Choosing a New Home

When the time comes for a person with Alzheimer’s disease or a related dementia to move into a residential care setting such as an adult family home, community based residential facility or skilled nursing facility, it can be very difficult for both the person and family. In addition, finding the right residential care setting to meet the needs of the person with dementia can be challenging and time consuming. You need to know what to ask and look for when choosing a place that provides quality dementia care, so:

1) Before you begin looking at residential care settings, determine the needs of the person with dementia and your needs as a caregiver. Some things to consider include safety and supervision needs, special care needs (e.g., communication difficulties, behavioral concerns, physical care needs), location, cost, etc.

2) Decide what type of residential setting you prefer and need. There are a variety of residential care options available in most communities including senior apartments, assisted living, memory care, and nursing care facilities. Each option will offer different services from very little assistance to 24-hour skilled care.

3) Visit several facilities and ask specific questions based on the needs of the person with dementia. You may want to ask questions related to the facility staff’s training on dementia care, how staff engage residents in daily activities and how they respond to behavior changes. (For ideas of questions to ask, contact the Alzheimer’s & Dementia Alliance for our handout Residential Care: A Guide for Choosing a New Home.)

4) After your scheduled visit, consider stopping by the care setting again unannounced in order to observe and determine if the place is a good fit before making a final decision.

5) Making the transition to residential care can be difficult for everyone involved. Share information about the upcoming move based on the person’s ability to understand what’s happening and to handle stress. On the day of admission, try to arrange for it to occur during the person’s best time of day and talk with the facility staff about ways to make a smooth transition. Find support for yourself from friends, family, or support groups.

6) It is important for you stay involved after the person moves to residential care. Share with facility staff techniques that you have found work well, attend regularly scheduled care planning meetings, and communicate any concerns to the appropriate people.

The Alzheimer’s & Dementia Alliance of Wisconsin is here to help you with what questions to ask, what to look for on visits and the importance of making a scheduled visit and unscheduled visits. You can contact us at 608.232.3400, 888.308.6251 or support@alzwisc.org.

Learn more at one of these upcoming presentations of “Is it time for facility care”, in Madison on August 10, in Dodgeville on August 17 and in Portage on October 27. See the upcoming programs section inside for more details.
Taking Charge & Planning Ahead

WHEN YOU HAVE MILD COGNITIVE IMPAIRMENT OR A DIAGNOSIS OF ALZHEIMER’S DISEASE OR OTHER DEMENTIAS

The Alzheimer’s & Dementia Alliance (ADAW) is here to help you along the journey. Call us at 608.232.3400 or toll free at 1.888.308.6251 or email: support@alzwisc.org. Things to consider are:

- Get a thorough diagnostic assessment done by a memory assessment clinic or a physician knowledgeable about dementia in the field of geriatrics or neurology.

- Learn as much as you can about the effects of dementia and the disease process.

- Ask ADAW about our early stage programs: Crossing Bridges, Meeting of Minds, New Friends and Memory Cafes.

- Discuss your diagnosis with your family and friends. Help them to understand your wishes and concerns. Tell them how they can best help you maintain a high quality of life. A strong support network of family and friends who understand the dementia journey AND who know your own individual strengths and preferences will be beneficial for you.

- Learn about legal and financial decisions you must consider. Appoint a Durable Power of Attorney for Finances and for Health Care, and explain your financial and health-care preferences to them.

- Be wary of scams. Don’t give out personal information or purchase items from people who solicit you at the door, over the phone, on the internet or through the mail.

- Learn about local resources that are available in your area.

- Consider having a regular driving exam, and understanding that at some time it will no longer be safe for you to drive. Please do not drive if you are feeling tired or confused.

- Learn about local research studies you can participate in.

- Allow trusted family members and friends to assist you as needed, and to help you make sound plans and decisions.

- Simplify your life. Re-evaluate your priorities.

- When you forget or make frustrating mistakes, blame the disease. Then look for strategies you can put in place or practices you can try to avoid such glitches in the future. Accept that you will be more forgetful than usual.

- Be prepared for anything – and then live and enjoy each day to the fullest.

- Keep a Positive Attitude: Laugh and Smile

- Maintain a healthy sense of humor.

- Focus on what you have and can do. Enjoy the golden moments in each day.

- You have control over your stress – don’t give in to it.

- Get plenty of rest. Take one day at a time.
Dear Friends,

As we move into summer please note that as always this newsletter is full of information about programs and events designed to help you and your family cope with all forms of dementia no matter where you are in the long process. Please make a point to assist us with one of seven Alzheimer’s Walks held this fall throughout south central Wisconsin. These wonderful community events bring us all together to promote our overall goal: a world free of Alzheimer’s and dementia. But, until that time comes, we need to assist the thousands of people who depend upon our programs and services provided by our professional staff each day.

The Alliance is proud to be one of the initial organizations that understood the urgent need for all our communities to become dementia friendly. Working together we can reduce stigma and isolation, and enhance quality of life as we all better understand our friends and neighbors impacted by dementia. Europe is far ahead of the United States, but we are pleased so many communities in Wisconsin are embracing the key concepts of this new movement. Under our leadership Middleton became the first dementia friendly community in Dane County, and today we are involved in efforts in Black Earth/Cross Plains, Mt. Horeb, Oregon and Waunakee. All persons with dementia should be understood, respected and supported.

I say movement because the dementia friendly community should be considered a long overdue forward thrust. Organizations knowledgeable about dementia should plant seeds but allow individuals and their communities to develop strategies that work best for them. It should not be seen as just another program with somebody in charge. Movements reflect the individual character of all the persons and organizations involved, and the changes made are permanent and long lasting. The benefits of engaging citizens and local businesses to increase awareness is making vital forward-looking changes in our communities that pay huge dividends to everyone impacted by dementia. The numbers are growing at such an alarming rate that is nearly all of us.

If your community is interested in becoming dementia friendly, please call us or visit our website. The Alliance has materials available to assist you, and the knowledge and expertise of our staff is always available to you.

Keep in mind that dementia friendly communities should include programs and services to keep families engaged such as the seven Memory Cafés the Alliance is proud to sponsor. These cafés combined with our array of programs for persons early in the disease process make a huge difference in quality of life for many. Enhancing quality of life is what we at the Alliance are all about.

Sincerely,

Paul Rusk, Executive Director

P.S. There is still time to join us Monday, August 3 for our annual golf event at Maple Bluff, and we look forward to seeing you at one of our seven Alzheimer’s Walks this fall (see page 7 for details).
HAVE YOU HEARD ABOUT OUR MANY SUPPORT GROUPS?

Join ADAW 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! You may find that you can help others who are at a point where you’ve already been. Remember, laughter, taking care of yourself, and planning for the future are essential to well-being.

“The support I have been given by the Alzheimer’s & Dementia Alliance of WI, and especially the Men’s Support Group meetings, over the past four or five years have been very helpful and sincerely appreciated.” – Howard S.

There are many support groups, at various times and locations.

To find one that works best for you or a loved one, visit www.alzwisc.org or call 608.232.3400 or 888.308.6251.

Upcoming Programs

All of the programs listed are offered often (some monthly and some weekly) across nine counties. All of the programs are free and require no registration, unless specified. Donations are welcome to ensure the continuation of these programs.

MEMORY CAFÉS: A Memory Café is a social gathering place where individuals with memory loss, mild cognitive impairment, early Alzheimer’s, or other dementias, can come together. There are currently seven different cafés that meet monthly to visit, share common interests, and enjoy refreshments. Each monthly café is unique and offers a program or activity that’s fun and chosen by participants’ interests. Family and friends are encouraged to come. If you require assistance to participate, please have someone accompany you.

WE ALL FORGET: Is it normal aging or should I be concerned? We all forget names occasionally and misplace keys and wallets. Our brain may not seem as sharp as it once was but not all memory glitches signify the start of a progressive disease like Alzheimer’s. With growing awareness of the importance of having memory disorders diagnosed early, come learn what is normal for our brains as we age, how our memories work, and what we can do if we are concerned for ourselves or others.

UNDERSTANDING ALZHEIMER’S & DEMENTIA: What is the difference between Alzheimer’s disease & dementia? In this program you will learn the answer to that question as well as what causes dementia and receive practical things you can do, whether you are concerned about yourself, a loved one, or are just interested in helping others who are impacted by memory challenges.

BOOST YOUR BRAIN HEALTH: Tips to reduce your risk of Alzheimer’s and dementia. Current research indicates that lifestyle choices have significant impact on long term brain health. In this program you will learn how the brain works, tips on improving your brain health and how to lower your risk of developing dementia. This program features information about current research, scientifically-rooted nutritional and lifestyle advice as well as fun brain teasers and take home material.

DEMENTIA FRIENDLY COMMUNITY: The number of people living with Alzheimer’s disease in our state is growing and communities are mobilizing to better understand and support their local citizens. The majority of us will know someone with dementia in our lifetime. In this program you will learn how to better recognize a person with memory or thinking impairments and to better understand what businesses and community members can do to serve and support people struggling with cognitive challenges. Find out what is happening in your community and learn how you can make a difference.
JULY

COMMUNICATION TIPS AND STRATEGIES
Monday, July 13
5:30 – 7:00 p.m.
Hawthorne Library
2707 E. Washington Ave., Madison
Learn ways to effectively and compassionately communicate with someone who has dementia.

WE ALL FORGET
Tuesday, July 14
1:00 – 2:30 p.m.
Grinnell Hall, 631 Bluff St., Beloit
Contact: Charlie Daniel, 608.698.6170.

SAUK CITY MEMORY CAFÉ
Thursday, July 16
9:30 – 11:00 a.m.
Sauk Prairie Community Center, Café Connections
730 Monroe St., Sauk City

MADISON MEMORY CAFÉ
Monday, July 20
1:00 – 3:00 p.m.
Warner Park Community Center
1625 Northport Dr., Madison

PORTAGE MEMORY CAFÉ
Wednesday, July 22
1:00 – 3:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage

RICHLAND CENTER MEMORY CAFÉ
Thursday, July 23
9:30 – 11:30 a.m.
Woodman Senior Center
1050 N. Orange St., Richland Center

YOUNG ONSET MEMORY CAFÉ (65 AND UNDER)
Please contact ADAW at 608.232.3400 prior to participating.
Saturday, July 25
11:30 a.m. – 1:30 p.m.
Alzheimer’s & Dementia Alliance of WI
2nd Floor Conference Room
517 N. Segoe Rd., Madison

ABC’S OF ALZHEIMER’S & DEMENTIA
Tuesday, July 28
5:30 – 7:00 p.m.
Sauk County Health Care Center
1051 Clark St., Reedsburg
Learn how dementia-related diseases affect the person diagnosed and important tools and supports available to family caregivers.

AUGUST

DODGEVILLE MEMORY CAFÉ
Wednesday, August 5
1:00 – 3:00 p.m.
Folklore Village
3210 County Rd. BB, Dodgeville

MIDDLETOWN MEMORIAL CAFÉ
Friday, August 7
9:30 – 11:30 a.m.
Captain Bill’s Restaurant
2701 Century Harbor Rd., Middleton

IS IT TIME FOR FACILITY CARE?
Monday, August 10
5:30 – 7:00 p.m.
Alicia Ashman Library
733 N. High Point Rd., Madison
Review things to consider when making the decision to move to facility care.

MADISON MEMORY CAFÉ
Monday, August 17
1:00 – 3:00 p.m.
Warner Park Community Center
1625 Northport Dr., Madison

YOUNG ONSET MEMORY CAFÉ (65 AND UNDER)
Please contact ADAW at 608.232.3400 prior to participating.
Saturday, July 25
11:30 a.m. – 1:30 p.m.
Alzheimer’s & Dementia Alliance of WI
2nd Floor Conference Room
517 N. Segoe Rd., Madison

IS IT TIME FOR FACILITY CARE?
Monday, August 17
Health & Human Services Center, Community Room
301 W. Chapel Street, Dodgeville
Review things to consider when making the decision to move to facility care.
No registration necessary.
Contact Deanna Truedson, deanna.truedson@alzwisc.org or 608.843.3402.

SAUK CITY MEMORY CAFÉ
Thursday, August 20
9:30 – 11:00 a.m.
Sauk Prairie Community Center, Café Connections
730 Monroe St., Sauk City

COMMUNICATION TIPS AND STRATEGIES
Tuesday, August 25
5:30 – 7:00 p.m.
Associated Bank Community Room
102 N. Main St., Lodi
Learn ways to effectively and compassionately communicate with someone who has dementia.
Alzheimer’s Walks

Green County
SATURDAY, SEPTEMBER 12

Columbia/Marquette County
SUNDAY, SEPTEMBER 13

Grant County
SATURDAY, OCTOBER 3

Sauk County
SATURDAY, SEPTEMBER 26

Richland County
SUNDAY, SEPTEMBER 27

Dane County
SATURDAY, OCTOBER 10

Iowa County
SATURDAY, SEPTEMBER 19

2015 ALZHEIMER’S WALK KICK-OFF EVENTS

Everyone is welcome to attend a kickoff event to learn more about the Alzheimer’s Walk, to pick up brochures and posters, to hear new fundraising ideas and more! All kickoff events will have refreshments. Please RSVP at 608.232.3400 or 888.308.6251.

GREEN COUNTY WALK KICKOFF
Tuesday, July 14 | 11:00 a.m. – Noon
First National Bank
1625 10th Street, Monroe

IOWA COUNTY WALK KICKOFF
Tuesday, July 14 | 5:30 – 6:30 p.m.
Upland Hills Health
800 Compassion Way, Dodgeville

SAUK COUNTY WALK KICKOFF
Tuesday, July 21 | 8:30 – 9:30 a.m.
Maplewood of Sauk Prairie
245 Sycamore Street, Sauk Prairie

COLUMBIA/MARQUETTE COUNTY WALK KICKOFF
Tuesday, July 21 | 5:30 – 6:30 p.m.
Tivoli at Divine Savior Healthcare
2805 Hunters Trail, Portage

GRANT COUNTY WALK KICKOFF
Wednesday, July 23 | Noon – 5:30 p.m.
ManorCare
1300 N. Water Street, Platteville
*Open house

RICHLAND COUNTY WALK KICKOFF
Thursday, July 30 | Noon – 1:00 p.m.
Schmitt Woodland Hills
1400 W. Seminary Street, Richland Center
*Enter by the rear parking lot  *lunch will be provided
GOLF OUTING FOR ALZHEIMER’S WITH PAT RICHTER

The Alzheimer’s & Dementia Alliance of Wisconsin (ADAW) is pleased to announce that Pat Richter will be joining the 19th Annual Million Dollar Shootout Charity Golf Outing™. He will be there to take pictures with participants, to golf and to speak about dementia-related sports injuries during the dinner program.

The event will be held on Monday, Aug. 3 from 10:30 a.m. – 6:00 p.m. at Maple Bluff Country Club. A variety of fundraising opportunities, such as golf-related contests, a silent auction, and a raffle will be available for attendees to raise additional funds to support ADAW. There will even be a chance for one lucky individual to take a shot at winning $1,000,000 immediately following the event by making a hole-in-one. Every dollar raised from the event will stay in Wisconsin.

“The funds from the golf outing will help us to continue offering critical services our local communities depend on,” stated Paul Rusk, executive director. “Our expert staff provides guidance, information and support to those affected by dementia and helps them maintain the best life possible.”

ADAW understands that every person touched by Alzheimer’s or other forms of dementia will need support navigating the course of the disease. The professionally trained and personally experienced staff helps individuals with direct services, information, education and resources to all in need. ADAW is possible through private donations from individuals, grants from private organizations and special events such as the golf outing, which makes up 90% of the operating income.

If you or someone you know is interested in joining the Million Dollar Shootout Charity Golf Outing™ as an individual or as a foursome, please contact ADAW at 608.232.3400 or visit alzwisc.org to register online.

Advocacy Update
from Rob Gundermann

SAVE THE DATE FOR ALZHEIMER’S RALLY!
The Alliance will be holding a Rally at the Capitol on Tuesday, September 29th. We will start the day with a meeting at the Madison Concourse Hotel from 11:00 a.m. – 1:00 p.m. where we will go over bills and issues currently before the legislature that impact people with dementia and their families. We will also discuss how we will advocate and provide everyone with materials. We will then head over to the Capitol. I hope many of you will attend and support us in our advocacy efforts! For more information or to register for the Rally, please contact Rob Gundermann at Gundermann@alzwisc.org or call 608.232.3408.

NEW BILLS
The Alliance is currently working on three bills in the Wisconsin Legislature with more to come. Senate Bill 138 and its companion Assembly Bill 197 would create transparency for insurance plans offered under the Affordable Care Act. The bills require an insurer that offers plans through an exchange to provide access on the insurer’s Internet site to information that will enable consumers to determine all of the following about the insurer’s plans: exclusions from coverage and restrictions on use or quantity of covered services or items; any service or item with a cost-sharing requirement that depends on the cost of the service or item; whether a specific prescription drug is covered and any clinical prerequisites or authorization requirements for coverage of a prescription drug; whether specific types of specialists are included, and whether a specific named specialist is included, in the plan’s network; the process for appealing a denial of coverage of a service or item; and how the out-of-pocket costs of medications will or will not be applied towards the deductible under the plan.

*ACTION ITEM: Please contact your State Representative and State Senator and ask them to support SB 138 and AB 197!

I have also been working with Representative Mike Rohrkaste (R-Neenah) on an informed consent bill that

Continued on page 9
**SEPTEMBER**

**WE ALL FORGET**
Tuesday, September 1
11:45 a.m. – 12:45 p.m.
Romnes Apartments
540 W. Olin Avenue, Madison

**DODGEVILLE MEMORY CAFÉ**
Wednesday, September 2
1:00 – 3:00 p.m.
Folklore Village
3210 County Rd. BB, Dodgeville

**MIDDLETON MEMORY CAFÉ**
Friday, September 4
9:30 – 11:30 a.m.
Captain Bill’s Restaurant
2701 Century Harbor Rd., Middleton

**ABC’S OF ALZHEIMER’S & DEMENTIA**
Monday, September 14
5:30 – 7:00 p.m.
Goodman South Madison Library
2222 S. Park St., Madison

Learn how dementia-related disease affect the person diagnosed and important tools and supports available for family caregivers.

**WE ALL FORGET**
Tuesday, September 15
11:45 a.m. – 12:45 p.m.
Quaker House Apartments
2025 Taft Street, Madison

**SAUK CITY MEMORY CAFÉ**
Thursday, September 17
9:30 – 11:00 a.m.
Sauk Prairie Community Center, Café Connections
730 Monroe St., Sauk City

**MADISON MEMORY CAFÉ**
Monday, September 21
1:00 – 3:00 p.m.
Warner Park Community Center
1625 Northport Dr., Madison

**END OF LIFE AND DEMENTIA**
Tuesday, September 22
5:30 – 7:00 p.m.
Sauk City Public Library
515 Water St., Sauk City

Discuss the critical decisions often faced at end of life and ways to communicate and stay connected in later stages.

**PORTAGE MEMORY CAFÉ**
Wednesday, September 23
1:00 – 3:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage

**WE ALL FORGET**
Wednesday, September 23
11:45 a.m. – 12:45 p.m.
Madison Senior Center
330 W. Mifflin Street, Madison

**RICHLAND CENTER MEMORY CAFÉ**
Thursday, September 24
9:30 – 11:30 a.m.
Woodman Senior Center
1050 N. Orange St., Richland Center

**YOUNG ONSET MEMORY CAFÉ (65 AND UNDER)**
Please contact ADAW at 608.232.3400 prior to participating.

**OCTOBER**

**MIDDLETON MEMORY CAFÉ**
Friday, October 2
*There will not be a regularly scheduled Memory Cafe in October due to a special program that day. Please contact ADAW with any questions.

**DODGEVILLE MEMORY CAFÉ**
Wednesday, October 7
1:00 – 3:00 p.m.
Folklore Village
3210 County Rd. BB, Dodgeville

**FAMILY DYNAMICS IN THE DEMENTIA JOURNEY**
Monday, October 12
5:30 – 7:00 p.m.
Hawthorne Library
2707 E. Washington Ave., Madison

Discover ways dementia impacts families and the value of recognizing and accepting each person’s strengths and weaknesses as a caregiver.

**SAUK CITY MEMORY CAFÉ**
Thursday, October 15
9:30 – 11:00 a.m.
Sauk Prairie Community Center, Café Connections
730 Monroe St., Sauk City

**MADISON MEMORY CAFÉ**
Monday, October 19
1:00 – 3:00 p.m.
Warner Park Community Center
1625 Northport Dr., Madison

**RICHLAND CENTER MEMORY CAFÉ**
Thursday, October 22
9:30 – 11:30 a.m.
Woodman Senior Center
1050 N. Orange St., Richland Center
would require assisted living facilities to inform patients or their guardians about antipsychotic or psychotropic medications with black box warnings for dementia before administering medications of that type. In April 2005, the Food and Drug Administration (FDA) notified healthcare professionals that patients with dementia-related psychosis treated with atypical antipsychotic drugs are at an increased risk of death. Since issuing that notification, FDA has reviewed additional information that indicates the risk is also associated with conventional antipsychotics.

Some of you may recall that we passed similar legislation applying to nursing homes in 2010 after receiving several reports of deaths caused by these medications. Since passage of that bill Wisconsin has gone from being one of the highest prescribing states in nursing homes to one of the lowest. Unfortunately I am now getting reports of deaths in community-based residential facilities, most recently in northern Wisconsin, which has led us to pursue this legislation. As soon as the bill is introduced and given a number we will be asking people to contact their legislators urging them to support this bill. Watch for updates in our next newsletter!

**FEDERAL UPDATE**

The House Appropriations Committee released a bill that would increase Alzheimer’s research funding by $300 million. This is only one step in a long appropriations process and there is no guarantee the increase will make it all the way through the process but I am hopeful and this is most certainly a step in the right direction. This would be the first truly significant increase in Alzheimer’s research in more than a decade.

*ACTION ITEM: I urge you to contact your U.S. Congressman and your two U.S. Senators, Senator Tammy Baldwin and Senator Ron Johnson and ask them to support the $300 million increase!*

Rob Gundermann, Public Policy Director
TRIBUTES & MEMORIALS
11-14-2014 to 6-04-2015

IN MEMORY OF:

LOIS ALLEN
Susan & Chris Jensen

VINCE AMAN
Judy & Bart Yeen

JAMES ANDERSON
Judith Anderson
Judy & Bill Gilbert
Carolyn & Robert Kleinfeld
Greg Nikolai
Rebecca & Michael Polk

JANE ARBEITER
Wisconsin Senior Housing

RICHARD AURIT
Alice Buechner
Sandra Champagne
Frederick Cross
Janet & David Daniel
Joanne & Carl Endorf
Bennie & Donald Krugman
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Evelyn & Mark Cain

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Patti Jackson
Evelyn Jennings
Faye & Stanley Kiefer
Elizabeth & Elmer Lemon
Kathleen & Tom Luedtke
Lunch Bunch
Madison Community Foundation
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H. M. Marsh
Mary Elaine (Peerce)
Sonsken, David Sonsken & Bill Peerce
George Maureran
Sharon Maureran
Barb & Jeff McClain
Cindy & Michael McClain
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LARRY “PETE” MEINERT
Silgan Containers
Jeff Meinert

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Heartland Credit Union
Karen Levendski
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Rita Quast

Anna Mae & John Rosol
Jeanine & Kurt Thurmaier

NATALIE MORITZ
Stefanie Moritz

ART NACK
Laurie Bailey
Dorothy & Gurdip Brar
Susan Gruber

DELORES NOWACKI
Good Samaritan Health Center

DAVID OLIG
Emily Boyd
Joseph Olig
Julie & Kyle Rentmeester

ROBERT PACKARD
Diane Medcalf

LEROY PEDRACINE
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