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Individuals participating in our Meeting of Minds program gathered to make colored silk scarves!

Caregivers, it is time to get creative!

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.

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From the director

Dear Friends,

As we move toward spring I’m excited to report the addition of three new employees to the staff. Nichole Hawkins joined us in December as our new administrative assistant. Both Kira Stewart and Joy Schmidt started in January. Kira is the caregiver coordinator for Dane County housed at the new Aging & Disability Resource Center on Madison’s Northside. She will administer the National Family Caregiver Support Program (NFCSP), placing NFCSP and the Alzheimer’s Family Caregiver Support Program (AFCSP) within the same agency as recommended by the State of Wisconsin. Joy is our new community education specialist and will work with our large array of education programs and expansion of Memory Cafés. Please see the biographies and photos of Nichole, Kira and Joy later in this newsletter.



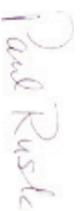
As we welcome new staff, it is a good time to emphasize the overall expertise of our staff, in particular our program and outreach staff. This is not an easy disease to understand and cope with, and we take great pride in our expertise here in Wisconsin, including rural areas. We worry that family members and persons with dementia who don’t turn to us end up talking to individuals trained in fundraising and marketing rather than trained health care professionals with decades of experience with all facets of dementia. We are just a phone call away.

There were some interesting outcomes from the Legislative Council Study Committee and the proposed legislation in response to the Supreme Court’s decision on Chapter 51 protective placements. We have a number of concerns regarding the proposed bill, and our public policy director, Rob Gundermann, with input from our staff, has been working hard to correct significant problems with the bill. Unfortunately, the bill also seems to go against the national trend to prescribe fewer psychotropic medications for dementia patients. You may recall our organization helped pass legislation in 2010 emphasizing the need to follow “black box” warnings on psychotropic drugs for dementia patients following a tragic death. We would appreciate any input you might have, especially in the area of guardianships, as we will continue working with the Legislature should the bill advance.

We launched our first African American Caregiver Support Group in February, a fitting tribute to Black History Month. This group will meet the third Monday of every month from 10 a.m. to Noon at Second Baptist Church, 4303 Britta Parkway, Madison. We also held the third annual Solomon Carter Fuller Memory Screening Day. Thank you to the Madison Times, Hue and Umaja for the wonderful coverage of this event.

We look forward to seeing many of you soon at Wine & Roses or one of our educational programs.

Sincerely,



Paul Rusk
Executive Director

Research update

This update is provided for information only. Please consult a medical professional to discuss your personal situation.

Low-protein diet slows Alzheimer’s in mice

Cycles of a normal diet and protein restriction improved memory and slowed the advance of the disease

From the University of Southern California-Davis, February 14,

2013—Mice with many of the pathologies of Alzheimer’s disease showed fewer signs of the disease when given a protein-restricted diet supplemented with specific amino acids every other week for four months.

Mice at advanced stages of the disease were put on the new diet. They showed improved cognitive abilities over their non-dieting peers when their memory was tested using mazes. In addition, fewer of their neurons contained abnormal levels of a damaged protein, called “tau,” which accumulates in the brains of Alzheimer’s patients.

Dietary protein is the major dietary regulator of a growth hormone known as IGF-1, which has been associated with aging and diseases in mice and several diseases in older adults.

Upcoming studies by USC Professor Valter Longo, the

study’s corresponding author, will attempt to determine whether humans respond similarly—while simultaneously examining the effects of dietary restrictions on cancer, diabetes and cardiac disease. For more information, visit <http://gero.usc.edu/2013/02/low-protein-diet-slows-alzheimers-in-mice/>

Green tea and red wine extracts interrupt Alzheimer’s disease pathway in cells

From Science News, Feb. 5, 2013— Natural chemicals found in green tea and red wine may disrupt a key step of the Alzheimer’s disease pathway, according to new research from the University of Leeds.

In early-stage laboratory experiments, researchers identified the process which allows harmful clumps of protein to latch on to brain cells, causing them to die. They were able to interrupt this pathway using the purified extracts of EGCG from green tea and resveratrol from red wine.

The findings, published in the Journal of Biological Chemistry, offer potential new targets for developing drugs to treat Alzheimer’s disease.

“This is an important step in increasing our understanding of the cause and progression of Alzheimer’s disease,” says lead researcher Professor Nigel Hooper of the University’s Faculty of Biological Sciences. “It’s a misconception that Alzheimer’s is a natural part of aging; it’s a disease that we believe can ultimately be cured through finding new opportunities for drug targets like this.”

For more information, visit <http://www.sciencedaily.com/releases/2013/02/130205200241.htm>.

Vascular brain injury greater risk factor than amyloid plaques in cognitive aging

*From UC Davis, February 11, 2013—*Vascular brain injury from conditions such as high blood pressure and stroke are greater risk factors for cognitive impairment among non-demented older people than is the deposition of the amyloid plaques in the brain that long have been implicated in conditions such as Alzheimer’s disease, a study by researchers at the Alzheimer’s Disease Research Center at UC Davis has found.

Published online in *JAMA Neurology* (formerly *Archives of Neurology*), the study found that vascular brain injury had by far the greatest influence across a range of cognitive domains, including higher-level thinking and the forgetfulness of mild cognitive decline.

The researchers also sought to determine whether there was a correlation between vascular brain injury and the deposition of beta amyloid (A β) plaques, thought to be an early and important marker of Alzheimer’s disease, said Bruce Reed, associate director of the UC Davis Alzheimer’s Disease Research Center in Martinez, Calif. They also sought to decipher what effect each has on memory and executive functioning. For more information, visit <http://www.ucdmc.ucdavis.edu/publish/news/newsroom/7429>.

Education Programs

Programs ADAW offers to enhance creativity

Meeting of Minds allows participants the opportunity to critique art prints and to create their own art projects using a variety of media.

Memory Cafés participants bring their talents and interests to the group such as singing, playing the piano, painting, photography, story-telling and humor.

Alzheimer's Poetry Project encourages poetry writing and recitation for those with Alzheimer's or other dementias. www.alzpoetry.com

I Remember Better When I Paint: Treating Alzheimer's through the Creative Arts.

Watch for more details on ADAW's partnership with Edgewood College, Oakwood Village and Homestead Living to offer a screening of this documentary, which illustrates the positive impact of art and other creative therapies on people with Alzheimer's. www.irememberbetterwhenipaint.com

Got Dreams? is a creative production which involves residents, staff and community volunteers to show that creativity is a matter of spirit and not merely the mind. Dreams can come true. It is directed by Joan e kole of Agequake Theatre and produced by Carmela Mulroe, St. Mary's Care Center. If you're interested in attending the production or helping as cast or crew, contact Carmela Mulroe at carmela_mulroe@ssmhc.com or 608-845-0582.

Maintaining brain health: Tips for staying sharp at any age

Presented by Joy Schmidt, Community Education Specialist

Tuesday, March 26
5:30-6:30 p.m.
The Richland Hospital, Pippin #3
333 East 2nd St., Richland Center
Presented by Becky Debuhr,
Outreach Specialist

Pre-register at 888.306.6251 or becky.debuhr@alzwisconsin.org

Wednesday, April 17
7:00-8:00 p.m.

Meadowridge Library
5740 Raymond Rd., Madison
Presented by Joy Schmidt,
Community Education Specialist

Monday, April 22

7:00-8:00 p.m.
Alicia Ashman Library
733 N. High Point Rd., Madison
Presented by Joy Schmidt,
Community Education Specialist

Tuesday, May 28

1:00-2:00 p.m.
Oregon Senior Center
219 Park St., Oregon
Presented by Joy Schmidt,
Community Education Specialist

Wednesday, May 29

7:00-8:00 p.m.
Middleton Library
7425 Hubbard Ave., Middleton

Alzheimer's Rally

Meet ADAW and the Wisconsin Health Care Access Network on Wednesday, April 3 at 10:30 a.m. at the Concourse Hotel to rally! The purpose is to address prior authorization for prescription drugs, along with other dementia-related issues. The group will meet to go over things before heading to the Capitol. Rob Gundermann chairs the access network, a coalition of disease groups working together on legislative issues; send RSVP's or questions to him at Gundermann@alzwisconsin.org.

including a person with early cognitive changes and his wife, Dr. T.J. Norton, Southwest Health Care, Pat Wilson, ADAW, Ruth Rotramel, National Family Caregiver Support program/ADRC-Grant County.

The cost is only \$20 per person (lunch included). Scholarships and respite care available for family caregivers.

For registration brochure, contact ADAW at 608.723.4288 or email becky.debuhr@alzwisconsin.org.

We all forget: Is it normal aging or should I be concerned?

Tuesday, March 12
12:45 - 1:30 p.m.
Darlington Senior Center
627 Main St., Darlington

Tuesday, March 19

12:15-1:15
Verona Senior Center
108 Paoli St., Verona

Thursday, May 2

10:30 - 11:30 a.m.
Behring Senior Center
1113 10th St, Monroe

We all forget names occasionally and misplace keys and wallets. What's normal and what's not normal for our brains as we age? What should we do if we're concerned for ourselves or others? Presented by Deanna Truedson, Outreach Coordinator.

No registration necessary.

Legal & financial planning seminar

Tuesday, April 9 & 16
5:30-7:30 p.m.
Tivoli at Divine Savior Healthcare, Gathering Room
2805 Hunters Trail, Portage

A two-part workshop for families that provides an overview of key legal and financial planning issues for older adults (ex: basic estate planning, guardianship, funeral pre-planning, etc.). Pre-register by calling 608.742.9055. Presented by Jeff Clark, Attorney, Boardman & Clark.

Positive communication with persons with dementia

Tuesday, May 21
5:30-6:30 p.m.
The Richland Hospital, Pippin #3
333 East 2nd St., Richland Center

People with dementia 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. Presented by Becky Debuhr, Outreach Specialist. Pre-register at 888-306-6251 or becky.debuhr@alzwisconsin.org

ABCs of Alzheimer's & Dementia

Sessions include information on medical aspects of dementia, research, effects of dementia on the person, safety, communication, and much more. It will be held on two consecutive evenings in Dodgeville this May/June. Please check our website, www.alzwisconsin.org, or call 608-843-3402 for more information.

Family Caregiver Education Series

Second Monday of every month, 5:30 - 7:00 p.m.

WEST: ADAW,
517 North Segoe Road
EAST: Hawthorne Library,
2707 East Washington Avenue

March 11 (West)

Communication tips and strategies
Learn ways to effectively and compassionately communicate with someone who has dementia.

April 8 (East)

Is it time for at-home or facility care?
Review things to consider when making the decision to bring services into your home or move to facility care. Includes a discussion on specific resource options.

May 13 (West)

Practical tips for care at home
Learn successful strategies to help with day-to-day life at home – from structure and routine to personal care.

June 10 (East)

Understanding & responding to behavior changes
Understand reasons why behavior changes occur and get problem-solving tips to help prevent and cope with them.

July 8 (West)

Family caregiving: The unexpected career
Caregiving for a family member with dementia is a job you never expected or trained to do. Find ways to balance your new responsibilities within your unique family situation.

ADAW Board of Directors and office staff expands



Paul Pias is the newest member of the ADAW

Board of Directors. Paul is currently Director of Public Relations and Communication for Culver Franchising System, Inc., the Midwest-based chain with 475 restaurants in 20 states. "I'm honored to be a part of an organization dedicated to providing programs and services right here in our local communities," says Paul. "My mother suffered severe dementia in her last years. During that time my family became very much aware of the gaps yet also opportunities for patients and caregivers. My hope is that I can provide ADAW some guidance based on my personal experience."

Prior to joining Culver's in 2010, Paul spent over 20 years as Director of Corporate Communication at Dean Clinic in Madison. He began his professional career in television news in Madison as news director and anchor at WKOW-TV/Channel 27.

Paul and his wife Mary live in Fitchburg. They have two grown children, Mike and Sara, both of whom reside in Arizona. Their at-home child now is a 3-year old golden retriever named Gunner.

Joy Schmidt, Community Education Specialist, joined ADAW in January. She will be the primary community connection within Dane County and will coordinate community education programs agency-wide. She will also be working to expand the Ambassador and Speakers Bureau programs with the goal of increasing awareness of ADAW and its services county-wide. Joy has a bachelor's degree in social work from Indiana University with a specialty in gerontology. Her experience in the aging field is varied. Early in her career she worked in health care facilities in all departments. Some of her experience comes from working as a nursing assistant; she also worked in activities, admissions, and social services. "I loved getting to know all aspects of the care provided in nursing homes and memory units. It gave me a broad understanding of how a team works together to provide good care." Prior to coming to work with ADAW, Joy coordinated volunteers and worked as a case manager and program coordinator at a local senior center.

In her free time, Joy loves to cook, garden, exercise and read. She has two teenagers who are both talented musically. She spends a lot of time at school concerts as well as Youth Symphony (WYSO) and Madison Youth Choir concerts.

"I am excited about the opportunity to work with ADAW! They are leaders in the field of Alzheimer's and dementia."



Kira Stewart, National Family

Caregiver Support Program (NFCSP) Coordinator, joined

ADAW in January. While she is part of the ADAW family, Kira works on Madison's northside in the new Aging & Disability Resource Center (ADRC) of Dane County.

Kira is an excellent match for this role as her education and background lend a great deal of professional and personal experience to caregiving. Kira graduated from the University of Wisconsin-Madison with a Bachelor of Science in Family and Community Education. She is also a Certified Nurses Assistant with experience in home, long term/skilled care and hospital settings. For three years Kira worked for Options in Community Living as a residential case manager for adults with developmental and cognitive disabilities.

"I love working for non-profit organizations because of their ability to make a positive impact on the lives of people in our communities. Knowing that what I do on a daily basis will help improve someone's life is a very rewarding feeling," she says.

When Kira is not working she enjoys eating out at local restaurants, concerts, curling up with a good book on a cold winter day or hitting the lakeshore path on her rollerblades in the summer.



Nichole Hawkins,

Administrative Assistant, joined

ADAW in December. She was an administrative team lead at Godfrey & Kahn, S.C., for 9 years. Her degree is in communications with an organizational emphasis, from the University of Wisconsin-Eau Claire.

Nichole has always wanted to work with a non-profit agency and is ecstatic that she was offered this position. She loves to support the on-site talent and works closely with all staff. Walk season and other ADAW events will be a new experience, and she is very excited to be involved.

"It is so wonderful to be working with people who love their jobs, come to work with a great attitude and contribute to a true team atmosphere. I look forward to coming into the office and am so glad that I made this career transition. Being surrounded by random acts of kindness, every day, I love it!"

In her spare time, Nichole volunteers with the State Historical Museum, Farm to Fork events, basset rescue, political campaigns and United Cerebral Palsy. She is also a competitive gaming fanatic and plays Texas Hold 'Em, Dungeons and Dragons, Trivia, XBOX 360 and PS3 video games.

Advocacy update

By Rob Gundermann, Public Policy Director

The Special Committee on Legal Interventions for Persons with Alzheimer's Disease and Related Dementias has completed its work in attempting to address the recent Supreme Court decision regarding mental health placements for people with dementia. The Study Committee drafted a bill which would allow people with dementia who need mental health services to obtain those services; however, we have some concerns with the bill as drafted. 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.

Our primary concerns with the bill draft center around provisions for prescribing psychotropic medications and a requirement that any incompetent person needing mental health services have a guardianship order.

The Department of Health Services (DHS) has come out in opposition to the proposed bill and describes the psychotropic medications provision as "essentially codifying chemical restraints," something ADAW has opposed for years.

Who actually needs a guardianship?

Under the proposed bill, anyone who is incompetent and has dementia would be placed through the protective services statutes (Chapter 55, WI Statutes) rather than through the mental health act (Chapter 51, WI Statutes) if they ever require any mental health services. Many aspects of this change are positive; however, Chapter 55 requires a guardianship which we feel is not always necessary. In some cases a guardianship order is preferred but for short-term stays in a mental health setting, a guardianship order is often unnecessary. Families have expressed concerns about how their loved one, who may be competent enough to know what's going on, would react if they don't want a guardianship. For these reasons we believe guardianship decisions should be made on a case-by-case basis.

We have also asked the Department of Justice and DHS to provide legal opinions on the Supreme Court decision. A legal assessment would provide guidance to counties as to how to proceed now and until a long-term solution is found. Currently, there is a great deal of disparity from county to county. This has led to different methods of treating people with dementia who require mental health services based upon where the person with dementia resides.

Alzheimer's Petition

I want to thank everyone who has already signed our "Stop Alzheimer's Petition" either by hard copy or electronically. We are fast approaching our internal goal of 1,000 signatures, but we need your help to get there! 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 petition through our website or contact Rob Gundermann at gunderm@alzwcsc.org to have a hard copy mailed to you.

Volunteer spotlight

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.

What will I do as an Ambassador?

Participate in one or any number of the following activities:

- Post ADAW's print materials at churches, businesses, clubs, coffee shops, and other meeting places.
- Provide ADAW's print materials and information to the organizations to which you belong.
- Talk to clergy, parish nurses and group leaders in your area about the resources available.
- Represent ADAW at local health fairs as arranged by ADAW staff.
- Place information about ADAW in bulletins and newsletters within your church or other organization.
- Suggest ADAW speakers for groups to which you belong.
- Refer to ADAW when you are talking to someone who is affected by Alzheimer's or other dementias.

How do I get started?

We will contact you to determine the best fit. Volunteers will receive a packet of information which will include flyers, posters, and information on how to proceed.

This volunteer opportunity is flexible and many of the tasks will fit within your regular routine.

You can make a difference by increasing awareness in your community!

How do I sign up?

Contact Joy Schmidt at 608-232-3404 or at joy.schmidt@dlzwisconsin.org

Save the date!

Before you know it, we will be kicking off Alzheimer's Walk 2013! It is never too early to start forming your team or begin fundraising! Committees will be forming soon for each of the seven walks. If you would like to be a part of a committee to help plan the Alzheimer's Walk in your area, please contact Kristin Larson or Brianna Scoville at 608.232.3400.

Green County- September 7	Richland County- September 22
Columbia County- September 8	Dane County- September 28
Grant County- September 14	Iowa County- October 5
Sauk County- September 21	

Alzheimer's
Alzheimer's & Dementia Alliance
Walk

SERVING SOUTH CENTRAL WISCONSIN SINCE 1985

National spotlight: Alzheimer's disease & care support

We are delighted the President mentioned Alzheimer's disease in his State of the Union address to the nation as an example of research necessary to accelerate economic growth. This news is especially timely with the release of new statistics suggesting that the number of Americans with dementia will likely triple to 13.8 million by 2050 from 5.1 million today.

As part of our membership in the national coalition Leaders Engaged on Alzheimer's disease (LEAD), the ADAW signed on to a critical letter to Congress opposing sequestration when it comes to Alzheimer's disease research and the services millions depend upon to cope with the disease. As the baby-boomers continue to age and with a national crises coming, now is the time to strengthen quality of care and expand support for persons with dementia and their families. We do not want to put in jeopardy the goals of the landmark National Plan released a year ago to address Alzheimer's disease with ambitious goals to prevent and treat the disease. The overall philosophy and programs and services provided by the ADAW align perfectly with the new National Plan.

For those of you interested in state and federal issues, please sign up to be an advocate on our website, or contact public policy director Rob Gundermann at gundermann@dlzwisconsin.org. You will receive periodic updates on important issues impacting Alzheimer's disease and health care so you can contact your elected officials.

Third party fundraising events

The sixth annual Churning Dirt Nationals will be held on July 25-27 at the Richland County Fairgrounds in Richland Center, Wisconsin. The event is hosted by the Knight of Columbus Council 3492.

Churning Dirt is a family friendly event featuring truck and tractor pulling, live music, a monster truck, and other events. Churning Dirt has donated over \$100,000 back to the Richland County Area in its first five years; the Richland County Alzheimer's Walk is one of the countless organizations that has benefited from this event.

One way the Knights of Columbus raise money at the event is a Signature Van. The van was donated by the Pratt Funeral and Cremation Service. Superior Customs donated a custom paint to the van. People can sign the van for a donation. In 2013 all donations given for a signature will be split among four local charities, Richland County Alzheimer's Walk, Angel Autism, Soul Kitchen and GRACE. The



van will be crushed by a monster truck at on Saturday, July 27, between 7:00 and 9:30 p.m. Last year, over \$2,500 was raised by the Knights of Columbus Charity Van. More information about Churning Dirt can be found on hybridredneck.com.

The 3rd Annual Alzheimer's 9-Pin Bowling Tournament hosted by the Sauk County Health Care Center's Alzheimer's Walk Team will be held on Saturday, March 16. The event will take place at Brewster's Lanes, Reedsburg at both 3:00 p.m. and 6:00 p.m. Come down to bowl during one of the times and enjoy a silent auction, 50/50 raffle, penny raffle and countless door prizes. There will also be cash prizes for the top bowlers! To sign-up a team, call Brewster's Lanes at 608.524.2276.

An annual Irish buffet including favorites like corned beef and green beer will be served on Sunday, March 17 from Noon-3:00 p.m. at Spring Brook, 242 Lake Shore Dr, WI Dells. It is only \$20 per person, and proceeds of the event will go to ADAW. Come enjoy live music, a raffle and door prizes. Visit spring-brook.com or call 608.254.1464.

TRIBUTES AND MEMORIALS

**1 1-01-2012
to 2-5-13**

IN MEMORY OF:

FRITZ ALBERT

Paul Abramson
Diane Adams
Bonnie Brooker
Janice Cooney
Rebecca Finnerud
Mary Gjermo
Jan Kenyon
Jeannine Larson
Mary Anne Marsden
Jean McLaughlin
Bernard Micke
Robert Mitchell
Debbie Percival

JOHN BAILEY

Shirley Bailey

SADIE BARSNESS

N. A. Kahl

AUDREY BAULSIR

Karen & Patrick Carpenter
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6TH ANNUAL
WINE & ROSES
FESTIVAL™

A decorative graphic of a grapevine with leaves and clusters of grapes, rendered in a dark purple color, positioned below the festival title.

*Guests from the 2012 Wine & Roses
Festival taste and discuss their favorites.*

**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.

Photo by Bill Pridemcker