Are you a creative person? Many caregivers would say no; however, everyone has creative aspects to their personality. It comes in many forms from making up silly stories or sweet lullabies to entertaining or soothing the grandkids to working with your hands through woodworking, pottery, weaving, knitting, playing an instrument, painting, drawing or doodling. It can be a good story or a wonderfully-timed joke. Even the art of setting a lovely table or dancing to favorite songs is a way to express creativity. There are so many ways to be creative and research shows that staying active and creative is healthy for all of us, including those with Alzheimer’s or dementia.

Unfortunately, many who have a dementia-related diagnosis find it difficult to independently initiate, plan, and follow through with their interests. Caregivers can help by providing opportunities. For example, a person with dementia who enjoyed painting might be encouraged to try again if the easel and painting supplies were set up and if they had someone painting with them. A pianist may be happy to play if she has an appreciative audience.

If you are searching for a way to spark a creative side from a loved one, music therapy can have a lot of positives. It can be designed to promote wellness, manage stress, alleviate pain, express feelings, enhance memory, improve communication and promote physical rehabilitation. Using music can enhance memory recall, create positive changes in mood, reduce anxiety and stress, and help create a cherished moment.

It can be as simple as singing favorite songs together. Whether or not your loved one sings along, most often there will be some kind of positive response. It’s a wonderful way to interact when talking doesn’t work, or when you don’t know what to say. If singing is not comfortable for you, find a recording of some familiar dance music from when your loved one was a young adult, and encourage your loved one to dance or move to the music with you.

Music may not be the answer for your loved one, but it is important to encourage that creative side. By being creative, a person is also being active which is healthy for those with Alzheimer’s or without. So, get out there and see what being creative can do to enhance life!

See page 4 for a list of programs ADAW offers to enhance creativeness.
Alliance of Wisconsin cannot warrant, endorse or guarantee any material in this newsletter is offered as information to our readers. The Alzheimer's & Dementia Alliance of Wisconsin, a nonprofit, tax exempt organization. Copyright © 2010 emphasizing the need to follow “black box” warnings on psychotropic drugs for Alzheimer's disease.

From the director

Research update

Upcoming studies by USC

For more information, visit ucdmc.ucdavis.edu/publish/news/2013/02/130205200241.htm.

Alzheimer's in mice

They showed improved cognitive performance and a reduction in amyloid levels. The proposed legislation in response to the Supreme Court’s decision on Chapter 2010 emphasizing the need to follow “black box” warnings on psychotropic drugs for Alzheimer's disease.

As we move toward spring I’m excited to report the addition of Nichole, Kira and Joy later in this newsletter.

From UC Davis, February 11, 2013

“Vascular brain injury from pressure and stroke are greater risk factors than amyloid (Aß) plaques, thought to be a major cause of Alzheimer’s disease,” said Bruce Miller, MD, the director of the Alzheimer’s Center at UC Davis.

“We were able to test whether manipulating diet and nutrient intake affected brain and aging; it’s a disease that we believe can be delayed and treated,” said Miller.

“Vascular brain injury from hypertension affects as many as half of older adults,” added Miller. “It’s a misconception that Alzheimer’s is a natural part of aging; it’s a disease that we believe can be delayed and treated.”

For more information, visit jama.neurology/2013/02/130205200241.htm.

From the public policy director, Rob Gundermann, with input from our staff, has been advocating for families and the proposed bill, including rural areas. We worry that family members and persons with dementia who understand and cope with, and we take great pride in our expertise here in Wisconsin, rather than trained health care professionals with decades of experience with all facets.

Deanna Truedson, MSSW

Mary Ann Drescher

Carol Olson, MA

Jeanne McLellan, MBA

From the Madison Times, Hue and Umoja for the wonderful coverage of this event.

The Alzheimer’s & Dementia Alliance of Wisconsin, a nonprofit, tax exempt organization. Copyright © 2010 emphasizing the need to follow “black box” warnings on psychotropic drugs for Alzheimer's disease.

As we welcome new staff, it is a good time to emphasize the overall expertise of the Alzheimer’s & Dementia Alliance of Wisconsin, a nonprofit, tax exempt organization. Copyright © 2010 emphasizing the need to follow “black box” warnings on psychotropic drugs for Alzheimer's disease.

From the director

Research update

Upcoming studies by USC

For more information, visit ucdmc.ucdavis.edu/publish/news/2013/02/130205200241.htm.
The Wisconsin Alzheimer Disease Assessment andwith Alzheimer's. www.irememberbetterwhenipaint.com

Programs ADAW offers programs that use art, music, movement, reading, writing, and recitation for those with Alzheimer's. Through creative arts, they enhance creativity, bring their talents and interests to life, and give them a place to come together. Memory Cafés in Madison and Milwaukee are a place to connect, enjoy social interaction, and give meaning to daily living. People with memory loss and their partners can get support and information from staff to enhance their quality of life. The Milwaukee Friday afternoon group sessions, which take place from 1 to 3 p.m. at the Community Education Specialist, are open to all. The group includes people with memory loss, their family members, and caregivers. Participants can take part in discussions and activities related to living with dementia. They can share stories, listen, laugh, and learn from each other. The group provides a safe space for people to express their thoughts and feelings and offers support and understanding. For more information, contact Becky Debuhr at becky.debuhr@alzwisc.org. ADAW and the Wisconsin Health Care Access Network will be at the Alzheimer's Rally on Wednesday, May 29, at the Concourse Hotel. The event is directed by Joan Galic and produced by Carmela Mulroe, the co-founder of Agequake Theatre and Chair of the Board of Directors.

The Alzheimer's Rally will bring residents, staff, and community members together to discuss issues related to Alzheimer's disease. It will include a panel presentation of several short and relevant video clips, an interactive panel presentation of several short and relevant video clips, and gives presentations that use a variety of creative methods to reach people with Alzheimer's disease and their families. Don't miss this annual conference for professional and community members, including people with early or advanced Alzheimer's disease. It is open to anyone interested in learning more. The program will cover topics such as communication and social skills, behaviors and interventions, and legal issues. It is a creative collaboration of community members, including people with Alzheimer's disease and their families, and professionals as we welcome key members of the program/ADRC-Grant County. ADAW at 608.723.4288 or email becky.debuhr@alzwisc.org.

The 14th Annual Understanding & responding to dementia & memory loss workshop will be held on Wednesday, May 29, from 12:15 p.m. to 3:15 p.m. at the Community Education Specialist. The workshop will provide a better understanding of how dementia affects communication and helps participants learn how to respond to the behaviors and communication changes that may occur in people with Alzheimer's disease. It will include a discussion of how to communicate with people who have Alzheimer's disease and how to help them understand their surroundings. The workshop will also cover how to work with people who have Alzheimer's disease and how to help them maintain their independence. The workshop will be presented by Becky Debuhr, Outreach Specialist.

The 14th Annual Understanding & responding to dementia & memory loss workshop will be held on Wednesday, May 29, from 12:15 p.m. to 3:15 p.m. at the Community Education Specialist. The workshop will provide a better understanding of how dementia affects communication and helps participants learn how to respond to the behaviors and communication changes that may occur in people with Alzheimer's disease. It will include a discussion of how to communicate with people who have Alzheimer's disease and how to help them understand their surroundings. The workshop will also cover how to work with people who have Alzheimer's disease and how to help them maintain their independence. The workshop will be presented by Becky Debuhr, Outreach Specialist.

The ABCs of Alzheimer's & memory loss workshop will be held on Wednesday, May 29, from 12:15 p.m. to 3:15 p.m. at the Community Education Specialist. The workshop will provide a better understanding of how dementia affects communication and helps participants learn how to respond to the behaviors and communication changes that may occur in people with Alzheimer's disease. It will include a discussion of how to communicate with people who have Alzheimer's disease and how to help them understand their surroundings. The workshop will also cover how to work with people who have Alzheimer's disease and how to help them maintain their independence. The workshop will be presented by Becky Debuhr, Outreach Specialist.
Advocacy Update

Who actually needs a guardianship? Under the proposed bill, anyone who is incompetent and has dementia would need a guardianship order. Those who may be competent enough to know what’s going on, would react if a person needing mental health services have a guardianship order. Our primary concerns with the bill draft center around provisions for placements for people with dementia. The Study Committee drafted a bill to address the recent Supreme Court decision regarding mental health placements for people with dementia. We have already made significant changes to the bill draft but feel more work needs to be done and more changes need to be made.

The Study Committee on Guardianship, a committee of the Joint Legislative Study Committee on Aging, drafted a bill. We have already made significant changes to the bill draft but feel more work needs to be done and more changes need to be made. If you would like to see a hard copy of the bill, please contact us. We have completed our collection efforts and will be sent to our partners at Leaders Engaged in Alzheimer’s Disease (LEAD) and then to the President. Sign the Alzheimer’s Petition through our website or contact Rob Gundermann at Gundermann@awisc.org to have a hard copy mailed to you.

I want to thank everyone who has already signed our “Stop Alzheimer’s” petition. We will continue collecting names through the end of March. When we have completed our collection efforts will be sent to our partners at Leaders Engaged in Alzheimer’s Disease (LEAD) and then to the President. Sign the Alzheimer’s Petition through our website or contact Rob Gundermann at Gundermann@awisc.org to have a hard copy mailed to you.

We will continue collecting names through the end of March. When we have completed our collection efforts will be sent to our partners at Leaders Engaged in Alzheimer’s Disease (LEAD) and then to the President. Sign the Alzheimer’s Petition through our website or contact Rob Gundermann at Gundermann@awisc.org to have a hard copy mailed to you.

I want to thank everyone who has already signed our “Stop Alzheimer’s” petition. We will continue collecting names through the end of March. When we have completed our collection efforts will be sent to our partners at Leaders Engaged in Alzheimer’s Disease (LEAD) and then to the President. Sign the Alzheimer’s Petition through our website or contact Rob Gundermann at Gundermann@awisc.org to have a hard copy mailed to you.

We will continue collecting names through the end of March. When we have completed our collection efforts will be sent to our partners at Leaders Engaged in Alzheimer’s Disease (LEAD) and then to the President. Sign the Alzheimer’s Petition through our website or contact Rob Gundermann at Gundermann@awisc.org to have a hard copy mailed to you.
Contact Joy Schmidt at 608-232-3404 or at joy.schmidt@alzwisc.org

How do I sign up?
You could be featured here! We are currently looking for volunteers who are willing to help spread the word about Alzheimer's and dementia and the programs and services we offer. If you belong to a civic group, attend church or school, if you work or volunteer, if you shop or go out to eat, or if you do any activity where you interact with others, you can help by becoming a volunteer ADAW Ambassador.

Participate in one or any number of the following activities:
- Scoville at 608.232.3400.
- Participate in one or any number of the following activities:
  - A part of a committee to help plan the Alzheimer's Walk in your area, please contact Kristin Larson or Brianna.
6:30 p.m., Saturday, April 20
Nakoma Golf Club

Have you always wondered about the techniques used to make wine? Or why certain wines are described using terms like “subtle notes of raspberry” or “buttery?” Ask all of those questions you have yearned to ask on Saturday, April 20 at the 6th Annual Wine & Roses Festival™.

You will have the chance to experience wine like you never have before. Wine & Roses is host to winemakers from vineyards across the country. The night allowed guests to speak directly with the winemakers to learn the exclusive details such as the making, pairing and exquisite tastes of the wines that many may not be familiar with. Maybe you will find some favorites and develop a new appreciation for wine.

Tickets are $95 per person. “The funds raised during the Festival help us to continue offering critical services our community depends on,” stated Paul Rusk, Executive Director. The evening includes hors d’oeuvres, entertainment and live and silent auctions. For more information or to purchase a ticket, please contact Kristin Larson or Brianna Scoville at 608.232.3400.