Communicating with the person with dementia: It takes a different approach

“It’s not only what you say, but how you say it.” This expression holds doubly true when communicating with individuals with dementia.

Communicating with people who have Alzheimer’s disease or other dementia can be a challenge. They may have beliefs or thoughts that don’t match up with your version of reality. However, trying to get people with dementia to accept your version of reality doesn’t work. By changing how you communicate, you can find positive ways to acknowledge their reality and keep them involved with the activities of life. It can sometimes be difficult, but remember – contact from those who are concerned for them has the power to greatly improve their overall satisfaction and quality of life. And whether you’re a family caregiver or a professional, it can help you, too.

Here are some tips to help you enhance your interactions with the person with dementia:

• Rely on the “four S’s”:
  » Simple - Use simple words and simple sentences. Give instructions one step at a time.
  » Slow - Speak slowly, and allow enough time for the person to understand each thought or question. Speak in a tone that is calm and reassuring.
  » Show - Show the person with dementia what you are saying; don’t just say it. Use body language, facial expressions and gestures to tell your story so the person can benefit from your words and your actions. For example, point to objects or demonstrate an action, such as brushing your teeth.
  » Smile - A smile sends a powerful message of reassurance. Be conscious of your facial expressions. Using facial expressions to show that you are friendly will help the person with dementia better understand the tone of the discussion.

• Keep in mind that, due to the challenges of dealing with day-to-day life, the individual with dementia might be feeling confused, anxious, overwhelmed or frustrated when you’re interacting with them.
Dear Friends,

As you may know, in late 2009 we left the Alzheimer’s Association as the South Central Wisconsin Chapter and joined the Alzheimer’s Foundation of America under our new name, “Alzheimer’s & Dementia Alliance of Wisconsin.” We continue to provide the same high-quality services to people with dementia and their families in south central Wisconsin just as we have since 1985. Last year we served over 16,000 people in southern Wisconsin.

Please note these important facts about us:

- Most of the programs and services we provide are free of charge, and we pride ourselves on the depth and breadth of what we are able to offer. Please don’t be confused by “look alike” organizations. If the letterhead or return address does not say 517 N. Segoe Road #301, Madison – it isn’t us.

- The Alzheimer’s & Dementia Alliance has 18 professional staff members providing a wide variety of dementia programs and services that we developed specifically for our communities. These programs allow us to provide meaningful guidance and support to those who need direct services; professional training to improve the dementia care provided to those in residential facilities; and advocacy on dementia-related issues affecting the entire state. We continue to be incorporated in Wisconsin with a local board guiding us.

- Every dollar we raise stays in Wisconsin. Donors designating their gift to research will be given a variety of options, the closest one being the Wisconsin Alzheimer’s Disease Research Center at UW-Madison.

For a community of our size, this is a remarkable achievement to have accomplished in partnership with you over the past twenty-five years. No other Alzheimer’s organization can even come close to the programs and services we provide.

As we look ahead, the seven Alzheimer’s Walks this fall will be critical to our ability to keep everything in place in this challenging economy, as approximately one-third of our budget comes from walk proceeds. We have every confidence that you will be with us again as we partner to end this disease and assist those who need our help. Please see page eight for an update on our walks or go to www.alzwisc.org to sign up!

Please call me personally if I can answer any questions. My direct line is 608.232.3405 or call toll-free at 888.308.6251 and ask for me.

As always, I appreciate your continuing interest in our programs and services for individuals and families impacted by this devastating disease and how we can best help them.

Sincerely,

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
517 N. Segoe Rd., Madison
June: Practical tips for care at home
July: Communication tips and strategies
August: When it’s another dementia, NOT Alzheimer’s
No registration necessary, just drop in.

Positive Communication
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.

Understanding dementia: Tips for positive communication
Wednesday, June 23, 2010
6:00 - 7:00 p.m.
Sauk County Health Care Center
1051 Clark St., Reedsburg
Come to this free introductory presentation presented by Carol Olson, Alzheimer’s & Dementia Alliance, to learn more about dementia and how to enhance communication as the disease progresses. A light supper will be served. Participants will be surveyed to determine other topics of interest for possible future gatherings at the Health Care Center. Pre-registration required. Call 608.524.7500 to register or for more information.

We all forget: Is it normal aging or should I be concerned?
Thursday, July 8, 2010
10:00 - 11:00 a.m.
Midwest Home Care, Mendota Room
2800 Royal Ave., Madison
We all forget names occasionally and misplace keys and wallets. And many of us don’t feel as sharp as we used to. There is growing recognition of the importance of having memory difficulties diagnosed and treated as early as possible. But not all memory glitches signify the start of a progressive disease like Alzheimer’s. How do our memories work? 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? These questions and more will be answered at this presentation.
Questions? Contact Danielle Thai, Education Coordinator, at 232.3403.

Savvy Caregiver
Saturdays, July 10 - August 14, 2010
9:30 - 11:30 a.m.
Alzheimer’s & Dementia Alliance
Second floor conference room
517 N. Segoe Rd., Madison
Contact: Pat Wilson, 608.232.3406
Mondays, July 26 - August 30, 2010
5:30 - 7:30 p.m.
Portage Public Library
253 West Edgewater St., Portage
Contact: Carol Olson, 608.742.9055
This session of Savvy Caregiver is sponsored in part by a grant from the Alliant Energy Foundation.
The in-depth six-week Savvy Caregiver training series focuses on specific skills needed to manage day-to-day life as a family caregiver. This program can help you make individualized changes, ranging from how you structure time and activities at home to how you deal with communication and behavior challenges. Cost is only $30 per person. Scholarships are available and a respite option may be available. Enrollment limited; pre-registration is required. Contact the appropriate person listed above.

Introduction to Alzheimer’s and Dementia: Getting Started
Tuesday, August 17, 2010
10:30 - 11:30 a.m.
Behring Senior Center
1113 10th Street, Monroe
Wednesday, August 18, 2010
1:00 - 2:00 p.m.
Eckstein Memorial Library
1034 East Dewey St., Cassville
Wednesday, September 8, 2010
1:00 - 2:00 p.m.
Boscobel Health Care
205 Parker St., Boscobel
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.

Looking ahead...

ABCs of Alzheimer’s and Dementia
Thursdays, October 21 and 28, 2010
1:00 - 3:00 p.m.
Park Place Community Room
1075 Elm St, Platteville
Legal and Financial Seminars
Thursdays, November 4 and 11, 2010
5:30 - 7:30 p.m.
Portage Public Library
253 West Edgewater St., Portage
Guest presenter: Attorney Jeff Clark
Tuesdays, November 9 and 16, 2010
5:30 - 7:30 p.m.
Middleton Senior Center
7448 Hubbard Ave, Middleton
Guest presenter: Attorney Emily Osborn
Thursdays, December 2 and 9, 2010
5:30 - 7:30 p.m.
Upland Hills Hospital
800 Compassion Way, Dodgeville
Guest presenter: Paul Schmidt

Alzheimer’s & Dementia Alliance of Wisconsin • 3
Local research opportunities

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

W-ADRC Clinical Core: The Wisconsin Alzheimer’s Disease Research Center (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) or,
- Are middle-aged adults between the ages of 45 and 65 with a parental history of AD or,
- Are healthy middle-aged adults between the ages of 45 and 65 without a parental history of dementia or are healthy older adult over the age of 65 without a diagnosis of Alzheimer’s disease 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 and/or cerebrospinal fluid collection. 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 Wisconsin ADRC.

Clinical Trial – GAP Study: The GAP Study is a 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.

Family History Study: “Statins in Healthy, At-Risk Adults: Impact on Amyloid and Regional Perfusion (SHARP)”. The SHARP study is an 18-month clinical trial which will provide pivotal information concerning possible mechanisms underlying the potential efficacy of statins to reduce the risk for Alzheimer’s disease (AD). This study involves a unique population of middle-aged men and women who are adult children of persons with clinically confirmed probable AD. The study investigates the effect of simvastatin 40mg vs. placebo on cerebrospinal fluid (CSF) biomarkers for AD, namely CSF β-amyloid and tau. In addition, ultrasound measures, cholesterol results, brain perfusion and cognitive measures are assessed in participants.

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.

Dean Foundation

Alzheimer’s affecting your life? (Study #549)

Dean Foundation is conducting 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 Aricept® safely improves the following symptoms of Alzheimer’s:

- Cognition
- Memory
- Daily functioning and caring for oneself
- Behavior

To be eligible for the study, participants must:

- Have mild to moderate Alzheimer’s
currently be taking Aricept®

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

For more information, contact JoAnn at 608.827.2333. Please mention study #549.
New finding could mark shift in Alzheimer's research

Source: HealthDay News - New research could change the way scientists view the causes – and potential prevention and treatment – of Alzheimer's disease.

A study published online in the Annals of Neurology suggests that “floating” clumps of amyloid beta (abeta) proteins called oligomers could be a prime cause of the disorder, and that the better-known and more stationary amyloid-beta plaques are only a late manifestation of the disease.

However, “The larger unresolved issue is how these oligomers relate to people where plaques accumulate many years prior to disease onset,” said Greg M. Cole. That could mean that “targeting oligomers may work best for prevention,” rather than the treatment of existing disease, he said.

Obesity gene, carried by more than a third of the US population, leads to brain tissue loss

Source: ScienceDaily - Three years ago, geneticists reported the startling discovery that nearly half of all people in the U.S. with European ancestry carry a variant of the fat mass and obesity associated (FTO) gene, which causes them to gain weight – from three to seven pounds, on average – but worse, puts them at risk for obesity.

In the online edition of the journal Proceedings of the National Academy of Sciences, researchers found that the FTO variant is also associated with a loss of brain tissue. This puts more than a third of the U.S. population at risk for a variety of diseases, such as Alzheimer's.

According to study author Paul Thompson, “The results are curious. If you have the bad FTO gene, your weight affects your brain adversely in terms of tissue loss,” he said. “If you don’t carry FTO, higher body weight doesn’t translate into brain deficits; in fact, it has nothing to do with it. This is a very mysterious, widespread gene.”

But the news is not necessarily completely negative, Thompson said, because “carriers of the risk gene can exercise and eat healthily to resist both obesity and brain decline.” And from a scientific standpoint, he said, “The gene discovery will help to develop and fine tune the anti-dementia drugs being developed to combat brain aging.”

Funding for the study came from the National Institutes of Health and from private industry.

New path for novel Alzheimer’s therapies

Source: ScienceDaily - Researchers from the University of the Basque Country (UPV/EHU) have found a new Alzheimer’s-related mechanism that could give rise to the development of new therapies against this disease.

The novelty lies in a new mechanism through which the amyloid peptide, the major pathogen in Alzheimer’s disease, provokes neuronal death. The Basque researchers have found that this peptide activates some receptors that lead cells to overexcitation and subsequent death; when such receptors are blocked with specific drugs, neurons are protected from the peptide-related lethal effects. This finding is particularly relevant for the development of new therapies slowing down Alzheimer’s progression.

This team, which has already released many patents, also searches for markers supporting early diagnosis of these diseases.

Dementia risk six times higher for those caring for a spouse with it

Source: Medical News Today - Dr. Maria Norton and colleagues found that, after adjusting for socioeconomic status, incident dementia was not only significantly linked to older age, but also to having a spouse with dementia.

After adjusting for age, gender, genetic factors, in addition to socioeconomic status, having a spouse with dementia was linked to a six times higher risk of developing dementia. Also, husbands looking after wives with dementia were at higher risk of developing it themselves than wives looking after husbands with the condition.

Norton stressed that on the positive side, most of the participants whose spouses developed dementia did not themselves develop the condition, and therefore “more research is needed to explore which factors distinguish those who are more vulnerable.”

Music aids Alzheimer’s patients in remembering new information

Source: ScienceDaily - Researchers from Boston University School of Medicine have shown that patients with Alzheimer’s disease are better able to remember new verbal information when it is provided in the context of music even when compared to healthy, older adults.

According to the researchers, understanding the nature of musical processing and memory in patients with AD may allow the development of effective and comprehensive therapies for this increasingly prevalent disease.
Public policy issues

Wisconsin Legislature passes psychotropic medications bill

Important legislation protecting dementia patients has been signed by the Governor as 2009 Wisconsin Act 281. This legislation was drafted in response to the death of a dementia patient in northern Wisconsin who had been prescribed the drug Risperdal, a drug which the Food and Drug Administration had already issued a black box warning.

Jansen Pharmaceuticals is the manufacturer of Risperdal. This is the actual warning on the Jansen/Risperdal website regarding the use of Risperdal for people with dementia:

“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. RISPERDAL (risperidone) is not approved for the treatment of patients with dementia-related psychosis.”

Even with this warning, the drug is still prescribed and administered to people with dementia. Wisconsin Act 281 will ensure that these medications with black box warnings will not be prescribed without the informed consent of the patient or his or her guardian.

Dr. Kim Peterson, a geriatrician and dementia specialist who has worked in the field of long-term care and medical directorship for 35 years and has served on our board of directors since 2003, and our Public Policy Director, Rob Gundermann, testified in support of the bill.

For a complete synopsis of the Act, please visit our website at www.alzwisc.org and click on “Advocate”.

Thanks to everyone who wrote or called their legislators on this issue! We couldn't have done it without you!

Younger-onset dementia and the workforce

People with younger-onset dementia face additional challenges to those faced by older people with dementia due the stage of life they are in. At the time of diagnosis, the younger person may still be physically healthy and active. Often the person may be raising a family, have financial responsibilities such as a mortgage and may be working full-time. We’ve worked with many families coping with younger-onset dementia, and have found that many people with younger-onset dementia who are still in the workforce want to continue working.

The collaboration between the Alzheimer’s & Dementia Alliance of Wisconsin has partnered with Pathways to Independence and WorkSource Wisconsin to work on the second phase of a groundbreaking project designed to assist employees with younger-onset dementia who are still in the workforce and employers who ultimately have to determine if the worker can maintain his or her employment.

There are options available for employees with dementia who want to continue working short of termination. Part of our work in this project is to demonstrate effective methods and strategies to employers for maintaining the employee with dementia. Reminder sheets, checklists, recording devices, assistive technology and reduced or

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Communicating with the person with dementia...

*Continued from page 1*

- Make certain that the person with dementia has the best chance of seeing and hearing you. Check that the person is wearing glasses and hearing aids, if necessary, and that talking occurs in a quiet environment with no distractions.

- Approach the individual from the front or side. It may startle and upset him if you touch him unexpectedly or draw near from behind.

It often helps when you keep responses simple and honest without forcing acceptance of your version of reality. For example, if the person is looking for a parent who is deceased, instead of reminding the person of the parent’s death or making up a story about where the person is, you could truthfully say, “Your mother’s not here right now.” Then try reminiscing. “Tell me about your mother. Did she like to bake? Did you help her? It sounds like you had a lot of fun together.” Using this type of response validates the significance of her mother without lying or expecting the person to deal with the reality of her mother’s death.

In general, try to avoid arguing, reasoning or pointing out their memory lapses. Keep in mind that the person with dementia is always “right” and most likely views himself or herself as a perfectly capable adult. And perhaps the most challenging thing of all is – don’t take it personally!

Lastly, even when a person may no longer be verbal, keep on talking to them. Chat about things that mattered to the person and mention names of family and friends. Even if communication is one-sided, it can be a powerful way to show that you care.


Contact us for more detailed handouts on communication: 608.232.3400.

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Younger-onset...

*Continued from page 6*

Flexible hours are just a few of the strategies that can be employed to help people with dementia to continue working.

We will have more about this exciting project in our future newsletters and as materials are developed they will be available through our website at www.alzwisc.org.

Up-to-date dementia news in your inbox

Visit our website at www.alzwisc.org and sign up for our free, twice-monthly email newsletter, which has the latest news and information on dementia as well as our program offerings. We also have an advocacy email newsletter if you would like to join our Advocacy Network. As you may have read on page six, you can really make a difference. Sign up for one or both today!
Excitement builds for Alzheimer’s Walk through kick-off events

Help us launch this year’s walk season and spread the word about our new name! As a result of our organization’s name change in December, we also changed the name of our premier fundraising event from Memory Walk to Alzheimer’s Walk.

In 1998, we introduced Dane County to the first-ever walk event to raise funds and awareness of Alzheimer’s disease. In subsequent years, we added new walk locations in south central Wisconsin. Today we have seven walks – Madison, Monroe, Portage, Lancaster, Dodgeville, Richland Center and Baraboo. Combined, these walks raised a record-breaking $360,000 in 2009.

All proceeds from these events stay in Wisconsin to provide programs and services to people facing Alzheimer’s disease or other dementia and their caregivers.

Visit our website at www.alzwisc.org to access individual walk pages.

Alzheimer’s Walk
Alzheimer’s & Dementia Alliance

SERVING SOUTH CENTRAL WISCONSIN SINCE 1985

Team kick-off events
Attend a complimentary breakfast this summer and learn how easy it is to form a team, recruit walkers and raise money for the Alzheimer’s & Dementia Alliance of Wisconsin. Team kick-off events will be held in each of the seven counties hosting Alzheimer’s Walks, including:

• Dane County Alzheimer’s Walk Team Captain Breakfast, Wednesday, July 14, 8:30 a.m., location TBA
• Grant County Alzheimer’s Walk Team Captain Breakfast, Thursday, July 15, 2010, 8:30 a.m., Lancaster Congregational Church, Lancaster
• Green County Alzheimer’s Walk Team Captain Breakfast, 8:30 a.m., Tuesday, July 20, location TBA
• Columbia County Alzheimer’s Walk Team Captain Breakfast, Wednesday, July 28, 8:30 a.m., Divine Savior Hospital, Portage
• Iowa County Alzheimer’s Walk Team Captain Breakfast, Thursday, July 29, 8:30 a.m., location TBA
• Sauk County Alzheimer’s Walk Team Captain Breakfast, Thursday, July 22, 8:30 a.m., St. Clare Hospital, Ringling Room, Baraboo
• Richland County Alzheimer’s Walk Team Captain Breakfast, Tuesday, August 10, 8:30 a.m., Our House Senior Living, Richland Center

At the breakfast, you will receive detailed information about Alzheimer’s Walk, and those who choose to become Team Captains will receive brochures and posters for team members.

New online registration and fundraising options for Alzheimer’s Walk
The Alzheimer’s & Dementia Alliance of Wisconsin is pleased to partner with Convio, Inc. to provide online fundraising services for the 2010 Alzheimer’s Walk. Through the Convio-powered website, participants can register for one of the Alzheimer’s Walks online, create a team or individual web page, send emails to team members encouraging support and provide updates on team activities. In addition, you can send emails inviting friends and family to join your efforts, either as a team member or through donations. Our research shows that people who use the online system raise more dollars, so please give it a try! If you need help setting up your page, or have any questions about Alzheimer’s Walk, call Miriam Boegel or Kristin Larson at 608.232.3400 or 888.308.6251, or email miriam.boegel@alz.org.

Are you registered for the right walk?
We recognize that you have many choices in which to direct your philanthropic dollars if you wish to support Alzheimer’s disease-related programming. You may see advertisements for Memory Walk. While the name may be familiar to you because of our past association with it, know that this event is NOT sponsored by the Alzheimer’s & Dementia Alliance of Wisconsin. Be a savvy donor and make sure your donations are supporting LOCAL programs and services offered through the Alzheimer’s & Dementia Alliance of Wisconsin. Thank you!
We are thrilled that the Wine & Roses Festival™ is now a spring tradition in Madison. This year we added a second event to the Festival line-up, the Winemakers Dinner on Friday, April 16 at the Madison Concourse Hotel. Executive Chef Charles Lazzareschi designed a spectacular five-course dinner especially for our event. As one guest said, “Every course looks and tastes like a recipe from a gourmet magazine.”

The Gala Wine Tasting and Auction was held on Saturday, April 17 at Nakoma Golf Club. Attendance this year was 225 people – a full house! Extra excitement was part of the live auction as a barrel of wine from Algodon Wine in Argentina was auctioned as well as a trip to the vineyard including stops in Buenos Aires and San Rafael. These items were generously donated by Dave and Sue Schutz, Scott Mathis, Diversified Private Equity Corporation and Algodon Wine Estates.

“Even though we are still in difficult economic times, people supported the Festival,” said Paul Rusk, Executive Director of the Alzheimer’s & Dementia Alliance. “I can’t thank everyone enough, and especially our sponsors, for their continued show of support for our organization.”

We look forward to seeing you next year for our 4th annual Wine & Roses Festival. The date will be announced soon on our website. Tickets will be on sale late this year.

**Winemakers attending included:**
- Chappellet Winery, St. Helena, California
- Laetitia Vineyard and Winery, Arroyo Grande, California
- Mount Eden Vineyards, Saratoga, California
- Peterson Winery, Healdsburg, California
- Prager Winery and Port Works, Helena, California
- Sokol Blosser Winery, Dundee, Oregon
- Truchard Vineyards, Napa, California
- Wollersheim Winery, Prairie du Sac, Wisconsin
- Vintus Wines, Chicago, Illinois

**A special thank you to our major sponsors:**
- **Pinot Noir Sponsor**: Oak Park Place
- **Sauvignon Blanc Sponsors**: Dean & St. Mary’s; Stevens Construction Corp.; and Whyte Hirschboeck Dudek S.C.
- **Cabernet Sponsors**: Capitol Lakes Retirement Community; Anderson’s Insurance Associates of America; and UW Health
- **Media Sponsors**: Madison Magazine, Mid-West Family Broadcasting; and Clear Channel Radio
In search of a certain spark in your life? Well, you are in luck! There is an exciting new local program under development called SPARK!

Thanks to grant funding from the Helen Bader Foundation, SPARK! will soon be offered by the Madison Children’s Museum as an inter-generational cultural program for adults with mild memory loss and children ages eight and up. SPARK! is envisioned as an opportunity for children, grandchildren or young family members to enjoy making art with their parents, grandparents or elders.

The initial idea for SPARK! was ignited by a popular program developed at the Museum of Modern Art (MOMA) in New York City for people diagnosed with the early stages of a memory disorder. MOMA is a collections museum, and the program there focuses on art viewing activities rather than art making activities. A number of other collections museums throughout the country have taken up the exciting challenge of offering programs specifically for adults with early stage memory loss.

Our own adventurous city of Madison, however, is going where no museum has gone before. The Madison Children’s Museum will be the first children’s museum in the country to offer a participative art-making program for children and adults with mild memory loss to enjoy and explore together.

Angela Johnson, Arts Coordinator at the Madison Children’s Museum, visited the Alzheimer’s & Dementia Alliance’s Meeting of Minds program in April to trial a programming idea with Meeting of Minders. We did some viewing of art, some discussion about art, some making of art with really surprising materials that gave us permission to get free of good and bad, right and wrong (we painted with various colors of dirt from Oklahoma!) and we did some critiquing of the process. Of course, there were no kids present to work with us, so that essential element of the SPARK! program vision was not yet present—but Meeting of Minders spoke of how they thought the activity would actually be easier and more enjoyable if they were working with youngsters, even letting the children take the lead and show their elders what to do and how to do it.

The plan is for a series of inter-generational art activities to be offered at the Madison Children’s Museum, 100 N. Hamilton Street on the Capitol Square. A varied assortment of media and projects will be explored and refreshments will be offered at every group. The museum is in the process of an exciting expansion and will be open in August.

Another trial of the program will be held at the museum with kids on Sunday, June 21, from 1:30-3:00 p.m. Families can register until June 18.
Contact McKenzie Glynn-Zdrale, 608.256.6445 ext. 550 or mglynn-zdrale@madisonchildrensmuseum.org.

The official series of SPARK! programs for people with mild memory loss and their young family members or friends is in the works for this fall. SPARK! will be free of charge and parking will also be convenient and free.

What a great way to spend meaningful time with family and friends AND exercise the creative potential of body, mind, heart and spirit! For additional information on SPARK!, contact Angela Johnson, 608.256.6445, ext. 146 or ajohnson@madisonchildrensmuseum.org.

Please contact Jody Curley for more information about the fall Meeting of Minds program at 608.661.8427 or jody.curley@alzwisc.org.
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.

Chuck Brei, owner of Meuer Art & Picture Frame Co., is a key volunteer in creating the Wine & Roses Festival™ each year in April. In its third year, the Festival is one of three annual fundraising events for the Alzheimer & Dementia Alliance of Wisconsin (other events are the Million Dollar Shoot Out™ in August, and seven Alzheimer’s Walks in September and October).

In the first year of the Festival, we quickly learned that Chuck is the type of person who would help any way that was needed, from keeping the extensive wine inventory to mopping a spot on the floor before guests arrived!

Being a small business owner who wears many hats, we wondered how he was able to fit volunteer work into his busy business schedule. “Your organization is one I feel passionate about since three of my family members have struggled with Alzheimer’s,” says Chuck. “I am committed to this wonderful community and feel volunteering is a way I can give back. It’s a matter of working to balance my life – time for family and business, volunteering in the community and fun!”

It’s lucky for us that there are people such as Chuck, and his wife Linda and son, Tom, who are willing to volunteer for an event that provides major revenue to allow our organization to continue providing critical programs and services to those affected by Alzheimer’s or other dementia in our community.

**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.

**Many support groups available in south central Wisconsin**

The Alzheimer’s & Dementia Alliance is deeply concerned with providing support to those who are caring for persons with dementia. Our mission is to help caregivers take care of themselves as well as provide a quality life for the person with Alzheimer’s disease or dementia.

Join us in a caring and understanding environment where you can ask questions and get straight answers from people who have been there. Learn creative and caring problem-solving techniques, get informed about helpful resources, and hear about advances in research and advocacy. Discover you are not alone in the way you feel!

We have many support groups at various times and locations. For more information, contact us at 608.232.3400 or 888.308.6251, or visit our website at www.alzwisc.org (click on “For family and friends” then “Support groups”).
Alzheimer’s Poetry Project

The nationally and internationally acclaimed Alzheimer’s Poetry Project (APP) is happy to announce expansion of its programming in Dane County. The APP began programming in Wisconsin in 2009 with funding from the Helen Bader Foundation.

The Alzheimer’s & Dementia Alliance of Wisconsin has partnered with the project in Sauk County and is offering its support for the project in Dane County as well.

The APP is based on a simple idea, to read classic poems to people living with Alzheimer’s disease that they might have learned as children. It has been found that a significant number of people in all but the latest stage of dementia remember words and lines from poems they learned in childhood. Moreover, the participants show a high level of positive facial expressions, laughter, verbalizing memories, and robust social interactions.

The APP’s goal is to facilitate the creativity of people living with Alzheimer’s disease and related dementia. It strives to advocate for cultural change in the healthcare industry and for the daily inclusion of arts in assisted living and adult day care. Further, it encourages us not to set boundaries in our beliefs of what is possible for people with memory impairment to create.

As Gary Glazner, Founder of APP, says, “By saying to people with dementia, we value you; we are saying we value all members of our community. By working with health care professionals and giving them a tool to have fun with and stimulate the people they serve, we are saying we value your work. By working with family members who have a loved one with dementia, we are saying you are not alone in your struggle to treat your loved one with dignity.”

The APP poetry coordinator in Madison is Lisa Marie Brodsky Auter. APP is always interested in working with new facilities and is hoping to increase the number of poets involved in the project in Dane County.

The APP will be holding an informational meeting and training sessions in Madison in July, with dates and locations to be announced. In addition to healthcare workers and poets, these sessions will be helpful to caregivers who would like to explore a fun and creative activity with their loved ones.

Please contact APP Executive Director Gary Glazner for more information: gary@alzpoetry.com, 505.577.2250 or visit www.alzpoetry.com.

Research volunteers needed

Nurse researchers at UW-Madison are conducting a study to understand people’s beliefs about the diagnosis of mild cognitive impairment (MCI), how people cope, and their physical and mental quality of life.

MCI is different from Alzheimer’s disease. It can affect many areas of thought and action such as language, attention, reasoning, judgment, reading and writing. The most common symptom of MCI is mild memory problems.

Who can be in the study? Men or women aged 60 and older who have been diagnosed with MCI for at least three months.

What is involved? One 90 minute face-to-face interview with a nurse at your home or in the office located in School of Nursing.

Participation in this research project is voluntary. All information will be kept completely confidential.

You will receive 25 dollars in cash for participation, and parking will be paid if you choose to come to the School of Nursing for the interview. Contact Feng Lin by phone at 608.215.6005 or flin3@wisc.edu.

Prime Time Over-50 Senior Resource Expo

Friday, June 25, 2010
9:00 a.m. to noon followed by lunch and dancing
Columbus High School
1164 Farnham St., Columbus

This free Senior Resource Fair has over 30 resource booths; free blood pressure, audiology and blood glucose checks; medication disposal; car fit; and door prizes. Don’t miss the workshop presented by Tammy Baldwin’s office on the new health-care law. Enjoy the Breakfast for the Brain sampler workshop and exercise sampler. A catered lunch is available for $5.00 (register in advance) followed by music and dancing with the “OK Band” from Stoughton.

Contact the Columbus Senior Center to register for lunch or with any questions at 920.623.5918.
Alzheimer’s & Dementia Alliance news update

It has been a very busy period full of exciting happenings here at the Alzheimer’s & Dementia Alliance. While it continues to be our great privilege to work with each of you through our regular Helpline, consultation, support group and education programs, we are also proud to share some additional news and happenings.

Memory enhancement program: For the past three years we have offered a cognitive enhancement program called Meeting of Minds for people in the early stages of memory loss. Because it has been so successful and has received rave reviews, we wanted to expand its reach in our community and beyond. With the help of a grant from the Helen Bader Foundation, Jody Curley, our Meeting of Minds Coordinator, created a Meeting of Minds Facilitator Training, which includes a comprehensive facilitator manual and an interactive blog for trained facilitators to reference and to share their comments. The training was piloted earlier this year with about 30 people attending from all over the state and northern Illinois. As a result, the Colonial Club in Sun Prairie and Oakwood Village in Madison have already held programs, and more are being planned at other sites. A second facilitator training is scheduled for August.

Reintegrating those with dementia from psychiatric facilities to long-term care: The difficulty in locating facility care for people with dementia who have extremely challenging behaviors is a growing trend across the state. Because of this, we were asked by Dane County Human Services to work as part of a team to successfully reintegrate people with dementia from psychiatric facilities back into the long-term care community. An innovative partnership called the Dementia Support Team was created between Dane County, South Madison Senior Coalition, Drs. Kim and Gail Petersen, and the Alzheimer’s & Dementia Alliance. This ground-breaking work has been so successful that it was featured as the pre-conference intensive at the State Alzheimer’s Conference in May. We are especially proud of the innovative treatment plans Mary Salzieder, our Training Coordinator, creates for each individual case.

New introduction to dementia program: The importance of early intervention is something we continually stress for both the person who is experiencing early cognitive changes and their family members. It is hard for people to reach out and many often wait until a problem develops. We are very pleased to report that in response to this, Danielle Thai, our Education Coordinator, developed a new family education program titled “Getting started: Introduction to Alzheimer’s disease and dementia.” This program is reaching new families and is offered throughout south central Wisconsin.

Supporting cutting-edge research: We continue to deepen and expand our partnership with the Wisconsin Comprehensive Memory Program through the Wisconsin Alzheimer’s Disease Research Center to help get the word out regarding the important research opportunities available right here in our backyard. Through our partnership, we are extremely pleased to have recently added a new position to broaden our reach in the community. We have a new Multicultural Outreach Specialist and will have more details for you in the next newsletter.

With your continued help, this is just a sample of what Alzheimer’s & Dementia Alliance staff and volunteers offer to our neighbors dealing with dementia in south central Wisconsin.

A word about wills and our new name

The Alzheimer’s & Dementia Alliance of Wisconsin, Inc. continues to be named in wills to receive a bequest. In the event that you might be planning to include our organization in your will, we’d like to offer a few suggestions.

First, consult a legal advisor. Even the simplest will should have the proper legal language and the cost is actually small considering the confusion it may save.

Second, remember that gifts of property are welcome. Real estate, stocks and bonds, or insurance policies may all be included in a bequest. In fact, a legal or tax advisor may be able to advise you on how certain taxes may be avoided by giving property directly.

Third, our organization would like to be informed about your plans. If you have a special interest in helping to provide care in a certain area, it may be helpful to consult on planning a bequest to ensure that your wishes will be fulfilled.

If you have included our organization in your legacy to the community, please be sure that your language reflects our new name.

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 Wisconsin, Inc., or its successor organization, located in Madison, Wisconsin, to support programs and services in south central Wisconsin.”

The Employer Identification Number for our organization has not changed: EIN 39-1679333. For further information, contact Miriam Boegel at 608.232.3409 or miriam.boegel@alzwis.org. Thank you for considering a bequest gift to the Alzheimer’s & Dementia Alliance.
Contributions

February 16, 2010 to May 14, 2010

Glen Allison
Earl Anderson
Mildred & Paul Anderson
Frieda Baxter
Kay Behn
Joan & Jack Blodgett
Nancy Bogue
Joyce Braithwaite
Nancy Bogue
Blodgett
Joan & Jack

Diane Harmelink
Kathryn & Lee Haas
Truman Graf
Carol Garecht
Nina Fischer
Ferguson
Chris & Ron Faivre
Gloria & Dr. Richard Homer Evenstad
Jean Esch-Theobald
Homer Evenstad
Gloria & Dr. Richard Faire
Chris & Ron Ferguson
Nina Fischer
Carol Garecht
Truman Graf
Kathryn & Lee Haas
Diane Harmelink

Sharon Harrison
Patricia Hawley
Jane Hilgers
Kay Hiller in mem/hon
Marie Smigun
Cathy Hlavacek in mem/hon Emma Cooper
Shirley Johnson
Winifred Johnson
in mem/hon B. A. Johnson
Erica & Ralph Kauten
Mary & Fred Kuhl in mem/hon Charles Kuhl
Mary Laedike in mem/hon Sylvia & Les Laedike
Kay Latton
Rudy Laue
Barbara & John Lindwall
Mary Lou & John Lottes
Nancy Mair in mem/hon Patricia Mair & Jean Stockman
Constance & Geraldine Malak
Pat & Jim Marshall
Virginia McCarver
James Miller in mem/hon Faye Miller
Richard Miller
Susan & James Morrison
Patricia & Timothy Moyness in mem/hon Tim Moyness
Madge & Leon Neuheltse
Carol Nimlos in mem/hon John Nimlos

Dolores O’Laughlin
Bette Olig
Jean & Charles Ashe Olson
James Pease
Ann Pecham
Linda Penn in mem/hon Roland Penn & Irma Herrington
Betty Jane Peregio
Marjorie Peters in mem/hon Ron Caucutt
Elvera & Alden Phelps in mem/hon Evelyn Phelps
Mary Pike in mem/hon Bob Pike
Shirley Rauch
Margaret Ring
Susan & Victor Rossetti in mem/hon Frances Broughton
Paul Rusk
Dan Schensky
John Schneider in mem/hon D. June Schneider
John Schroeder
Maxine & Lvern Skjegstad
Camilla Smith
Ruth Emily Smith
Judith Stone
Mary Streich in mem/hon Viola Hilgers
Marian & Harland Swenson in mem/hon Harland Swenson
Linnie Tucker
Karen & William Vanderventer
Sandra Vang
Lynn Verger & Scott Baumann
Gloria & Charles Waity
Judith Wallace in mem/hon Kathryn Konrad
Joyce Weiner
Deena Wetzel
Jenay Wittenmyer
Donna Wolff
Mary & Harry York
Alliant Energy
Kwik Trip
Correction from Spring 2010: Adelin VanDort in mem/hon of Marion & VanDort

In honor of:

BRUNO CAPPOZZO
Martha Sanville
PAULINE CLOUGH
Orpha Barber
Ann & Albert Clough
Elaine McGhee
BERNICE DIETZ
Veralee & Melvin Dietz
Nancy & Alan Zeller
GLADYS FLEISCHAUER
Carol Fleischauer
JEAN FORBESS
Carolyn Bennett
Connie Catlin
Stacey & Mark Chandler
Linda & Russell Forbess
Marsha & Jerry Hartmann
Marjorie & Kay Stevenson
Barbara Tolch
Creola & Edward Zweifel

NANCY FROKER
Gayle & Richard Cody
LOWELL HANSON
Dolores Hanson
JOHN HARVEY
Anita Gurda
BETTY HINEMAN
Jean & Thomas Sobson
BILL HUNT
Bruce & Ponnie Reh
Kathy Scott
OSCAR IRONMONGER
LaVida Ironmonger
SALLY KOCH
Marcia Wagner

Contributions

February 16, 2010 to May 14, 2010

In memory of:

JANE A ANDERSON
Helen Atz
Jeane & Gordon Garnett
Virginia Jensen
Miye & Henry Kanazawa
Marilyn Laurion
Georgan & Eugene Leverenz
Jean & Leonard Rush
Elizabeth & David Schulz
John Sylvester
Bernie & James Treichel
Charlotte Wolff
ROBERT ARMSTRONG
Irene & Eric Rapp
ELIZABETH BEAUCHAINE
Marisole & John Huebscher
MARY BENNES’S MOTHER
Liz Whitesel
LON SKINNERS BOND
Doug Caldwell

Tributes and memorials

February 16, 2010 to May 14, 2010

In honor of:

JODY CURLEY
Melody Moore
VERNA DORNER
Carole & Michael Staychaff
JOANNE & KENNETH STREET
Nancy Wild
SUE SWEET
Susan & Alan Sweet
Sally Vultaggio
JOHN WALSDFR
Walter Dobush

In memory of:

JANE A ANDERSON
Helen Atz
Jeane & Gordon Garnett
Virginia Jensen
Miye & Henry Kanazawa
Marilyn Laurion
Georgan & Eugene Leverenz
Jean & Leonard Rush
Elizabeth & David Schulz
John Sylvester
Bernie & James Treichel
Charlotte Wolff
ROBERT ARMSTRONG
Irene & Eric Rapp
ELIZABETH BEAUCHAINE
Marisole & John Huebscher
MARY BENNES’S MOTHER
Liz Whitesel
LON SKINNERS BOND
Doug Caldwell

Proud Member of
Community Health Charities
WORKING FOR A HEALTHY WISCONSIN

A Member of
ALZHEIMER’S FOUNDATION OF AMERICA

A Member of
DANE COUNTY DEPARTMENT OF HEALTH & SOCIAL SERVICES
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.

**In-kind donations**

**February 16, 2010 to May 14, 2010**

Clear Channel
Midwest Family Broadcasting

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.

- **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.

**In-kind donations**

**February 16, 2010 to May 14, 2010**

- Clear Channel
- Midwest Family Broadcasting

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**Frequently asked questions about our organization**

1. **Isn’t your organization supported by public funds?** In fact, 90% of our operating income is from private donations from individuals, special events, fees for service and grants from private organizations. Every dollar we raise stays in Wisconsin.

2. **How many people do you serve?** During 2009, we served 16,054 people in the south central Wisconsin area.

3. **My loved one has a type of dementia that is not Alzheimer’s. Can you help?** Yes! We regularly assist people with other types of dementia including vascular dementia, mixed dementia, dementia with Lewy bodies, Creutzfeldt-Jakob disease, frontotemporal dementia and dementia with Parkinson’s disease. In addition, we assist people with mild cognitive impairment.

4. **What is your federal tax I.D.?** Our federal tax I.D. number stays the same: 39-1679333. We are recognized as a 501(c)3 charitable organization by the IRS.

5. **Where can I get more information or mail donations?**
   - Call our Helpline at 888.308.6581 toll-free or 608.232.3400.
   - Email support@alzwisc.org.
   - Mail your donations to Alzheimer’s & Dementia Alliance, 517 N. Segoe Rd. #301, Madison, WI 53705. Feel free to stop in or call anytime during business hours.
Green County
Saturday, September 11
Behring Senior Center
Monroe

Columbia County
Sunday, September 12
Riverside Park
Portage

Grant County
Saturday, September 18
Lancaster Congregational Church
Lancaster

Iowa County
Sunday, September 19
Grace Lutheran Church
Dodgeville

Sauk County
Saturday, September 25
Ochsner Park and Riverwalk
Baraboo

Richland County
Sunday, September 26
UW Richland
Richland Center

Dane County
Saturday, October 2
Warner Park Shelter
Madison

Celebrating our 12th year of hosting a walk for Alzheimer’s in Dane County!

Visit our website to sign up!
888.308.6251
www.alzwis.org

SAVE THE DATE!