Alzheimer’s care: Simple tips for daily tasks

Alzheimer’s caregiving takes patience and flexibility. To reduce frustration, consider these tips for daily tasks – from limiting choices and reducing distractions to creating a safe environment.

In the early stages of Alzheimer’s, your loved one may still be able to live and function independently. The ability to handle daily tasks will dwindle as the disease progresses, however. Consider practical tips to help your loved one maintain comfort and dignity as he or she becomes more dependent on you or other caregivers.

Reduce frustrations

A person who has Alzheimer’s may react with frustration, agitation and even aggression when once-automatic tasks become difficult or impossible. To limit challenges and ease frustration:

• **Schedule wisely.** Establish a routine to make each day more predictable and less confusing. Schedule the most difficult tasks, such as bathing or medical appointments, for the time of day when your loved one tends to be most calm and agreeable.

• **Take your time.** Expect things to take longer than they used to. Schedule more time to complete even simple tasks so that you don’t need to hurry your loved one.

• **Involve your loved one.** Allow your loved one to do as much as possible with the least amount of assistance. For example, perhaps your loved one can dress alone if you lay out the clothes in the order they go on.

• **Limit choices.** The fewer the options, the easier it is to decide. For example, provide two outfits to choose between – not a closet full of clothes.

  • **Provide simple instructions.** When you ask your loved one to do something, do it one step at a time.

  • **Reduce distractions.** Turn off the TV and minimize other distractions at mealtime and during conversations so that your loved one can better focus on the task at hand.

Continued on page 7
Dear Friends,

From time to time we receive wonderful letters and notes from people who have been touched by our organization. I thought this would be a good opportunity to share some of them with you.

“I am astounded with what this organization has to offer. I appreciate all the information and encouragement I received.”

“We lost both of our mothers this past year – we’re so grateful for all the information, education and support we received via resources and staff of the Alliance as we went through our journey in support of our moms. We were cared for well and so appreciate the Alliance being available and there for us and all the others. Thank you!”

“My Grandma recently died of Alzheimer’s. On her birthday I decided to raise some money with my sister. We ended up raising $50. I hope they are able to find a cure.”

“On the first anniversary of his death, I recall the support provided to both of us by all of you at the Alliance. Crossing Bridges was our introduction to your fine organization and staff. Thank you for your continuing efforts to help those in our community who are dealing with the impact of a diagnosis of Alzheimer’s or other form of dementia. Your work is increasingly necessary and highly appreciated.”

“We are pleased that we can help with some financial assistance to you. The programs we have attended and our support group is of great value. The Alliance is professional and well run. Kudos to all who make this happen.”

“Slowly, little by little, I think I am finding my way thru this whole confusing process. You have never failed me and I truly do appreciate all that you have done for me. Thank you for all your help and for just being you.”

“I want to thank you and the men’s support group for the many years of caring assistance that you have provided for my dad. Our family has heard you mentioned many times over the course of dad’s decade of care for our mother. I have been and remain deeply thankful for your presence in dad’s life during these often painful years. The services of the Alliance allowed him to make the difficult decision and life changes that care partners are called upon to make. Bless each of you.”

Call us when Alzheimer’s disease or other dementia touches your life. We are your partner along the journey.

Sincerely,

Paul Rusk, Executive Director

P.S. With spring and summer coming, consider our special summer camp for teens ages 11-17 who have a loved one with dementia. “Time for Us” camp will be held Sunday, July 29 through Friday, August 3 at Lutherdale Adventure Camp in Elkhorn, Wisconsin. Most of the day is spent on fun camp activities with a small portion of each day spend on understanding Alzheimer’s and memory challenges. Please visit our website for more details – there are only two special dementia summer camps in the United States.
Family Caregiver Education Series
Second Monday of the month, 5:30 - 7 pm
Hawthorne Library
2707 East Washington Ave., Madison
April 9: Is it time for at-home or facility care?

Alzheimer’s & Dementia Alliance
517 N. Segoe Rd., Madison
May 14: Practical tips for care at home

Hawthorne Library
June 11: Understanding and responding to behavior changes

No registration necessary for any of the Family Caregiver programs, just drop in.

Legal and Financial Planning Seminar
Thursday, March 22 and 29, 5:30 - 7:30 pm
Mercy Hospital and Trauma Center
Mercy Center Room
1000 Mineral Point Ave., Janesville
Guest attorney: Wayne Wilson, Wilson Law Firm, Madison and Evansville (Call the Alzheimer’s Support Center to register: 608.314.8500)

Tuesday, April 24, 5:30 - 8:30 pm
Southwest Technical College
1800 Bronson Blvd., Fennimore
Guest attorney: Paul Schmidt, Boardman & Clark, LLP, Madison

Tuesdays, May 1 and 8, 5:30 - 7:30 pm
Belmont Inn & Suites
103 W Mound View Ave., Belmont
First session guest: Dr. Kim Petersen

This program is for families of people diagnosed with Alzheimer’s or a related disorder. The sessions include information on medical aspects of dementia, research, effects of dementia on the person, safety, communication and much more. Call 888.308.6251 to register.

Introduction to Alzheimer’s disease: Getting started
Tuesday, April 17, 5:30 - 7:30 pm
Health and Human Services
Conference Room 2002
303 W. Chapel St., Dodgeville

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 Alliance can help. Drop-in.

We All Forget: Is it normal aging or should I be concerned?
Thursday, April 19, 2 - 3:30 pm
Sauk Prairie Memorial Hospital
80 1st St., Prairie du Sac

We all forget names occasionally and misplace keys and wallets. What’s normal and what’s not normal for our brains as we age? And what should we do if we’re concerned for ourselves or others? Call Carol Olson at 608.742.9055 for information or to reserve a spot.

ABC’s of Alzheimer’s and Dementia
Tuesdays, April 17 and 24, 5:30 - 7:30 pm
Tivoli at Divine Senior Healthcare
2805 Hunters Trail, Portage
First session guest: Dr. Craig Atwood, Wisconsin Alzheimer’s Institute

Saturday, April 21 and 28, 9:30 am - 12 pm
Monona Public Library
1000 Nichols Rd., Monona
First session guest: Dr. Kim Petersen

Saturday, April 29, 9:30 am - 12 pm
Monona Public Library
1000 Nichols Rd., Monona
First session guest: Dr. Kim Petersen

In-depth class for family caregivers of older adults who have Alzheimer’s or dementia, a chronic disease, long-term illness or disability. Improve communication with family members, doctors and service providers, make tough decisions, set goals and much more. A copy of The Caregiver Helpbook will be provided. Free. Call Deanna Truedson to register at 608.843.3402.

Powerful Tools for Caregiving
Tuesdays, May 15 - June 19, 1-2:30 pm
Park Place Community Room
1100 5th Ave., Platteville

In-depth class for family caregivers of older adults who have Alzheimer’s or dementia, a chronic disease, long-term illness or disability. Improve communication with family members, doctors and service providers, make tough decisions, set goals and much more. A copy of The Caregiver Helpbook will be provided. Free. Call Deanna Truedson to register at 608.843.3402.

Alzheimer’s disease: The facts, the future and how you can help move research forward
Tuesday, May 29, 6:30 - 8 pm
Atic Angel Place
8301 Old Sauk Road, Middleton

Dr. Cindy Carlsson from the WI Alzheimer’s Disease Research Center and Paul Rusk from the Alzheimer’s Alliance will discuss the latest treatment and prevention methods, local services available to help and how to participate in Alzheimer’s research studies seeking adult children of parents with Alzheimer’s disease. Space is limited. RSVP at 608.232.3400.

Communication tips and strategies
Tuesday, June 19, 5:30 - 7 pm
Health and Human Services
Conference Room 1001
303 W. Chapel St., Dodgeville

Learn ways to effectively and compassionately communicate with someone who has dementia. Drop-in.

We encourage you to “recycle” this newsletter with a friend, doctor’s office, place of worship or club. Pass it on!
Research update

Local research opportunities

Wisconsin Alzheimer's Disease Research Center (W-ADRC)
The focus of the W-ADRC includes:
• Identifying early biological markers for Alzheimer's disease
• Investigating novel prevention and treatment strategies
• Clarifying genetic versus life-style contributions to disease risk
For information on their latest research studies and how you can get involved, visit http://wcmp.wisc.edu and click on “Volunteering for research.” You may also contact them at 608.280.7165 or wcmp@medicine.wisc.edu.

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; jsrowley@wisc.edu.

Research in brief

Trouble sleeping? It may affect your memory later on
Source: ScienceDaily - The amount and quality of sleep you get at night may affect your memory later in life. “Disrupted sleep appears to be associated with the build-up of amyloid plaques, a hallmark marker of Alzheimer’s disease, in the brains of people without memory problems,” said study author Yo-El Ju, MD, with Washington University School of Medicine in St. Louis and a member of the American Academy of Neurology.

Those who spent less than 85 percent of their time in bed actually sleeping were more likely to have the markers than those who spent more than 85 percent of their time in bed actually sleeping. “Our study lays the groundwork for investigating whether manipulating sleep is a possible strategy in the prevention or slowing of Alzheimer disease. Further research is needed to determine why this is happening and whether sleep changes may predict cognitive decline,” said Ju.

A mechanism to improve learning and memory
Source: Medical News Today - Scientists have recently shown that some drugs can actually improve cognitive function, which may have implications for our understanding of cognitive disorders such as Alzheimer’s disease. The new research is reported 21 February in the open-access journal PLoS Biology.
The study by Knafo et al. provides new information on the molecular mechanisms of synaptic plasticity, and how this process may be manipulated to improve cognitive performance. They find that synapses can be made more plastic by using a small protein fragment (peptide) derived from a neuronal protein involved in cell-to-cell communication.

These new findings demonstrate that synaptic plasticity mechanisms can be manipulated pharmacologically in adult animals, with the aim of enhancing cognitive ability.

Path is found for the spread of Alzheimer's
Source: The New York Times - Alzheimer’s disease seems to spread like an infection from brain cell to brain cell, two new studies in mice have found. But instead of viruses or bacteria, what is being spread is a distorted protein known as tau.
The surprising finding answers a long-standing question and has immediate implications for developing treatments, researchers said. And they suspect that other degenerative brain diseases like Parkinson’s may spread in a similar way.
The new studies indicate it may be possible to bring Alzheimer’s disease to an abrupt halt early on by preventing cell-to-cell transmission, perhaps with an antibody that blocks tau.
Public policy issues

Upcoming Alzheimer’s National Conference in Washington, DC

The Alzheimer’s Foundation of America (AFA) will be hosting a National Conference on Tuesday, March 27 and Wednesday, March 28, 2012 in Washington, DC. The AFA conference will begin on Tuesday at 12:30 p.m. with registration and educational programs scheduled for the afternoon, followed by a free cocktail reception. On Wednesday, there will be a free continental breakfast, an opportunity to meet with the AFA Board of Trustees and a visit to Capital Hill to the offices legislative representatives. Our Public Policy Director, Rob Gundermann, will be attending the conference and meeting with Wisconsin legislators in Washington. We’ll have much more information available after the conference!

Alzheimer’s state plan survey

The state Office on Aging is developing a state plan to address Alzheimer’s disease. The Committee for a Wisconsin Response to Dementia is charged with developing a set of implementable recommendations to expand current resources, make effective service and support programs widely available, enact legislative changes for systems improvements and identify sources of funding to embed the changes in the system permanently.

The state Office on Aging, the Helen Bader Foundation and the Planning Council for Health and Human Services seek your input on the major topics around Alzheimer’s disease. Surveys are located at www.handintheplan.org.

Outcomes from this series of surveys will be used by the Committee as they draft Wisconsin’s plan to address Alzheimer’s disease.

Each survey has a comments section. If you could take the time to mention our organization, we would greatly appreciate it! That will help ensure we’re included in the planning process and can continue to voice your concerns.

The importance of screening for dementia in the African American community

I knew something was wrong with my mother when, one evening at the dinner table, she didn’t know who I was. I thought she was having a stroke. I called 911 and we went to the emergency room.

My mother did not have a stroke, but was suffering from dementia. I had heard of Alzheimer’s but was unfamiliar with the term “dementia.”

I took my mother to see her primary doctor and he diagnosed her with dementia and put her on medication. My mother had not been tested but was put on medication.

I contacted Charlie Daniel at the Alzheimer’s & Dementia Alliance. After telling her my story, she recommended I contact Dr. Carey Gleason at the Wisconsin Alzheimer’s Disease Research Center (W-ADRC). After contacting Dr. Gleason, we finally had the testing done for my mother. She was diagnosed with Alzheimer’s.

I now understand the importance of testing not only for my family, but for other African Americans. I think back to my grandmother and I’m sure she had the disease.

I had the screening done first, but because of the history of this disease in my family, I had the test done. Now I am in the study at the W-ADRC.

Talking to Charlie Daniel was a blessing to me and my family. African Americans have a fear of losing their brain function but with early testing, a lot can be done to prolong your best health during this disease. We need to seek out help in order to fully understand not only Alzheimer’s but other diseases that impact our community.

I personally would like to thank the Alzheimer’s & Dementia Alliance and the W-ADRC for bringing this disease out in the open to the African American community.

Please call Charlie Daniel at 608.204.9789 and get tested – if not for you, for our children and grandchildren.
Fifth Annual Wine & Roses Festival

Gala Tasting and Auction, Saturday, April 21, 2012, 6:30 – 11:00 p.m.
Nakoma Golf Club, 4145 Country Club Road, Madison
Tickets: $95/ person

Join us for the Wine & Roses Festival™ and experience wine like you never have before. This is a truly unique experience where winemakers introduce guests to the nuances of wine and intricacies of winemaking. Several new wineries will be joining us this year (see below; * indicates new in 2012).

Judy McClain Mauerman will be the featured guest speaker this year, sharing her experience with Alzheimer’s. Judy says she was stunned when she recently learned that she has Alzheimer’s disease. “Of course, initially there were tears. But I am a direct person and once I got over the initial shock, I got to work learning more about Alzheimer’s.”

“I attended a program in December at Oak Park Place where I heard Dr. Cindy Carlsson and Paul Rusk speak about Alzheimer’s and also learned about Alliance programs available to me and my family. I’m especially interested in the Alliance’s Crossing Bridges program to help me understand the disease and ways to cope with it.”

You may recognize her name as the widow of UW Football Coach Dave McClain, whose career was tragically cut short when he died in 1986. Judy is now married to Bill Mauerman and he and her three children are a tremendous support to her as she enters this new phase of her life.

Tickets are $95 per person. The evening includes hors d’oeuvres, live entertainment and live and silent auctions. For more information, please contact Miriam Boegel or Kristin Larson at 608.232.3400.

An invitation to join the Alzheimer’s Society

Demonstrating appreciation for a gift and celebrating in the year the gift was given

The Alzheimer’s & Dementia Alliance of Wisconsin is pleased to introduce the formation of the Alzheimer’s Society, an association of generous individuals who contribute $500 or more annually, July 1 to June 30. Gifts may be in cash, securities or real estate property directly to the Alliance or through a workplace giving program.

Members of the Alzheimer’s Society support the Alliance’s mission in southern Wisconsin to help individuals, families and professionals impacted by Alzheimer’s disease and other dementias through information, education, consultation and advocacy; and to promote the advancement of scientific research to better diagnose, treat and ultimately eliminate Alzheimer’s disease. Gifts are cumulative throughout one year and may be made for general support, as memorial gifts or through gifts to or attendance at any of the Alliance’s special events. Gifts in honor or in memory of an individual are encouraged.

Membership in the Alzheimer’s Society includes benefits such as an invitation to the annual Alzheimer’s Society forum featuring experts speaking on the latest research findings, existing medical treatments, updates on clinical trials and discussion about advocacy issues, among other topics. Memberships also includes receipt of a newsletter four times a year and an invitation as an honored guest to events throughout the year such as the Wine & Roses Festival.

For membership information, please contact Miriam Boegel, Development Director, at 608.232.3409 or miriam.boegel@alzwisc.org.
Alzheimer’s care: Simple tips...
Continued from page 1

Be flexible

Your loved one’s ability to function and cope will steadily decline. It may even vary from day to day. Try to stay flexible and adapt your routine as needed.

For example, a favorite food may suddenly become unappealing. That’s OK, simply adjust the menu. Or your loved one may insist on wearing the same outfit every day. If that happens, consider buying a few identical outfits. When your loved one is bathing, switch the worn outfit for a clean one.

You might also relax your standards a bit. Bathing, for example, may not be necessary every day – especially if it’s upsetting for your loved one. Try sponge baths between showers or tub baths.

Create a safe environment

Alzheimer’s disease impairs judgment and problem-solving skills, increasing your loved one’s risk of injury. To keep your loved one safe:

- **Prevent falls.** Avoid throw rugs, extension cords and any clutter that could cause your loved one to trip or fall. Install handrails or grab bars in critical areas.
- **Use locks.** Install locks on cabinets that contain anything potentially dangerous, such as medicine, alcohol, guns, toxic cleaning substances, dangerous utensils and tools.
- **Check water temperature.** Lower the thermostat on the hot-water heater to prevent burns.
- **Keep matches and lighters out of reach.** If your loved one smokes, make sure he or she does so only with supervision.
- **Stock emergency supplies.** Make sure a first-aid kit and a fire extinguisher are accessible, and the smoke alarms have fresh batteries. Focus on individualized care.

Each person who has Alzheimer’s may experience its symptoms and progression differently. Consequently, caregiving techniques need to vary. Tailor these practical tips to your loved one’s individual needs. Remember, your loved one’s responses and behaviors may be different from what they used to be. Patience and flexibility – along with good self-care and the support of friends and family – can help you deal with the challenges and frustrations ahead.

—Source: Mayo Clinic, www.mayo clinic.com

Alzheimer’s Society inaugural members, 2011-2012

**July 1, 2011 to February 23, 2012**

**$500 – $999**

- Peggy Ahlgren
- Henry Anderson MD
- David Babler
- Miriam & Brian Boegel
- Dave Bowman
- Donald Brown
- Charlene Caucutt
- Erica Comella
- Stephanie Cook
- Janet Dresler
- Steve Errthum
- Terry Errthum
- Karen & Eugene Filus
- Gerald Fox
- Albert Fritz
- Sue Gerber
- Louis Giesler
- Rosemarie Gleason
- Linda Groeschl
- David Hanewall
- Elaine & Steven Hathaway
- Betty Irwin
- Laurel Kinison
- Donald Kirschner
- Carol Koby & Denis Carey
- Patricia Lasky
- Linda Matusewicz
- Cheryl Mielske
- Rita & Jim Mitchell
- Richard Moll
- Kit & Dale Nordeen
- James Olson
- Pam Paulson
- Mary Pike
- Christine & Paul Schmidt
- Audrey Shomos
- John Scott
- Paulette & Michael Siebers
- Eugene Skroch
- Randall Smith
- David Sorber MD
- Robert Swanson
- Sue Sweet
- Barbara & James Tierney
- Joanne & Donald Tierney
- Dawn & Stephen Zanoni

**$1,000+**

- An Anonymous Donor
- Jennifer & Chris Braun
- Marcia Corpuz
- Paul Endres
- Homer Evenstad
- Heather Forney
- Shari & Scott Frank
- Daniel Kern
- Cindy & Bill Klein
- Forrest Kubly
- Margaret & Richard LaBrie
- Nathan Lange
- Shelley & Michael Muranyi
- Kim Petersen MD
- Irene & Eric Rapp
- Jean & Rick Ripp, Laurie & Mike Maly, Joan & Mike Ripp
- Pamela & Robert Reily
- Paul Rusk
- Mary & Stephen Salzieder
- Pat Schultz
- Sue & Dave Schutz
- Elliott Shuler
- Amy & Jeffrey Supple
- John Zacher

We are so grateful for ALL the info, education and support we received via resources and staff at the ADAW as we ventured through our journey in support of our moms. We were cared for well...

—Richard and Meg L.
**Area fundraisers to support Alzheimer’s Walk**

**Sauk County Health Care Center** will be hosting its Second Annual Alzheimer’s Walk Nine-Pin Bowling Tournament! Join them Saturday, March 17, 3:00 p.m. and 6:00 p.m. at Brewster’s Lanes, 121 Viking Drive, Reedsburg. Cost is $15.00/adult, $13.00/kids (no monetary payouts for kids). Prizes will be awarded to top bowlers. There will also be raffles, a silent auction and door prizes. Join the fun and support a great cause! To sign up, please call Brewster’s Lanes at 608.524.2276.

The **Spring Brook’s Northwoods Bar & Grille**, Wisconsin Dells, is hosting a benefit for the Alzheimer’s & Dementia Alliance’s Alzheimer’s Walk at Spring Brook’s Northwoods Bar & Grille on Saturday, March 17 from noon - 3:00 p.m. Live music (musical group TBA), raffle and prize drawings. Cost is $20 per person (beverages and tip extra). Celebrate at Spring Brook’s Northwoods Bar & Grille, 242 Lake Shore Drive, Wisconsin Dells. Call 608.254.1464.

**BrightStar** is hosting a Pizza Ranch Fundraiser from 4:00 - 8:00 p.m. on Tuesday, March 27 at Pizza Ranch, 1000 Log Lodge Ct. (Hwy 12), Baraboo. BrightStar employees are volunteering at Pizza Ranch and tips will go toward their Sauk Alzheimer’s Walk team to benefit the Alzheimer’s & Dementia Alliance. Pizza Ranch has also helped the Walk effort the past few years by donating pizza to sell at the Walk. Pizza Ranch offers more than pizza, including gluten-free items. Visit www.pizzaranch.com.

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<tr>
<th>2012 Alzheimer’s Walk dates</th>
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<tr>
<td>See you at Alzheimer’s Walk! Your participation makes a difference to many people in our community. Register online by visiting the following links:</td>
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<tr>
<td><strong>Green:</strong> Saturday, September 8 support.alzwisc.org/green</td>
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<tr>
<td><strong>Columbia:</strong> Sunday, September 9 support.alzwisc.org/columbia</td>
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<td><strong>Grant:</strong> Saturday, September 15 support.alzwisc.org/grant</td>
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<td><strong>Sauk:</strong> Saturday, September 22 support.alzwisc.org/sauk</td>
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<td><strong>Dane:</strong> Saturday, September 29 support.alzwisc.org/dane</td>
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<td><strong>Richland:</strong> Sunday, September 30 support.alzwisc.org/richland</td>
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<tr>
<td><strong>Iowa:</strong> Saturday, October 6 support.alzwisc.org/iowa</td>
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**Crossing Bridges program for those with mild memory impairment**

Several times a year we offer Crossing Bridges, an education and support series for people with mild memory impairment and their families. The overall focus is to promote positive well-being while living with cognitive change.

**Please contact us if you are interested in this program.** We often have a waiting list. Our next session is tentatively scheduled for June 2012 at the Alzheimer’s & Dementia Alliance, 517 N. Segoe Rd., Madison. Participation in Crossing Bridges will also give you priority to join the Meeting of Minds group (see next page).

Potential participants need to schedule an in-person interview as part of the registration process before the classes start. Call Pat Wilson at 608.232.3406.

**Save the date!**

**16th Annual $1,000,000 Shoot Out Charity Golf Outing**

Monday, August 6, 2012
Maple Bluff Country Club
Madison
For the person with memory loss

Meeting of Minds memory enhancement program

A core mission of the Alzheimer’s & Dementia Alliance of Wisconsin is offering valuable programs for people with early memory loss and related disorders. The Crossing Bridges educational discussion group has been a part of our programming for almost twelve years, as has our Learning Among Friends monthly support group. In July of 2007, the Alliance started a new program, Meeting of Minds, a memory enhancement program for people diagnosed with mild cognitive impairment (MCI), early stage Alzheimer’s disease or the early stage of another related memory disorder.

Meeting of Minds offers cognitive stimulation, tai chi-based exercise and opportunities for creative expression and social interaction. This program has been very popular and well-attended. Participants state that some of the benefits of this program are: meeting people with similar problems and having a chance to discuss memory-related issues; the opportunity for stimulating discussion; interesting brain games; walks; and tai-chi exercise. Care partners of people attending Meeting of Minds state that the activities at the program are also good discussion points for the family at home.

The format and structure of Meeting of Minds has changed since it began. Most recently, the Alzheimer’s & Dementia Alliance has partnered with the Madison Children’s Museum to offer Meeting of Minds for two 12-week sessions – one in the spring and one in the fall of 2012. Each session will offer either imaginative storytelling around a theme or picture or a discussion of a piece of artwork. There will be related art projects after the discussions and then tai-chi exercise.

This program has room for 10 to 12 participants and the spring session is full. People who have completed our Crossing Bridges educational discussion program have priority in attending Meeting of Minds. If you want information on either program, please contact Pat Wilson at 608.232.3406.

Memory Café opening at Café Connections in Sauk City

Don’t let memory challenges prevent you from enjoying a fun and meaningful life. Join our new Memory Café group for monthly conversation and activities in a relaxed environment at Café Connections. We meet on the third Thursday of the month from 9:30 to 11:00 a.m. at Café Connections in the Sauk Prairie Community Center, 730 Monroe St., Sauk City starting on June 21.

Come socialize with others! Participants get to choose the activities they want to do, such as tai chi to improve balance, art projects, games, puzzles, guest presenters, volunteer projects or just sharing among friends. And there will always be a treat!

If you require extra help to participate, please have someone accompany you. For more information, contact Carol Olson at 608.963.2688 or carol.olson@alzwisc.org.

Lewy body presentation available on DVD

Dr. Kim Petersen and former Program Director Mary Reines presented “Understanding non-Alzheimer’s dementias: Lewy body dementia” in October 2011. Boonetown Productions recorded it and we have ordered 50 DVD copies of the presentation as we’ve received many requests to purchase one.

Cost is $45 plus $2.50 shipping and handling (if mailed.) Mail or fax (232.3407) in this form or call us with your credit card information.

Lewy body presentation available on DVD

Alzheimer’s & Dementia Alliance of Wisconsin • 9
In only a few minutes, you can make a big difference to those affected by Alzheimer’s or other dementia!

This year, the Alzheimer’s & Dementia Alliance of Wisconsin introduced a new volunteer opportunity which takes very little time but can have a big impact in spreading the word about the important services and support we offer to individuals and families. It is called the Ambassador Volunteer program. The purpose is to increase community awareness about Alzheimer’s disease and dementia and about the programs available to help. Our first initiative has been to recruit members of faith-based communities to share information through their religious committees or by displaying ADAW brochures or flyers in their places of worship.

Thanks so much to all of you who have already signed up to be Ambassadors in your faith communities. So far, our staff has scheduled three new educational programs and one memory screening in area churches as a direct result of the Ambassador program. We’d love to continue to share this information in other faith-based communities as well as in local businesses or organizations. Please consider becoming an Ambassador for your church, civic group or workplace. It may only take a few moments of your time, but it makes a big difference to those affected by Alzheimer’s and dementia.

A special thanks to volunteers Kathy Faris and Clare Radtke for helping to develop and maintain our Ambassador Volunteer program. We couldn’t do it without you! Contact Danielle Thai at 608.232.3403 for information.

Diversity update: They say a picture is worth a thousand words!


Angela Davis, political activist, scholar and author with Charlie Daniel and Paul Rusk, ADAW at the Racial Justice Summit sponsored by the YWCA, October 5-7, 2011.

Carol Koly, President, ADAW Board of Directors; Tom Linfield, Vice President of Grantmaking and Community Initiatives, Madison Community Foundation; and Charlie Daniel, ADAW at the Madison Children’s Museum, September 25, 2011.

Pastor William Badger, Jr., New Beginnings Alliance Church; Charlie Daniel; Paul Rusk; and Rev. Mary Kay Baum, ADAW Board of Directors at the African American Clergy Breakfast, CUNA Convention Center, October 22, 2011.
### Alliance article in Wisconsin State Journal

Chris Martell’s article, “With Alzheimer's, dementia on the rise, more family members step up as caregivers” (January 22, 2012) features Alzheimer’s Alliance staff Pat Wilson and Mary Reines (retired).

“While money for research is being chased, others are working to help the unpaid caregivers cope with the job they didn’t sign up for... One such source is the Alzheimer’s & Dementia Alliance of Wisconsin.” To read the full article, visit our website at www.alzwisc.org and click on “In the news.”

### Free public webinar series on memory loss and Alzheimer’s

Family, caregivers and professionals can learn tools to cope with memory loss and Alzheimer’s through a series of seminars offered by Alzheimer’s Speaks and Leading Age Wisconsin.

Each session will focus on a different aspect of providing care to those with memory loss. The sessions include a webinar presentation with time for small group interactions and questions. These free sessions are from 6:30 to 7:30 p.m. on the second and fourth Wednesday of the month through August 22.

- Schmitt Woodland Hills, Richland Center: Second Wednesday (Lynette Eder, 608.647.8931)
- Pine Valley, Richland Center: Fourth Wednesday (Lynette Eder, 608.647.8931)
- Attic Angels: Second and fourth Wednesdays (Deb Bergen or Claire Merkt, 608.662.8824)
- Bloomfield Manor HealthCare & Rehabilitation Center, Dodgeville (Penny Clary, 608.935.3321)

Participants can register for individual sessions or for the series.

### The Healing Power of “Yes!”: Meeting the Mystery of Alzheimer’s and Dementia

Join Jade Angelica, M.Div., Founder and Director, Healing Moments Alzheimer’s Ministry for this presentation on Saturday, April 28, 10:00 a.m. - 12:00 p.m. (optional lunch, 12:00 - 1:00 p.m.) OR Wednesday, May 30, 6:30 - 8:30 p.m. (optional dinner, 5:30 - 6:30 p.m.) at Sinsinawa Mound, Sinsinawa, WI. Weaving together spiritual practices, exercises drawn from creative drama and basic information about dementia, this artfully designed program is informative, inspiring and energizing! Participants will engage in exercises designed to enhance their skills of observation and their understanding of dementia. They will increase their abilities to communicate and connect, learn ways to improve the quality of life for their loved ones with dementia and reduce the stress of caregiving. Join us as we practice being present in the moment, accepting what is (saying “yes!”), “meeting” persons with dementia in their current reality and finding healing and hope.

### Hospital to Home: Plan for a smooth transition

Eldercare Locator, a public service of the U.S. Administration on Aging that is administered by the National Association of Area Agencies on Aging (n4a), recently launched a national campaign encouraging older adults, caregivers and their families to discuss potential hospital visits and start planning ahead for a smooth transition from the hospital to the home. Find their consumer guide, which provides planning tips for pre-hospital check-in as well as post-checkout from the hospital, at www.n4a.org/pdf/HospitaltoHome.

### New Brainstorming Solutions for Dementia Care game

This engaging game for anyone who provides care for persons living with dementia provides friendly team competition in a fast-paced, interactive and collaborative environment. The game was created by Dr. Kim Petersen and the late Dr. Gail Petersen, well-respected dementia educators. Dr. Peterson is a member of the Alzheimer’s & Dementia Alliance’s Board of Directors. They use real-life examples to help caregivers develop a variety of strategies. Visit www.attainmentcompany.com.
Contributions
11-05-2011 to 2-15-2012

Roxanne & David Aehl in mem/hon of Armeta Dischler
Peggy Ahlgren
Ruth & Hans Anderegg
Kathleen & Gerald Andersen
Mildred & Paul Anderson
Cheryl & Christopher Anderson in mem/hon of Harold Fischer
Donna Anderson
Barbara & James Ballard in mem/hon of Mary Kay Baum
Marylin Barker in mem/hon of Mavis Score
Charles Barman
Duane Bauer in mem/hon of Conrad Bauer
John Baumann
Darrell Behnke
Sandra Bennett
Janice & Lawrence Bensky
John Bergen in mem/hon of Bernice Bergen
Steven Bergen in mem/hon of Bernice Bergen
Christine & Daniel Bielinski in mem/hon of Viola Alaspa
Rochelle & Robert Birrenkott in mem/hon of Armeta Dischler
Joan & Jack Blodgett in mem/hon of Joan Blodgett
Rollie Boeding
Miriam & Brian Boege in mem/hon of Eugene Culp
Yvonne Danhauser
Anne Bolz in mem/hon of Jeanne Lee Kiley
Lynd Brethourier in mem/on of Audrey Blankenhein
Lynd Breunig in mem/hon of Rosella Breunig
Jane Brokis
Donald Brown in mem/hon of Roberta Brown
Barbara Brown in mem/hon of Marda Brown
Laura Brown
Mark Shahan
Charles Bunge
Laura Burke
Kathryn & Thomas Bush in mem/hon of Sylvia Bush
Beverly Cann in mem/hon of Dorothy Cann
Carol & Denis Carey
Jean Carlson in mem/hon of Cora Samuelson
Michelle Carter
Naomi Carter
Byron Chase in mem/hon of Marcella Chase
Mary Cochems
Wendy & Dave Coe in mem/hon of Barbara Coe
Dawn Collins in mem/hon of Jean Gritzmar & Jill Wolff
Sheila Coyle
Barbara & Ted Crabb
Marcella Culp in mem/hon of Eugene Culp
Bette Garland in mem/hon of Dick Garland
Jean Gavin
Barbara Gehl
Wayne Gehrt
Barbara George
Janis Gessler
Nancy & Steve Goe Leo Goele
Cheryl & Brian Goodman in mem/hon of Kathryn Gossie
Bonnie Gould in mem/hon of Elaine Miller
Jim Greiber in mem/hon of Herman Greiber
Marcia Griskovich in mem/hon of Mary Virginia Woll
Homer Evenstad
Ethel Faanes in mem/hon of Eldre (Al) Faane
Mimi Farber
Wendy Fearnside & Bruce Meier
Chris & Ron Ferguson
Guy & Janet Ferris in mem/hon of Bea Regez
Karen & Eugene Filus
Helen Finke
Elaine Fischer in mem/hon of Lavon Sherman
Barbara Fraser
Joseph Fry in mem/hon of Julia Fry
John Gadow
Diane Garczyk
B.R. & Simon Hellerstein
Ardis & Jeffrey Hempel in mem/hon of Gerta Braun
Elizabeth Hennig
Mina & Ray Hill
Diane Hippman in mem/hon of Howard Hippman
& Myrtle Nehmer
Jean & Curt Hooverson
Linda & Kim Hoppenrath in mem/hon of Gail Petersen
Rosalyn Horsley in mem/hon of Rose L Horsley
Julie Horst
Arlene Hunt
Kristen James
Betsy & James Jansen
Anita & Noel Johnson
Virginia Johnson in mem/hon of Aldo Johnson
Virginia & Robert Joyes
Thomas Karls
Paula Keller & Rod Henrichs in mem/hon of Leonard Keller
Jolene & Kenneth Kenyon in mem/hon of Joseph Miller
Rita Harris
Donald Harrop
Elaine & Steven Hathaway
Robert Hawkinson
I will always remember your help at a time of need. You made it possible for me to catch my breath...  
—Evie M.
Tributes and memorials
11-05-2011 to 2-15-2012

In honor of:
WALLY OBOIS
Erika Gerhardt
MARY REINES
Rebecca & Thomas Butler

ETHEL AMBROSAVAGE
Mary & Michael Hagan
Cynthia Kennedy
Nancy McAdams
Elizabeth & Christopher McMullen
Virginia & Robert Salisbury
Ruth Sanderson
Grace Shaw
Linda Stoffel
Kay & Joe Tisseran
CAROL BAKER
David Baker
Julie Gribbon
Robin Weaver
DOROTHEA BARRY
Linnea & Scott Minter
Kristine & David Schultz
Swiss Colony
University of Wisconsin Law School

CATHERINE BUHNER
Erlina & Conrado Almaro
Kathleen & Thomas Annis
Chris & Mark Hetzel
Roma & Alon Price
Barbara Townley

CHARLES DAVIS
Christine Holtzman
MIKE DAVIS
Gloria & Thomas Rortvedt

VERA DEGARMO
Vicki DeGarmo Jackson
Patricia DeGarmo

MARY DUPONT
Nancy & Douglas Dupont

SUSIE DUPONT
Diane Titus
ETHEL DURST
Mary Ellen & Oliver Jones
Charlotte & Akira Muira
Ruth Sawall

DARLENE ELLIS
Sharon & Anthony Yung

KATHRYN EVENSTAD
Kathleen & Kerry Black

Sandra Brockmann
Patti & lyle Burke
Sandra & David Burns
Casino Restaurant & Lounge
Ruth Caserly
Ruth Curtiss
Jean & John Greenlee
Robert Hastert
Richard Hemming
Robyn & Howard Jubeck
Kathleen Kelley
Kathleen Kramschuster
Gerald Leahy
Humphrey Lynch
Sharon & William McDaniel
Bonita & Thomas Nethey
Margaret Rasch
Patricia Ring
Richard Roelli
Mary Kay & Frank Russell
Georgene Stratman
Virtue Motors
W.S. Ag Center, Inc.
Robert Wells
Linda & John Williamson
Sondra & Leon Wolfe

GERALDINE GUSTIN
Julie Mangum

STUART HARDTKE
Mathew Jones
Connie & Gary Kolpin
Elaine & Carroll Lohr
Karen & Thomas Swenson

ROBERT JOLIN
Sandra & Carroll Marquardt

PHILLYS KATUIN
Elaine & Lamoine Haefner

DOROTHY KIVETT
Robert Firestone
Peggy & Robert Montgomery
Joanna & Danny Uziel

Jancie Wittman
FORREST KUBLY
Miriam & Brian Boegel
Linda & Sissy Dinkins & Claxton
Maureen & Mark Kenfield
Barbara & Richard Tock
Roger Voelkl

MILDRED KUBLY
Linda & Sissy Dinkins & Claxton
Barbara & Richard Tock

LESTER LAEDTKE
Dorothy Brennecke
Laurie & Gil Brennecke
M. Janet Frey
Dolores & Michael Heath
Elizabeth Hoefi
Deb & Sam Lawrence
Donna & William Neeman

JANICE LANG
Karen Anderson
Jacquelyn Barnes
Edith Burch
Jean & Wayne Edwards
Barbara & John Gordon
Dennis, Rhonda, Heather, Chad, Laura, Macy & Collin Gray
Genevieve Hahn
Loretta Harmatuck
Donna Hein
Shirley & Kenneth Hojnicki
June Huizenga
Joan & Tom Matthews
Nancy Mengelt
Beth Palmquist
Karen & Phillip Paulson
Penny Pederson & the people from Sentry Foods
Maurice Price
Marilyn & Gary Saunders

Sally & Brad Saunders
Sue & Bob Simon
Mary Struckmeyer
Wileen & John Treheway
Pat Walsh
JANE LENZ
Alice Huebner
Robert Lenz
Constance Nelson
Catherine & Tharald Thompson

ELIZABETH LEWIS
Senior Helpers
MARY ELLEN LIBBY
Nancy & Douglas Dupont

DOROTHY LINDOFF
Arlene & Ronald Garvens

ROBERT LIVENGOOD
Kirsten Noyes

HARRIET LONG
Marcia Trentz
HENRY LUEBKE

Susan, Cindy & Sandra Kracht
Myra Luebke

JEANNE LUTHER
Janet & Matthew Dushek

DONNA MALKOW
Bonita Holmes
Ellen & Michael Malkow

PHYLIS MARSHALE
The Pines

CATHERINE MARTIN
Beth & David Erickson
Nancy Franke
Tamela Martin
River Valley Wrestelbackers

JERRY ROSE

PHIL STODDARD

LOIS MARTINSON

Amy & Richard Ambles
Janet & Lora Atkinson

AMLY & MARVIN BADEAU
TAMMY & JON DENMAN
Arla Dollars

TERI EDMAN
TERRI & JIM FINNEGAN
CAROLYN & RICHARD HARRIS
Lucille & Don Jacobson
Jo & Eric Kobler
Carole & Steve Kalscheur
Sandy Martinson
Marilyn Panter
Carol & Dale Reuter
Ann & Michael Roberts
Linn Roth
Art Teasdale
Inez Watrud
Nancy & James Youngerman

HELEN MATOY
Allyson Lynch
DIANE MCINTYRE
Velma Hamilton
Middile School

PEARL EMMANUEL

Richard Messman

JOSIE NOLES
Meaghan Noles

BARBARA OBOIS

Roxan & Doug Clausen
Margaret & Thomas Diehl
Joan Dixon
Don-Rick Insurance

Sharon & Hans Fedderly
Dawn & Matthew Foster
Catherine & Brent Gasser

Wendie Gregerson
Marion Hendrickson
Leeandra & Marcus Jaeger
Sandra Jordan
Robert Kane
Gail Kline
Audrey & Robert Krebs
Margaret & Norman Lien
Mary & Robert Masteller
Julie & Darrel Mor
Martha Nelson
Stefanie Newell
Please contact the Alliance office at 608.232.3400 to make any additions or corrections to this listing. We are deeply grateful to everyone who has supported the programs and services of the ADAW.

JOHN SORG
The Pines Assisted Living, LLC
PATRICIA SUITS
Andrea & Keith Kelling
LOIS THOM
MSCR
DEXTER THUSIUS
Lois & Arnold Lauth
DOROTHY WARD
Shirley Haidinger Judy & Robert Taitt
ANNEMARIE WATSON
Anna Bierman Dorothy & Gurdip Brar City Of Middleton Margaret & Robert Lyons Peggy & Duane Marxen Joan Perry EMMA WEBER Craig Nelson

JEAN WETZEL
Mary & Timothy Downs Deena Wetzel Harold Wetzel MARIE YELK Mary Ebert Susan & Gerald Ebert Julie & Steven Hein Judith & Glenn Lange Cailin & Fredric Lueders Karen & Darrel Wingers Sheila Worthen DORA ZEMAN Judy Omata MARYANN ZIOLECKI Nathan Hale Sunshine Club

Your will may be the way ... to care and share

A bequest through your will provides you with an opportunity to continue your life, your interests and your concern for people. Perhaps there is some service or program of the Alzheimer's & Dementia Alliance which is of special interest to you. If so, you may in this way be able to extend your influence in this area of interest into the future for the benefit of many people.

The Alzheimer's Alliance encourages you to plan carefully as you draft and execute your will. It is also advisable to review it occasionally. Wills should always be prepared in consultation with a legal advisor.

If you wish to remember our organization, here is sample language you can take to your 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 WI, Inc., or its successor organization, located in Madison, Wisconsin to support programs and services in southern Wisconsin.” Our Employer Identification Number is 39-1679333.

For more information, contact Miriam Boegel at 608.232.3409.
Gala Tasting and Auction, Saturday, April 21, 2012 • 6:30 p.m.
Nakoma Golf Club, 4145 Country Club Road, Madison
Tickets: $95/person

Come join the tradition that so many people look forward to every year! Celebrate spring with wine tasting, hors d’oeuvres, live music and live and silent auctions featuring exclusive items. Talk with winemakers from vineyards across the country as well as our own backyard and sample delicious wines, some of which may not be available in our area. Raise a glass knowing you'll be making the journey easier for those facing Alzheimer’s disease or other dementia.

For more information, including business sponsorship opportunities, contact Miriam Boegel at 608.232.3409.