anything we do at Meeting of Minds, some people in the group found this activity relatively easy and some found it more challenging, but we all were kept busy searching for some time. A word search puzzle encompasses an assortment of cognitive and sensory integrative functions, including visual scanning, figure-ground discrimination, spatial orientation, pattern recognition, reading skill, attention and concentration, sequencing ... like almost everything, there's a lot more to it than one would think!

As we searched for the words we were supposed to find, we began to identify the strategies that seemed to help most. We saw that systematically choosing a word from the list and then scanning the puzzle for the first letter of that word was helpful — and then taking

a moment to actually cross the word off the list once we found it helped us focus on the next word to look for.

We also discovered that, if we found the first letter of the word for which we were searching but the word was arranged in a way we don't habitually see it, such as left to right or backwards or running vertically upward or diagonally, some group members had trouble recognizing it. And then B., one of our group members, said, "I have that trouble, but then someone told me not to study the individual letters too closely — to back away and look at the whole thing, not just a little piece of it. I can see what I'm searching for more easily that way. I guess it works that way with picture (jigsaw) puzzles, too — you can see where a piece goes more quickly if you look at the puzzle as a whole and not just the individual pieces."

What B. was talking about is, of course, remembering to see the big picture, not just the details. This is such good advice, literally and metaphorically, and not just for people who do word search or picture puzzles! It may be particularly important advice for people who are trying to compensate for mild memory loss. Sometimes, if we are concerned that we are missing some details — forgetting to make a payment here, leaving a pair of glasses there, struggling everywhere we go to remember the names of people we know we should know — we become stressed and anxious as we try even harder to keep track of it all.

Perhaps, if we relax our expectations and self-criticisms and step back a bit to see the bigger picture, we will notice more easily some things that do matter and we'll let go of more readily what is truly inconsequential. Perhaps we'll then be able see the actions to take

that can make our lives work better. Payments can be scheduled to happen automatically. Glasses can be labeled with ID information, or they can travel around our necks, or there can be a backup pair or two in the wings.

And the pressure to remember names can simply be released like steam from a pressure cooker. One can simply give up embarrassment and ask someone's name, realizing that so many of us have trouble with names that it's utterly refreshing to acknowledge it directly. And after all, there is nothing wrong with saying, or hearing, "So good to see you, friend!" "Likewise, my dear!" Then the details we struggle with can drop away, so that we enjoy the big picture for the pleasure it is.

Another Meeting of Minds activity program for those with mild memory loss will be scheduled for this summer. Please contact Jody Curley at 608.661.8427 or jody.curley@alzwissc.org for more information.



Thank you to all of you who do so much to keep our agency running smoothly and to help us expand our services to reach more families. As a way to recognize all of the wonderful things that volunteers do for the Alzheimer's & Dementia Alliance, we "spotlight" a different volunteer in each newsletter.

Peter Liu began volunteering in our office last June. He has great energy and enthusiasm for most any task. Lucky for us, he also has a special knack for organizing and keeping things in order. He is a whiz at typing and data entry. Peter tabulates and records all of our family education and professional training program evaluations. He likes to stay busy and often asks, "What's next? Got something else for me to do?" We love his can-do spirit!

Besides his volunteer work, Peter works at Office Depot. He is an active member of Gateway Community Church, where he plays piano. He also participates in Special Olympics basketball, swimming, softball, bowling and has earned a black belt in karate.

You can influence the future of the Alzheimer's & Dementia Alliance of Wisconsin

It is comforting to know that important things in your life can be continued by remembering the Alzheimer's & Dementia Alliance in your will.

A bequest through your will is one way to positively influence the future of the program and services provided by our organization and, as a result, to affect the quality of the lives of over 116,000 people diagnosed with Alzheimer's disease in Wisconsin.

The Alliance encourages you to plan carefully as you draft and execute your will, which should be prepared with a legal advisor. If some program or service of the Alliance is of particular interest to you, you may wish to make a bequest supporting that area.

Here is bequest language to take with you to your legal advisor: *I give, devise and bequeath (insert amount of gift or percentage of estate, or residuary of estate) to the Alzheimer's & Dementia Alliance of Wisconsin, Inc., or its successor organization, located in Madison, Wisconsin to support programs and services in southern Wisconsin. EIN: 39-1679333.*

For more information, contact Miriam Boegel at 608.232.3409 or miriam.boegel@alzwiss.org.

Safety in the home

Living with dementia creates a unique set of circumstances that impact safety. Finding the balance between independence and safety can be very challenging when the impact of the disease is changing over time and is unique to each individual.

To meet this challenge, a caregiver needs to be alert to changes and adapt the environment as necessary. A caregiver also needs to be realistic about the person with dementia's insight into his changing abilities. Declining memory, judgment and reasoning affect the person's ability to realistically evaluate his own safety. As the disease progresses, the person with dementia may not be aware that his actions might be dangerous to himself or to other people. Instead, the person will most likely continue to view himself as the capable, independent adult he has always been.

Although there is no such thing as a completely risk-free environment for any of us, there are tips, strategies, and products that can help minimize risk for the person with dementia yet

still preserve as much independence as possible. There are a number of good resources available to help monitor and evaluate safety in the home.

- Contact our office to receive a handout entitled *Safety Issues for People with Dementia*.
- The National Institutes of Aging and Health (www.nia.nih.gov/Alzheimers/Caregiving/HomeAnd-Family) offers a free *Home Safety for People with Alzheimer's Disease* publication that walks through home safety room by room. We also have copies available at our Madison office.
- One additional new resource which may be helpful is www.thiscaringhome.org. It offers an interactive tour of the home, product suggestions, tips, and a forum for sharing ideas.

For specific help regarding your situation, please contact us at 608.232.3400 or 888.308.6251 for our Helpline or care consultation services.

Other news

Social Security to expand fast-track system

(Source: *The Wall Street Journal*)

- People with early-onset (younger-onset) Alzheimer's disease and 37 other medical conditions should get federal disability checks more quickly under an expansion of the Social Security Administration's fast-track system.

The program, called Compassionate Allowances, is aimed at speeding benefits to individuals who can't work due to a medical condition that is expected to last at least one year or result in death. Benefits requirements aren't changed under Compassionate Allowances, but people can start to receive payments more quickly.

Patients with younger-onset Alzheimer's disease — in which they develop the memory-robbing brain disease before the age of 65 — are among the potential beneficiaries. Such people may be too impaired to work but too young to collect Social Security retirement benefits, and thus are candidates for Social Security disability payments. For more information, visit www.socialsecurity.gov/compassionateallowances.

Free caregiver training workshop

Many people become caregivers overnight without having the basic skills to safely care for their spouses, parents or other older adults who return home from a few weeks or months in a nursing home rehabilitation facility.

Jean Mueller, R.N., will teach you about preventing falls, lifting and positioning, medication safety, skin care, toileting and dressing, bathing and shower safety, and much more.

Respite is available. Participants receive a free gait belt and bed pad.

The training takes place on Saturdays, April 10, 17, 24, and May 1, 9:00 a.m. - 1:00 p.m., Attic Angel Place, the Bryant Room. Visit www.ccmadison.org for a detailed curriculum and to register, or contact Diane Walder: 608.442.7248 or diane.walder@att.net.

Upcoming seminar in Monroe

"Sleep, Sex and Sugar: Little Discussed Dementia Issues," Thursday, April 8, 2010, Monroe Hospital, Foundation Hall, 515 22nd Avenue, Monroe.

Topics include End of Life Issues in Dementia; Diabetes in Dementia; Sexuality; Ethics and Boundaries in Dementia; Caregiver Loss and Stress in Dementia; and Maintain Brain Health by the Alzheimer's & Dementia Alliance.

Co-sponsored by the Monroe Clinic, Harbor House and the Alzheimer's & Dementia Alliance. Final cost and more details will be available closer to the date. Please call Paulette at 608.329.6340.

WRAP educational scholarships available

The Wisconsin Representatives of Activity Professionals (WRAP) offers scholarships for formal classes including NCCAP MEPAP for activity professionals, or formal education related to the health care field. The amount of each scholarship does not exceed \$200, with a limit of one scholarship per person per year. These scholarships are not awarded for seminars, workshops, conferences or conventions.

The next deadline is June 1, and applicants must be employed in a health care facility in Wisconsin. Contact Pam Ruhff at 262.728.6319 or pruhff@extendicare.com.

Be a savvy donor!

Unless you see the Alzheimer's & Dementia Alliance of Wisconsin's name and logo with donations being sent to Madison, Wisconsin, your donation is **NOT** going to the Alzheimer's & Dementia Alliance.



Every dollar we raise stays in Wisconsin. We **ARE NOT AFFILIATED** with any other organization you might be solicited from, including:

- Alzheimer's Association
- Alzheimer's Society
- American Health Assistance Foundation
- Alzheimer's Disease Research
- National Alzheimer's Coordinating Center
- Leeza's Place

Questions: 608.232.3400 or 888.308.6251.

We encourage you to "recycle" this newsletter with a friend, doctor's office, place of worship, or club.
Pass it on!

Contributions

**Contributions
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15, 2010**

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 of the ADAW.*

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WORKING FOR A HEALTHY WISCONSIN



WINE & ROSES FESTIVAL™



NEW! Friday, April 16, 2010 • 6:30 p.m.

Winemakers Dinner

Madison Concourse Hotel

1 West Dayton St, Madison

Tickets: \$150/person

An exclusive Winemakers Dinner will be added to our Wine and Roses Festival™ for the first time in 2010. Guest winemakers will present and discuss their favorite wines to accompany each course of this fabulous five course meal. Executive Chef Charles Lazzareschi was named the 2008 Culinary Conqueror of the Food & Wine Show Dueling Chefs Competition and voted Best Local Chef by *Madison Magazine's* Reader Poll. We can't wait to see what he dreams up for our first-ever Winemakers Dinner!

Saturday, April 17, 2010 • 6:30 p.m.

Gala Tasting and Auction

Nakoma Golf Club

4145 Country Club Road

Tickets: \$95/person

Guaranteed to be another extraordinary night of wine tasting, hors d'oeuvres, live music and live and silent auctions featuring exclusive items, this is an evening not to be missed. Meet winemakers from select vineyards across the country and sample wines that may not be available in our area.

Come to one or both! For more information, including sponsorship opportunities, contact Miriam Boegel or Kristin Larson at 608.232.3400 or 888.308.6251.

*Visit our website to sign up
for our free email newsletters!*

www.dlwisc.org
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