Dealing with frustration, anger, and guilt

Feelings of frustration, anger, and guilt are common when living with or caring for someone with mild cognitive impairment, Alzheimer’s, or another dementia. These feelings can be overwhelming and, if not dealt with, can be physically, emotionally, and mentally harmful to you and those close to you. Some suggestions for dealing with these strong emotional reactions are:

• Be proactive. Identify what is most stressful to you. When you are feeling that stress, you can plan ahead for when you might need extra support.

• If possible, take a step back and gain some distance from a stressful situation. Go to the next room, try deep breathing, or take a walk.

• Identify what you are feeling. Do you feel angry? Guilty? Sad? Admit what you are feeling even though it is unpleasant. It’s healthier to accept what you are feeling than to ignore it and have it fester.

• Analyze what triggers the stressful feeling. What is it about a situation that makes you feel a certain way? How do you react? What does the situation mean to you? Better understanding what causes these strong emotions may help you deal with the underlying issue instead of lashing out.

• Talk about your feelings with someone who you trust, or write them down to express them. Talk to a professional if you are getting overwhelmed. Develop a support system of friends, family, clergy, or other professionals.

• Accentuate the positive. Focus on what remains and not on what’s lost.
Dear Friends,

One of the advantages of being an independent, nonprofit organization run by Wisconsin experts is the ability to create new initiatives based on local priorities. Because we know our communities, we are able to join with partners to design programs specific to the needs and resources of southern Wisconsin. The field of dementia care is continually evolving and I’m pleased to tell you about three new programs.

Our first Memory Café begins at Café Connections at the Sauk Prairie Community Center on June 21 (third Thursday of the month from 9:30 to 11:00 a.m.) followed by the second pilot at the Middleton Senior Center in October, 2012. Based on concepts especially popular in Great Britain, the overall theme is to keep memory challenges from preventing a fun and meaningful life including socializing with others.

Participants plan the activities which may include tai chi, art projects, games, puzzles, and hearing from guest presenters, among other activities. We are grateful to the Greater Sauk County Community Foundation and the Leck Fund from the Area Agency on Aging of Dane County for helping us with start-up costs of both programs.

Our Centers of Excellence pilot program with Dane County and the South Madison Senior Coalition begins in September. The initial pilot facilities include Oakwood Village West, Pineview Living in Sun Prairie and Sienna Meadows in Oregon. Our goal is to change the culture of facility dementia care by expanding on our Dementia Specialist program. A Center of Excellence will demonstrate consistently that each resident's unique life will be integrated into every facet of their assisted living home. By including owners, managers, caregivers, friends & families, we believe Centers will create a paradigm shift that will result in an experience of excellence for everyone. The designation of “Center of Excellence” will be awarded and then supported in an effort to be renewed yearly.

To follow up on our new Understanding Non-Alzheimer’s Dementias: Lewy body dementia program presented last fall, we will pilot a new presentation on frontotemporal dementias this fall as part of a two-year education grant from the Helen Bader Foundation. Although Alzheimer’s disease accounts for the largest percentage of all dementias, these new seminars are designed to assist those impacted by other, less common forms of dementia.

Our ability to move initiatives forward while continuing our core mission of working with people impacted by dementia is made possible by the generosity of our donors. None of our programs and services would be possible without strong community support including our seven Alzheimer’s Walks to be held throughout southern Wisconsin this fall. We hope we can count on you for increased support. Remember that 100% of your gift stays right here in Wisconsin! Keeping dollars where they are raised combined with our low administrative costs is your assurance that giving to the Alzheimer’s & Dementia Alliance is an excellent investment in our collective futures.

Sincerely,

Paul Rusk
Education programs

Some registration fees may apply. Donations are critical to continued programming and very much appreciated.

Family Caregiver Education Series

Communication tips & strategies

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

-Tuesday, June 26, 1:00-2:30 p.m., Golden Years, 497 South Lake St, Montello (Call 608-297-7999 for more info or to register.)

Introduction to Alzheimer’s & dementia: getting started

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.

-Monday, July 9, 6:30-7:30 p.m., Sun Prairie Library, 1350 Linnerud Drive, Sun Prairie

-Wednesday, August 8, 5:30-7:00 p.m., Park Place Community Room, 1015 N. Elm St., Platteville

-Monday, August 13, 5:30-7:00 p.m., Hawthorne Library, 2707 East Washington Ave, Madison

-Tuesday, August 14, 1:30-2:30 p.m., First National Bank, 1625 10th Street, Monroe

-Tuesday, August 21, 5:30-6:30 p.m., Richland Hospital, 333 East Second Street, Richland Center

Improv(ising) your way through the maze of caregiving

Practice ways to stay focused on the present moment, maintain harmony, and involve the person with dementia in activities.

-Monday, July 9, 5:30-7:00 p.m., Alzheimer’s & Dementia Alliance of Wisconsin, 517 North Segoe Road, 2nd floor conference room, Madison

Understanding & responding to behavior changes

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

-Tuesday, August 21, 5:30-7:00 p.m., Health & Human Services, 303 West Chapel St, Room 1001, Dodgeville

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.

-Monday, September 10, 5:30-7:00 p.m., Alzheimer’s & Dementia Alliance of Wisconsin, 517 North Segoe Road, 2nd floor conference room, Madison

Crossing Bridges

Please contact us if you are interested in learning more about our education and discussion group for people with mild memory impairment, early Alzheimer’s disease, or a related disorder, and their families. The overall focus is to promote positive well-being while living with cognitive change. Potential participants need to schedule an in-person interview as part of the registration process before the classes start. June sessions have already begun, but ADAW would like to hear from you if you are interested in a future program. Call Pat Wilson at 608.232.3406.

Time for Us Summer Camp

Sunday, July 29 - Friday, Aug. 3
Lutherdale Adventure Camp
N7891 US Highway 12
Elkhorn, WI

TIME FOR US is a great camping opportunity for teens from 11 to 17 years of age who have a loved one with Alzheimer’s disease or a similar diagnosis. While most of each day is spent on fun camp activities – ropes challenge, tower climbing, canoeing, water sports, field sports, etc. – a portion of the time focuses on an understanding of Alzheimer’s and memory challenges.

Campers will gain knowledge, coping skills, peer support and relationships that may assist them for years to come.

For more information, contact forMemory, Chris Van Ryzin, Appleton, WI, 920.734.9638.
Advocacy update

Wisconsin Supreme Court Issues Momentous Decision Impacting People with Alzheimer’s Disease

The Wisconsin Supreme Court released a decision upholding a decision issued by the District II Court of Appeals. This ruling could have a wide ranging impact on people with dementia, preventing mental health commitments for people with Alzheimer’s disease unless they have a dual diagnosis of both dementia and a qualifying mental illness.

The case involved a woman named in court records only as Helen E.F., an 85 year old with Alzheimer’s disease who resides in Fond du Lac County. The County sought to involuntarily commit Helen for treatment under Chapter 51 of the Wisconsin Statutes. A Chapter 51 proceeding refers to Chapter 51 of the Wisconsin Statutes, also known as the Mental Health Act.

The District II Court of Appeals ruled that Helen was not a proper subject for detainment or treatment under Chapter 51 because Alzheimer’s disease is not a qualifying mental condition. Below is an excerpt from an e-mail written by one of the attorneys who tried the case, Bill Bendt, the Corporation Council for Fond du Lac County.

“My greatest disappointment and concern is that the decision ignores the plight of those who meet the criteria for protective placement but are not capable, due to a mental condition not related to cognitive impairment, to cooperate with the very care that is necessary to keep them alive, physically safe and healthy and the seriousness of the consequences to them. There are no protective placement facilities that are capable of providing residential or psychiatric care to someone who is in the mental condition Helen E.F. was in at the time we brought this proceeding. The only consolation I have is knowing that by bringing the proceeding we benefited Helen E.F. greatly and probably saved her life.”

Some of the issues that will now need to be resolved include: 1) Where will medications ordered by a court be administered involuntarily be administered? 2) Where will people with dementia living in nursing homes go when medication issues arise and cause behavioral issues? 3) What medical oversight will be available as medications are adjusted and / or changed? 4) What other options do facilities, which have an obligation to protect fellow residents, have available to them if a patient becomes violent toward staff or other patients? 5) Will people be taken to the local jail when behavioral issues arise now that psychiatric units are no longer an option?

During oral arguments before the Supreme Court, Justices raised points about inconsistent definitions in the statutes that will need to be resolved through legislation. The Wisconsin Legislature has now created a Legislative Council Study Committee to address the issue further. We will be working diligently with the Legislature and the Study Committee on a solution to this difficult problem and to ensure that local jails do not become the replacement for psychiatric units in Wisconsin for people with Alzheimer’s disease.

If you are not part of the advocacy network and would like to be alerted when important policy updates arise, please email Rob Gundermann at gundermann@alzwisc.org.

Catholic Charities to take over adult day centers

Catholic Charities will take over the Care Wisconsin adult day centers at the existing location at 2917 International Lane, on the Northside of Madison. The program has an average of 70 seniors attending daily, so we are glad to see Catholic Charities has stepped up to take over. July 1 will be its first official day.

Catholic Charities took on the centers because Care Wisconsin announced that its focus was going to be in the state’s publicly funded health and long-term care programs.

Contact Catholic Charities for more information at 608.321.3100.
Frustration, anger and guilt...
Continued from page 1

• Make a plan. Figure out what you can do differently. Make the plan very concrete. You need to know specifically what you will change and how.
Suggestions:

- Have a mantra, spiritual passage, or quote that you repeat when stressed.

- Use positive self-talk to stay balanced and energized. Say to yourself, “I’m doing my best and can learn from my mistakes” or “This too shall pass.”

- Mentally monitor your response (e.g., “Do I need to respond to this or can I just let it go?” “Can I respond differently from last time?”)

• Set priorities. Determine what is most important and don’t sweat the small stuff. Be realistic about expectations for yourself and for those around you. Focus on what you can control and try to let go of what you can’t.

• Take care of yourself and take time just for you. Be specific and realistic. Set limits. You need to have a realistic plan of how you will get time away and set up a specific time when it can be done. Use your support system to help you do this.

• Get information about what you can expect when dealing with a dementia diagnosis and resources that may be helpful. Sometimes stress is caused by a fear of the unknown. Go to a support group, read books, check out reputable websites, or contact the Alzheimer’s & Dementia Alliance for an individualized consultation to learn more.

• Practice forgiveness. Nobody’s perfect. You are doing the best you can in a difficult situation!

Washington D.C. legislative visits
—Rob Gundermann, Public Policy Director

I travelled to Washington, D.C. in May to meet with our Congressional Delegation regarding the National Alzheimer’s Plan, Alzheimer’s research, the Wisconsin Health Access Network and a host of other issues important to Wisconsin families coping with Alzheimer’s disease. The response from our Wisconsin members of Congress was incredible! There was overwhelming support for developing and implementing an Alzheimer’s plan and there seems to be a great deal of support for increasing the federal commitment to Alzheimer’s research. Additional federal research dollars are of critical importance to the Wisconsin Alzheimer’s Disease Research Center (WADRC) at the UW-Madison. As Congress drafts a budget setting research funding appropriations and begins implementing the National Alzheimer’s plan, we’ll be watching closely! Now is an ideal time to write your United States Senators, Herb Kohl and Ron Johnson, as well as your Members of Congress. Tell them we need to invest more money in federal research to end Alzheimer’s disease. Hearing your voice now really can make a difference! If you have any questions, contact Rob Gundermann at 608.232.3408 or gundermann@alzwisc.org.

Board member awarded “Woman of Distinction”

Long-time ADAW Board Member, Naomi Carter, was honored in May as a 2012 “Woman of Distinction” by theYWCA of Madison.

In her remarks to the audience, Naomi mentioned that she especially appreciated her work with the ADAW because the need for our programs and services is so great.

Naomi is one of six outstanding women that were honored at the 38th Annual Women of Distinction Awards. We are lucky to have such a remarkable woman to work with.

Congratulations Naomi!

Alzheimer’s walk poem

The Alzheimer’s walk
A sea of purple t-shirts
Hope in the midst of despair
People on a mission

A sea of purple t-shirts
The spirit of camaraderie
People on a mission
Jubilant cheers and laughter

The spirit of camaraderie
Men, women, boys and girls –
even dogs
Jubilant cheers and laughter
Strength in numbers

Men, women, boys and girls –
even dogs
The Alzheimer’s walk
Strength in numbers
Hope in the midst of despair

Janet K. Brice
September 30, 2011

Janet is an active member of the Sauk County Writers Group and the Purple Cow Poets of the Alzheimer’s Poetry Project. She has relatives living with dementia and has attended a number of our programs.
ADAW is happy to recognize an exceptional volunteer, Josh Strehlow of Brodhead. When the opportunity to run a community service event came about as part of a senior project for Brodhead High School, he knew that the proceeds raised would go to help fight Alzheimer’s disease. Josh’s grandmother was affected by Alzheimer's disease, so he felt that it was a good fit.

Josh held a Nine Pin Tap Tournament at Cardinal Lanes on Sunday, April 15. The Tournament was host to 32 bowlers of all skills. The top seven bowlers received winnings as well as two winners of 50/50 raffles that took place throughout the afternoon. The event was a large success, raising over $350.

It’s thanks to the generous efforts of our contributors and volunteers like Josh that ADAW is able to achieve it’s mission.

Above: Josh Strehlow presenting the proceeds of his event to ADAW’s Outreach Specialist Deanna Truedson.

Diversity update
—Charlie Daniel, Diversity Coordinator

There is never enough thanks given to those that impact my work. So, I would like to first and foremost say how appreciative I am of the African American Alzheimer’s Community Board-Madison. The Board has been my most staunch supporter and ally. With its support, we had our largest number of African Americans attend memory screening at our annual Solomon Carter Fuller Screening Day held at the Urban League of Greater Madison in February.

I wouldn’t be able to do this work without the help of community members and our local African American Churches. A special thanks goes out to Mt. Zion Baptist Church Mothers and Daughters Board, Pastor William Badger, Jr. of New Beginnings Alliance Church and Reverend David Smith of Let’s Go To Church. A heartfelt thank you also goes to Mother Jackie Wright of Mt. Zion Baptist Church, for she was my first advocate when I started this position.

Merrill Community Center in Beloit deserves recognition as well. I have been housed at the center for over a year. I work with some wonderful advocates Mrs. Evelyn O’Kelly, Cheryl Jackson and Angela Moore. In addition, we added an Administrative Assistant four months ago, Ms. Johnnie Elliot-Vance. Our office will now be working with Emmett Riddle and the Black Men Support Group of Beloit.

Again, I am grateful for all those that help fight this disease in the African American Community. Together we can make a difference.

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.

We need your help to accomplish our goal

If you have a home computer you can sign-up to get this newsletter emailed to you each month. This helps ADAW with our green efforts! It will also save money that can be used towards our services and programs. The best part is that you get your newsletter as soon as it is completed. You won’t need to wait for it to be printed, prepared and mailed. It will arrive two weeks sooner! Contact Brianna Scoville with questions or to SIGN-UP TODAY at: brianna.scoville@alzwisc.org

We encourage you to “recycle” this newsletter with a friend, doctor’s office, place of worship, or club.

Pass it on!
Wine and Roses Festival- A success!

Coach Bret Bielema Runs a New Play at the 5th Annual Wine & Roses Festival

What a surprise we had when UW Football Coach Bret Bielema stepped into the Wine & Roses Festival, made his way to the stage, added two seats to his private box to the live auction, and auctioned the tickets himself! Quoting from ADAW Board Member Steve Busalacchi’s blog entry, “Coach Bielema runs new play and it has nothing to do with sports.”

Growing up on a farm, Bielema knows auctions! Who would have guessed? We all express sincere gratitude for Coach Bielema’s willingness to join the event, and his generosity in giving a live auction item which raised $3,000 to help support people with Alzheimer’s in Wisconsin.

Nakoma Golf Club was “filled to the brim” and we are pleased that the Wine & Roses Festival is a spring tradition in Madison. This year we welcomed five new vineyards to our line-up on April 21 – Middleton Family Wines, Washington State; Northleaf Winery, Milton, WI; Santa Carolina Winery, Chili; Sivas-Sonoma, CA; and TOG (The Other Guys), Sonoma, CA.

Returning wineries were Basel Cellars Estate Winery, Walla Walla, WA; Laetitia Vineyard & Winery, Arroya Grande, CA; Peterson Winery, Healdsburg, CA; Reingner Winery, Walla Walla, WA, and Wollersheim Winery, Prairie du Sac, WI. We express deep appreciation to the winemakers and special representatives who took the time to be part of this event.

The courageous comments by Judy McClain Mauerman were a special part of the evening, sharing about her journey with Alzheimer’s disease which began two years ago. Many people know Judy as the widow of UW Football Coach Dave McClain and an active professional in Dane County’s nonprofit community. We were reminded that while we were at a great party, there also was a serious side in the effort to raise dollars to support much-needed programs and services for people who struggle with Alzheimer’s.

A special thank you to our sponsors.

**Pinot Noir Sponsor:** Oak Park Place

**Chardonnay Sponsor:** Saint Jude Hospice

**Sauvignon Blanc Sponsors:** Anderson’s Insurance Associates of America with West Bend Insurance, St. Mary’s Hospital and Whyte Hirschboeck Dudek S.C.

**Cabernet Sponsors:** BrightStar Lifecare, Stevens Construction Corp. and UW Health.

**Media Sponsors:** Madison Magazine and Mid-West Family Broadcasting

Above: The event was also 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.
Find a Team Captain Breakfast near you!

View back page for walk locations!

Green: Thursday, July 12
Monroe Country Club, Monroe
support.alzwisc.org/green
Walk date: September 8

Columbia: Wednesday, August 1
Tivoli, Portage
support.alzwisc.org/columbia
Walk date: September 9

Grant: Wednesday, July 25
Lancaster Congregational Church
support.alzwisc.org/grant
Walk date: September 15

Sauk: Tuesday, July 17
St. Clare Hospital, Baraboo
support.alzwisc.org/sauk
Walk date: September 22

Dane: Tuesday, July 24
Oak Park Place, Madison
support.alzwisc.org/dane
Walk date: September 29

Richland: Tuesday, August 14
Harvest Guest Home, Richland Center
support.alzwisc.org/richland
Walk date: September 30

Iowa: Friday, July 31
Bloomfield Healthcare & Rehab Center
support.alzwisc.org/iowa
Walk date: October 6

Coming soon: Team Captain Breakfasts

Team Captain Breakfasts are a way to learn about the walks in all seven of the counties where our organization sponsors Alzheimer’s Walks. Attend and bring a friend! Please note that you don’t need to commit to being a Team Captain to attend these events. All breakfasts start at 8:30 a.m. Visit our website or contact us at 608.232.3400 with questions!
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 and research. Some of you may see advertisements for Walk to End Alzheimer’s in Madison or Janesville and may even receive emails or mailings for these walks.

Always look for the Alzheimer’s & Dementia Alliance logo or the Alzheimer’s Walk logo to make sure you’re supporting the local programs and services that have been helping people in southern Wisconsin for 27 years.

On your mark; get set; ready. WALK!

Now is the time to put your fundraising efforts into high gear for this year’s Alzheimer’s Walks. If you are looking for new ways to promote and fundraise, here are some ideas to inspire you:

Avid bicyclists Jeff Tews and Susan Rather are embarking on a cross-country adventure to raise awareness about Alzheimer’s disease. Owners of BrightStar Life Care, Jeff and Susan are riding a tandem bike from the Pacific Ocean in Washington back to Madison over 40 days this summer and collecting donations from friends and family along the way to benefit the BrightStar team. Next summer, they will complete their journey by biking from Madison to the Atlantic Ocean. Susan will be blogging about their adventures along the way.

Holly Bieghley earns the title “Team Captain Extraordinaire” for her masterful use of third-party events to raise funds for her Memory Makers team in Richland County. By the end of 2012, Holly will have held nine events to raise money for her family team. From yard sales to dart tournaments to the Memory Ride scheduled for July 28 (see page 11), she is a force to reckon with. Through her efforts last year, she raised more than $4,000 for her team. Holly has touched countless lives through her events, not only raising awareness of the ADAW’s programs and services but also providing opportunities to converse about Alzheimer’s and dementia.

Consider hosting a third-party fundraising event. All it takes is a little imagination:

- Gather gently used purses, jewelry and scarves for a specialty auction or rummage sale.
- Do you sell lia Sophia, Scentsy Candles, Silpada, or Pampered Chef? Consider dedicating a percentage of your sales for a specific period of time to your team.
- Many local restaurants will host fundraising nights with a percentage of the day’s sales going to the team.
- Visit the “Fundraising Tips” page on the walk website for more ideas. Send an email to add your great ideas to our list. Remember, have fun! Visit page 11 for other third-party events.

Save the Date: 16th Annual Charity Golf Outing $1,000,000 Shoot Out™

Monday, August 6, 2012
Maple Bluff Country Club

10:30 a.m. Registration
11:30 a.m. Shot gun start, scramble format
5:00 p.m. Awards, dinner, silent auction
Call 608.232.3200 or visit www.alzwisc.org for more information

Besides helping to raise support for a good cause, the outing is a superb networking opportunity. We hope to see you there!

16th Annual $1,000,000 Shoot Out

Join fellow golfers at Maple Bluff Country Club in Madison for the 16th annual $1,000,000 Shoot Out™ on Monday, August 6. Each golfer will be placed in a drawing for a big screen television courtesy of American TV and one lucky golfer will have the chance to shoot for $1,000,000.

This fun-filled day includes 18 holes of golf, golf cart, prizes, lunch and dinner.

With golf packages starting at $250, you can play a round of golf on this spectacular golf course and support innovative programs and services provided by ADAW that make a difference in the lives of people facing Alzheimer’s disease or another form of dementia.
Staff Changes

Long-time Director of Development to Retire

Director of Development, Miriam Boegel, will be retiring at the end of June after nearly 14 years with the Alzheimer’s and Dementia Alliance.

Miriam arrived when ADAW was a very small organization with just a handful of professional staff. Under her development guidance, we have grown into a much larger organization, today with 15 staff including two regional offices along with staff office hours in multiple locations. Under her direction, fundraising has grown starting with the Alzheimer’s Walk. Walks are now available in a total of seven counties. Miriam was also the lead in writing the statewide Blue Cross/Blue Shield Community Partnership Grant that made possible substantial growth in dementia programming in rural areas throughout Wisconsin. Her vision has made it possible for ADAW to substantially expand our reach to the greater dementia community in so many ways.

Miriam always understood that the programs and services we provide are paramount - if your core mission is in place, somehow she would raise the dollars to keep everything moving forward. Always bright and cheerful, we will miss her terribly, but we are happy she will soon have more time for the many things life has to offer that we never seem to have time for. We are also very lucky to be able continue to use Miriam’s expertise as she plans to continue to do special projects with us.

ADAW extends our warmest thanks to Miriam for all that she has done for our organization and the thousands of people we serve.

Welcome to our New Staff!

Jessica Archiquette, Professional Training Specialist:

Jessica has been a CNA for over 9 years. She worked with Agrace HospiceCare to provide high quality end-of-life care to those in their homes and in long-term care facilities. Previous to working at Agrace, she held various positions including CNA, Activity Director, and Dietary Coordinator at Homestead Living, Inc. She also has extensive knowledge and experience working with people in all stages of dementia.

Jessica stays busy as a mother of three beautiful children: a boy and twin girls. She met her husband while working at Homestead Living. Rounding out the family is their 14-year-old German Shepherd, Segolie. In her free time, she loves to watch her son play baseball and football. Jessica has a busy life, but she says that she wouldn’t have it any other way.

“I am excited about the opportunity to work with ADAW. There is a wonderful, caring, experienced group of people here at ADAW. They’ve made me feel very welcome and I look forward to many years of good experiences here,” states Jessica. ADAW is lucky to have her on board!

Brianna Scoville, Marketing and Development Coordinator:

Brianna joined ADAW in April. She is involved with marketing and development and works closely with Kristin Larson, the new Direct of Development & Communications. Brianna has been busy bringing new life to both marketing and fundraising.

Prior to joining ADAW, Brianna worked at the Department of Public Instruction moving from Communications Intern to License and Permit Specialist. She came to ADAW because of her love for the non-profit world; her work experience began as a Marketing Intern for St. Coletta of WI and as a Development Intern for a youth center. “I love the fact that individuals in non-profits are so passionate about their profession, especially at ADAW. The staff is excited about its work on a daily basis, and that is very inspiring to see,” explains Brianna.

Her degree is in Communications with an emphasis in Public Relations from UW-Whitewater. If you see her in the Madison area, she is probably enjoying tennis, yoga, baking or photography. Welcome to the team Brianna!
Nancy McCabe joins ADAW

Nancy begins her full-time schedule with us on Monday June 18th as our Administrative Assistant. See our next newsletter for more information, but for now we welcome her to Wisconsin and to our organization!

Administrative Assistant moves on

We would like to wish our staff member, Bonnie Knuppel luck with her new position. She is off to spread her knowledge and wonderful personality to Theater Bus, located just below our Madison office. Best wishes in your new endeavor Bonnie!

New Director of Development & Communications

Kristin Larson will step into the Director of Development & Communications position on July 1. Kristin has been working with our current Director of Development for five years. Congratulations on your new position Kristin!

ADAW staff member receives scholarship

Deanna Truedson, Outreach Coordinator, was awarded a full scholarship to attend the National Conference for Caregiving Coalitions this July on behalf of Green County Caregiver Coalition.

This event will be about sharing expertise and lessons to learn for the future!

Deanna states, “I am looking forward to an information packed day, and I hope to learn about resources that will be useful for the coalitions we work with and our agency as well.”

Congratulations Deanna!

Events to benefit ADAW

• Alzheimer’s Poetry Session:
  at Sommerset Festival of the Arts
  Saturday, July 28
  10:00 – 11:30 a.m.
  UW-Baraboo Campus, Cafeteria
  1006 Connie Rd., Baraboo
  Cost: No charge if only attending the Alzheimer’s Poetry Session.

  The Alzheimer’s Poetry Project performs and creates poetry with people living with memory challenges. Gary Glazner, internationally acclaimed poet and founder of the Alzheimer’s Poetry Project will lead the session, along with the Purple Cow Poets of the Sauk County Writers’ Group. The session is open to the public and is wheelchair accessible.

• Senior Citizen Variety Show:
  Friday, September 21
  7:00 - 9:00 p.m.
  Al Ringling Theater
  136 4th Ave., Baraboo

  You are invited to celebrate the remarkable talent of the age 60+ crowd. Circus World Museum Ringmaster, Dave SaLoutos will emcee the event, which includes nine musical acts from throughout Sauk County. There is no registration or charge, although a free-will donation will be taken to benefit the programs and services of the Alzheimer’s & Dementia Alliance. The event is open to the public and is wheelchair accessible.

• Dart Tournament Fundraiser:
  Saturday, August 4
  Press Box
  165 W. Court St., Richland Center

  Contact the Press Box at 608.647.4012 to sign-up for this fun event. Proceeds will go to ADAW.

• Memory Ride Fundraiser:
  Saturday, July 28
  Pre-registration at Budz Bar
  109 W. Main St., Cazenovia

  The Memory Ride will begin at Budz Bar at 11 a.m. All vehicles are welcome at $5 per person. The day and/or night is filled with riding, raffles, food and live music. Proceeds of the event will go toward the Alzheimer’s Walk. Check our Facebook page for more details.

ADAW would love to hear about events you or your community are putting on to benefit our organization!
For the person with memory loss

Make your Travels Enjoyable and Safe with These Helpful Tips

Traveling and vacationing are fun, exciting and meaningful activities. Having mild cognitive impairment, Alzheimer’s disease or another dementia-related disease may have little impact on your enjoyment of these activities. However, being out of your daily routine and tired, you may find that you become anxious or disoriented more easily. You may be more prone to losing things and feeling overwhelmed. If this happens, modify your plans. Instead of a long vacation or traveling overseas, make shorter trips to familiar places.

To make your travels enjoyable and safe, the following is a list of things to take with you and helpful travel tips:

- Carry identification with you at all times.
- Have a list of the names, phones numbers and relationships of your emergency contact people.
- If staying in a hotel or motel for more than one night, carry their business card with their name, address and phone number on it.
- Carry a photo of your traveling companion with name and phone number on the back of photo.
- Ask your doctor or pharmacist for a printout of all current medications.
- Talk with your doctor about a mild sleeping pill in case you are not sleeping properly. Lack of sleep causes more confusion.
- If traveling in a group, tell the tour guide or someone else in the group that you have a cognitive disability. If something happens, someone can assist you.
- Simplify your travel plans. Try not to cram too many things into one day.
- Pack only necessary items.
- Limit the amount of luggage.
- Know your strengths and weaknesses.
- Schedule daily rest times.
- Try to eat meals at your usual time.
- Bring snacks along.
- Drink plenty of fluids during the day.
- Each day of the trip, write down your thoughts and memories.
- If driving, make rest stops every two to three hours.
- As you book your flight or cruise, state that you have a cognitive disability so they can let you know of any special services they offer.
- Avoid traveling at peak travel times.
- Travel at the best time of the day for you.
- Laugh, be flexible, and enjoy your travels.

Staff and board retreat

On Wednesday, May 16, our board and staff gathered for a day-long retreat. During the retreat, we shared and discussed many of great ideas to move ADAW forward.

The retreat facilitator, Ben Kadel, helped make the day run smoothly. His company, Emotus Operandi, strives to help you and your team find that Sweet Spot...where it all lines up, the enthusiasm flows, and you’re ready to take on the next challenge to make it happen.

Staff member, Kristin Larson commented about coming together, “The shared focus and expectations of the board and staff were reassuring. It reinforced the strength of us as an organization.”

The retreat included a series of exercises that allowed attendees to stop and take a second look at where the programs, fundraising, etc. are currently and to look ahead. ADAW ultimately found that the board and staff are on the same page when it comes to moving ADAW forward.

I am excited about having concrete goals to work towards and the support and enthusiasm that I need to get going.

—Erin Keesecker, JD
Board Member
Words about wills
Please remember ADAW

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 as part of your legacy to the community, 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.

And third, our organization would like to be informed about your plans. If you have a special interest in helping to provide for a particular program or service, it may be helpful to consult with us on planning a bequest to ensure that your wishes will be fulfilled.

And, if you have included our organization in your will, 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 southern Wisconsin.”

The Employer Identification Number for our organization has not changed: EIN: 39-1679333. For further information, contact Kristin Larson, kristin.larson@alzwisc.org or 608.310.8780.

An invitation to join the Alzheimer’s Society

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

Members of the Alzheimer’s Society support the Alliance’s mission in southern Wisconsin to help individuals, families and professionals impacted by Alzheimer’s disease or other forms of dementia. Gifts are cumulative throughout one year and may be made for general support, as memorial gifts, or through gifts to or attendance at any of the Alliance’s special events. Gifts in honor or in memory of an individual are encouraged.

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

For membership information, please contact: Kristin Larson at 608.310.8780.

Be a savvy donor!

Every dollar the Alzheimer’s and Dementia Alliance of Wisconsin raises will stay in Wisconsin. We ARE NOT AFFILIATED with any of the following organizations you might be solicited from:

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

Questions: 608.232.3400 or 888.308.6251.

Your donations make our organization possible.

THANK YOU
Received 02-16-2012 to 05-18-2012

Contributions

Julie & Dennis Ahnen
Duane & Harriet Anderson in mem/hon of Grace Snyder
Mildred & Paul Anderson
Joyce Brathwaite in mem/hon of Thomas Turner
Charles Breminigan
Bennie Brooker
Donald Brown in mem/hon of Roberta R Brown
Dorothy & Everett Bullock
Carol & Denis Carey
Byron Chase in mem/hon of Marcella Chase
Barb & M. Lee Chenoweth
Josh & Flo Chover
Mary Cochens in mem/hon of Lois James
Ricki Colman
Mary & Paul Cuccia in mem/hon of Elizabeth Brashi & Josephine Blankenheim
Marcella Culp in mem/hon of Eugene Culp
Mary Cunningham
Marie Denison
Dorothy Dickert
Ruth Dobbratz in mem/hon of Stanley Wamplem
Laura Donovan
Theresa Duranso
Carol Eisele
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Lyn Feldmann in mem/hon of Rose Feldmann
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Jeanne Ferreira
Kendall Fingers
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Marilyn Gundemann
Kathryn & Lee Haas
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Diana & John Haverberg
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Ruby Jefferson-Moore
Ruth & Martin Johnson in mem/hon of Ruth Johnson
Margaret Jones
Patricia Kerr in mem/hon of Marilyn Agnew
Carol Kincaid
Phil Kingston
Marilyn & Frederick Kinney
Lawrence Kosmeder in mem/hon of Marilyn Kosmeder
Eugene Kosteki in mem/hon of Rena Kosteki
Jill Kubek
Mary & Fred Kuhl
Atsuko & Paul Kusuda
Donna & Alan Larson
Howard Latton
Milton Laufenberg in mem of Betty Laufenberg
Robert Lee
Doris Manthe in mem/hon of Jeannette Tachon
Mary Marie in mem/hon of Lucy Meudt
Kathy Markgraf
Rebecca & William Martin in mem/hon of Virginia Clark
Darrell McCluskey
Sharon McCormick
Elaine McGhee
Ardyce & Donald McWille in mem/hon of Dorene Linenfels
Lynn & Gary Mecklenburg
Cheryl Mekschun
Rita Miller
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Elizabeth Newquist
Kathryn & Baxter Newton
Donna Niesen
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Jacqueline Wendt
Anna Maria Williams
Mary Pat & Kevin Williams
Jean Wood in mem/hon of Marie Buch
John Zacher in mem/hon of Inez M Zacher
Laraine Zeier in mem/hon of Raymond Zeier
Alliant Energy Foundation
Covenant Presbyterian Church
Grace Lutheran Church – Cambridge
Schneider
Karen Schrenk
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Norb Scribner
Mary & Curtis Sheehan
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Candace Silber
Barbara Skolaski
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Coreta Sweeney
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Karen & William Vanderventer in mem of Gertrude Anderson
Mary Vergara
Betty Vogt
Judith Wallace in mem/hon of Kathryn Konrad
Cathy Wehinger in mem/hon of Virginia Dischler
Give with Liberty
Kwik Trip, Inc.
Wells Fargo Community

Tributes and memorials

IN HONOR OF:

SUE SWEET
Sally Vultaggio
IN HONOR OF:

JIM ULRICH
Larry Ahrensmeier
Christine Berger
Shirley Baumgart
James Bender
Duane Dickie
Gary Doering
Juanita & Norman Doering
Jim Herritz
Nancy Johnson
Dale Klingemeyer
Bryan Kurek
Carole & William McIntyre
Gary Meske
Richard Murray
John Noll
James Quandt
Audrey & Gene Sinner
Ray Sorenson
Colleen Terry
Diana Ulrich
Virginia Ulrich
Beverly Vertein
Wava Vertein
IN HONOR OF:

MARRIAGE OF JOEL COLLINS & COLLEEN GIFFORD
Westside Senior Coalition
Staff
MEMORIAL:

BEULAH ALPERSTETT
Jane & James Wangen
EMERY BAINBRIDGE
Ruth Barfield
BLANCHE BJORKLUND
Robert Knutz
GERI BLANKSCHEIN
Debi Clevwart
BERNARD BRENNER
Beth & Kevin Gahan

Support Program

Wellspring Learning Inc.

Vicky Grimes
Judith & David Keppert
Kathleen & Thomas Ludwig
BEN BREWER
Sue & Phil Barth
Karen & Tim Brewer
Char & Glenn Christopherson
Teresa & Doug Drabenstadt
Sherry Endres-Lovell
Shirley & Dennis Froh
Mary Fryman
Beth & Bill Fuller
Margaret Gneffy
Joan & Larry Gehre
Marlene & Sid Goman
Donna & Jerry Grealley
Pat & Jim Haberli
LaRene & Evan Hanko
Cindy & Jack Heal
Liz & Dick Hillesstad
Vivian Hillesstad
Catherine Hochstein
Roxanne & Gary Hoke
Audrey Jewell
Diane & Art Kamierczak
Lola Kelley & John Carrole
LaurAnn & Lee Kidd
Jan Klotzbach
Audrey Kohl
Audrey & Tom Luetscher
Rita Luetscher
Eloyne & Meryl & Mueske
Fae Mulcahy
Louie Munz
Arlene O’Donnell
Laurie & Tom Pflugner
Mary Pat & Kevin Williams
Jean Wood in mem/hon of Marie Buch
John Zacher in mem/hon of Inez M Zacher
Laraine Zeier in mem/hon of Raymond Zeier
Alliant Energy Foundation
Covenant Presbyterian Church
Grace Lutheran Church – Cambridge

US Bancorp Foundation
Matching Gifts
Wells Fargo Community
Mary Ellen & Stan Ruesch
Penny & Jim Schmiedlin
Shirley Slaney
Andys & Larry Smith
Pat & Jack Smith
Vera Sprecher
Chad Standish
Judy & Vern Steinbeck
Dotty & Dave Sufin
Kay Sullivan
Marie & Bob Sutherland
Ronnie Thomas
Mary & Monte Thompson
Juanita Thorsen
Judy Vaigt
Barb Weber
Deby & Gary Wertz
Garret Winchel
Rhonda & Rich Young
MARGUERITE BULLER
Carolyn & Larry Lur
& Roy Knapton
FERN CHERY
T. D. & C. M. Anderson
Elaine & Jim Droessler
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Elaine & Jim Droessler

Cheryl & Terry Mielke
J.R. Krueger
Roxie & Jim Krueger
Mary & Randall Isberner
Susie & Kascub Hemling
RUBY HIGGINS
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Thank you for having been “there” for us.

—Mary Lou Q., Participant of ADAW
Alzheimer’s & Dementia Alliance
SERVING SOUTH CENTRAL WISCONSIN SINCE 1985

Green County
Saturday, September 8
Behring Senior Center, Monroe

Columbia County
Sunday, September 9
Riverside Park, Portage

Grant County
Saturday, September 15
Lancaster Congregational Church

Sauk County
Saturday, September 22
Ochsner Park & Riverwalk, Baraboo

Dane County
Saturday, September 29
Warner Park, Madison

Richland County
Sunday, September, September 30
UW-Richland, Richland Center

Iowa County
Saturday, October 6
Grace Lutheran Church, Dodgeville

SAVE THE DATE!

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FREE email newsletters!

GET INVOLVED
DONATE
GET ORGANIZED
TAKE ACTION

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