Understanding stages of dementia

In the world of dementia, there are many confusing terms to describe the various types of dementia—from Alzheimer’s Disease (AD) to Lewy Body to Frontotemporal. Some of the confusion can refer to the stages of dementia, like early-onset, young-onset, early stage, middle stage or late stage. What do these terms mean?

Alzheimer’s disease and other forms of dementia are degenerative diseases, meaning symptoms build on each other leading to a decrease of abilities over time. Each stage has unique aspects that tend to be seen in the majority of cases. However, like every disease, all symptoms may not be seen in everyone. The list below is designed to be a guide to what you might see over the course of dementia. It is only a guide. Please consult your physician to answer any specific questions you may have.

Early-onset and young-onset are interchangeable terms describing any form of dementia diagnosed in someone under the age of 65. While the stages, below, are generally the same, people diagnosed with young-onset AD are often still working and raising families, which adds separate challenges for the person diagnosed and his or her family.

Early stage describes the first stage of the disease. It can be when people become concerned about whether senior moments might represent something more. Problems remembering recently learned information may occur and it may become more difficult to perform familiar tasks. Changes in judgement may begin, such as putting items away in unusual places or dressing inappropriately for the weather. People in this stage may also have trouble naming objects or coming up with the correct name.

Middle stage can include increased difficulty or inability to complete familiar tasks and assistance may be needed for activities like dressing. Attention span may decrease. It may become challenging to follow conversations and understand what is being said. Mood and behavior changes can happen, including increased restlessness, irritability, and/or suspiciousness.

In late stage dementia, the person has little to no short-term memory. There may, however, be times when a person may seem to recall moments from the past. Non-verbal communication tends to be the norm. Assistance is required for dressing, bathing and using the bathroom, although incontinence may be common.

The Alzheimer’s & Dementia Alliance of Wisconsin (ADAW) has a variety of programs and...
Dear Friends,

At a recent meeting I was reminded about what makes the Alzheimer’s & Dementia Alliance of Wisconsin so different. There was a question about how to access help when the question was relatively simple. Why can’t I just call and ask? Why does it have to be in writing? Isn’t there somebody that can help right now? You mean it can take three days to get back to me?

When you call the ADAW, you will likely talk to somebody that can help you right then and there on your very first attempt. We don’t care who you are, where you live, what your age is, what the diagnosis is, if you have talked to this person or that agency first. Our goal is to help you immediately and isn’t that what’s most important?

More complex situations of course go to one of our specialists with decades of direct dementia experience. Sometimes people call me as they believe the director would be the most knowledgeable, but I’m surrounded by outreach and program dementia specialists with specialized training and experience who can help with the most complex issues related to dementia. ADAW is proud to have dementia outreach specialists who concentrate on programs and services in the counties surrounding Dane. We maintain full-time offices in Lancaster and Portage, along with staff providing regular office hours in Darlington, Beloit, Reedsburg and Richland Center.

Often what people tell us is most valuable is the opportunity to personally meet with one of our support staff to talk through a particularly challenging situation. You can work with the same staff member for years as the Alzheimer’s journey is often a long one.

We recently received a lovely tribute letter along with a generous check. This particular family is working with multiple ADAW staff members as they attend our support group in Platteville, attend the Memory Cafés in Sinsinawa and Dodgeville, and have attended numerous educational programs in various counties. The letter states that the Alzheimer’s & Dementia Alliance has “made a terrible disease more bearable, and I know that as things progress I can rely on your support through excellent personnel to help us endure this disease.”

It takes financial resources to maintain the invaluable programs and services we provide. I hope you will all plan to participate in one of our seven Alzheimer’s Walks this fall. Some folks go to more than one! 100% of the dollars raised stay in Wisconsin for our programs and services or for dementia research at UW-Madison. We can help you set up a team. It is difficult for folks to ask for money, but when it comes to Alzheimer’s and dementia you would be surprised how generous your friends and neighbors are — they often appreciate being asked. They know what you are going through and want to help, just like we want to help all of you.

Sincerely,

Paul Rusk

From the director

Paul Rusk
The Alzheimer’s and Dementia Alliance of Wisconsin thanks Speaker Vos for making dementia a priority issue in the Legislature and we express our gratitude to Representative Rohrkaste and the other members of the Task Force for their work as well.

The Legislature has addressed some of the most pressing issues people with dementia are facing today by creating mobile dementia crisis teams to treat challenging behaviors in place and creating a dementia crisis unit pilot program for those people with dementia who have such challenging behavioral issues that they cannot be treated in place. This will help people with dementia avoid unnecessary transfers to expensive medical models or worse yet to jail. By providing additional respite for family caregivers, the Legislature is also helping people to be able to remain in their homes for as long as possible.

“The Alzheimer’s and Dementia Alliance of Wisconsin (ADAW) thanks Speaker Vos and Representative Rohrkaste for their leadership in addressing issues faced by families coping with dementia,” said Rob Gundermann, Public Policy Director for the ADAW.

“We all know that problems are frequently easier and less costly to confront when you’re prepared for them and the Legislature, through the Speaker’s Task Force on Dementia, is preparing. Now with this report we have a blueprint for moving forward.”

“To use a football metaphor, the Legislature moved the ball down the field a considerable distance this session. There is much more work to do but I have every confidence in the team we have working on dementia in the Legislature and their commitment to continue moving the ball forward next session.” Gundermann added.

A full video of the press release can be viewed at http://www.wiseye.org/Video-Archive/Event-Detail/evhid/10692.

If you would like to be an Alzheimer’s Advocate, please visit the ADAW website: alzwisc.org, or contact Rob at: Gundermann@alzwisc.org to sign up for our Action Alerts.

Continued from page 1

services designed to help families understand and respond to the changes that occur as a dementia disease progresses. ADAW’s Crossing Bridges is designed to educate people in the early stages of a dementia journey on what to expect and how to plan for the future, including ways to build on existing strengths.

Watch for information coming this fall about a new program, The Caregiving Journey: Middle to Late Stage Dementia, designed to support caregivers during the mid- to late- stages of dementia through interactive experiences designed to develop beneficial skills. ADAW staff is also available for personalized care consultations, working with families to problem solve at any stage of the disease. ADAW is your partner along the journey. Call 608.232.3400 or 888.308.6251 toll-free in Wisconsin or send an email to support@alzwisc.org.

SAVE THE DATE

UNDERSTANDING AND COPING WITH THE CHALLENGES OF ALZHEIMER’S DISEASE AND DEMENTIA

Wednesday, November 9, 2016

United Methodist Church, 2227 4th Street, Monroe

Guest Speakers: Tom and Karen Brenner, authors of the book “You Say Goodbye and We Say Hello: The Montessori Method for Positive Dementia Care”

Contact Outreach Coordinator Deanna Truedson, 608.843.3402 or deanna.truedson@alzwisc.org, for more information.
Diversity Update
-Charlie Daniel, Diversity Coordinator

They say a picture is worth a thousand words. With this edition I would like to highlight members of the African American Community Advisory Board (AACAB) of the ADAW and congratulate them on their community awards. We have many members of the Advisory Board who are doing great things in our community.

I attended the introduction of newly elected Madison City Council members at the Madison Club. I am pictured with the President of Madison College Board of Directors, Frances Huntley-Cooper and newly elected city council member Barbara McKinney.

I participated and presented at the AKA Health Walk and Fair with Corinda Rainey Moore and Margaret Carpenter.

As the newly elected Vice-President of the Board of Directors at Access Community Health Centers, I attended Access’s Community Banquet with members of the Madison Metropolitan Links.

Corinda Rainey Moore, Community Outreach and Engagement Coordinator at Wisconsin Council on Children & Families and president of the board at Safe Communities, presents a Community Award to Pam Bracey, Diversity Specialist at the North Eastside Senior Coalition. Pam has served on the AACAB for seven years.

Charlie Daniel with her daughter and husband at the 2016 Juneteenth Celebration at Penn Park in Madison.

Lula Jones and Jewelline Wiggins, members of the AACAB, were presented with community awards from Dr. Dorothy Edwards, Wisconsin Alzheimer’s Disease Research Center.

Board member Aaron Perry, with Joseph Roy and Anthony Curtis, made history with his Team Black Men Run by becoming the World’s 1st African American Diabetic Triathlon Relay Team.
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 ten 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 eight different cafés and three affiliated 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 come 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.

AUGUST

WESTFIELD MEMORY CAFÉ *
Wednesday, August 3
10:00 a.m. - 12:00 p.m.
Westfield Village Hall
124 E. 3rd St., Westfield
* In partnership with the Aging & Disability Resource Center serving Adams, Green Lake, Marquette, and Waushara Counties.

DODGEVILLE MEMORY CAFÉ
Wednesday, August 3
1:00 - 3:00 p.m.
Stonefield Apartments Community Room
407 E. Madison St., Dodgeville

MIDDLETON MEMORY CAFÉ
Friday, August 5
9:30 - 11:30 a.m.
Captain Bill’s Restaurant
2701 Century Harbor Rd., Middleton

Continued on page 8
Join an Alzheimer’s walk to give back or pay it forward

WHY DO WE WALK?

The Alzheimer’s & Dementia Alliance of Wisconsin hosts Alzheimer’s Walks in seven counties throughout our service area to raise awareness about the many ways in which we can help people who are impacted by Alzheimer’s disease or another form of dementia. We walk to show the incredible amount of support that exists in these communities and beyond. We walk to raise necessary funding to continue to support and provide essential programs and services to those impacted by Alzheimer’s disease.

We invite you to join us for an Alzheimer’s Walk in a community near you as we STEP FORWARD, GIVE HOPE and make a difference. You can participate as an individual or recruit a team. Teams come in all shapes and sizes, from family teams to work teams, church teams to friends and neighbors. Signing up is easy and being a part of this event is fun!

WHY WILL YOU WALK?

Have you personally benefited from a program or service we offer? Do you have a loved one living with a dementia-type diagnosis and would like to raise awareness? Are you walking in memory of a loved one? Whatever your reason, we hope you join us and make a difference in the lives of individuals in your community.

For more information about an Alzheimer’s Walk in a community near you, please call 608.232.3400 or 888.308.6251 or visit our website, www.alzwisc.org.
STEP FORWARD
GIVE HOPE
Alzheimer’s Walk 2016

Green County
SATURDAY, SEPTEMBER 10
Behring Senior Center
1113 10th Street, Monroe, WI
http://support.alzwisc.org/green

Columbia/Marquette County
SUNDAY, SEPTEMBER 11
Riverside Park
East Wisconsin Street, Portage, WI
http://support.alzwisc.org/columbia

Sauk County
SATURDAY, SEPTEMBER 17
Mary Rountree Evans Park
701 Second Avenue, Baraboo, WI
http://support.alzwisc.org/sauk

Dane County
SATURDAY, SEPTEMBER 24
Warner Park Shelter
1511 Northport Drive, Madison, WI
http://support.alzwisc.org/dane

Grant County
SATURDAY, SEPTEMBER 24
Grant County Fairgrounds,
Eckstein Building
916 East Elm Street, Lancaster, WI
http://support.alzwisc.org/grant

Richland County
SUNDAY, SEPTEMBER 25
UW Richland Campus, Student Center
1200 Highway 14 West,
Richland Center, WI
http://support.alzwisc.org/richland

Iowa County
SATURDAY, OCTOBER 1
Grace Lutheran Church
1105 North Bequette Street, Dodgeville, WI
http://support.alzwisc.org/iowa
SUN PRAIRIE MEMORY CAFÉ *
Thursday, August 11
9:30 - 11:00 a.m.
The Sunshine Place
1632 W. Main St., Suite 200, Sun Prairie
* Affiliated with ADAW. Hosted by the Colonial Club Senior Center. Call 608.837.4611 for more information.

COMMUNICATION TIPS & STRATEGIES
Learn ways to effectively and compassionately communicate with someone who has dementia.
Friday, August 12
10:00 - 11:30 a.m.
Waunakee Senior Center
333 S. Madison St., Waunakee

MADISON MEMORY CAFÉ *
Monday, August 15
1:00 - 3:00 p.m.
Warner Park Community Center
1625 Northport Dr., Madison
* In partnership with North/Eastside Senior Coalition.

SAUK CITY MEMORY CAFÉ
Thursday, August 18
9:30 - 11:00 a.m.
Sauk Prairie Community Center, Café Connections
730 Monroe St., Sauk City

PORTAGE MEMORY CAFÉ
Wednesday, August 24
1:00 - 3:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage

RICHLAND CENTER MEMORY CAFÉ
Thursday, August 25
9:30 - 11:30 a.m.
Woodman Senior Center
1050 N. Orange St., Richland Center

DEMENTIA FRIENDLY COMMUNITIES TRAIN THE TRAINER
Thursday, August 25
1:00 - 3:00 p.m.
Richland County Community Services Building
221 W. Seminary St., Richland Center
Contact ADRC-Eagle Country Richland Center office, Roxanne Klubertanz-Gerber at 608.647.4146
Anyone interested in helping with the DFC initiative is welcome to attend.

SINSINAWA MOUND MEMORY CAFÉ *
Thursday, August 25
1:00 - 2:30 p.m.
585 County Road Z, Sinsinawa
* Affiliated with ADAW. Contact Coni LaBarbera, Pastoral Minister Sinsinawa Dominicans, Inc., at 608.748.4411 Ext. 188 for more information.

DEFOREST MEMORY CAFÉ *
Friday, August 26
1:00 - 2:30 p.m.
DeForest Area Community and Senior Center
505 N. Main St., DeForest
* Affiliated with ADAW. Hosted by the DeForest Area Community and Senior Center. Contact 608.846.9469 for more information.

YOUNG ONSET MEMORY CAFÉ (65 AND UNDER)**
**Please contact ADAW, 608.232.3400, prior to participating.
Saturday, August 27
11:30 a.m. - 1:30 p.m.
Alzheimer’s and Dementia Alliance of WI 2nd Floor Conference Room
517 N. Segoe Rd., Madison

SEPTEMBER

MIDDLETON MEMORY CAFÉ
Friday, September 2
9:30 - 11:30 a.m.
Captain Bill’s Restaurant
2701 Century Harbor Rd., Middleton

DODGEVILLE MEMORY CAFÉ
Wednesday, September 7
1:00 - 3:00 p.m.
Stonefield Apartments Community Room
407 E. Madison St., Dodgeville

WESTFIELD MEMORY CAFÉ *
Wednesday, September 7
10:00 a.m. - 12:00 p.m.
Westfield Village Hall
124 E. 3rd St., Westfield
* In partnership with the Aging & Disability Resource Center serving Adams, Green Lake, Marquette, and Waushara Counties.

SUN PRAIRIE MEMORY CAFÉ *
Thursday, September 8
9:30 - 11:00 a.m.
The Sunshine Place
1632 W. Main St., Suite 200, Sun Prairie
* Affiliated with ADAW. Hosted by the Colonial Club Senior Center. Call 608.837.4611 for more information.

ALZHEIMER’S & DEMENTIA: FIRST STEPS FOR FAMILIES
Learn about dementia-related diseases, what families can do, and resources to help.
Monday, September 12
5:30 - 7:00 p.m.
Alicia Ashman Library
733 N. High Point Rd., Madison

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

MADISON MEMORY CAFÉ *
Monday, September 19
1:00 - 3:00 p.m.
Warner Park Community Center
1625 Northport Dr., Madison
* In partnership with North/Eastside Senior Coalition.

PORTAGE MEMORY CAFÉ
Wednesday, September 21
1:00 - 3:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage
RICHLAND CENTER MEMORY CAFÉ  
Thursday, September 22  
9:30 - 11:30 a.m.  
Woodman Senior Center  
1050 N. Orange St., Richland Center

DEFOREST MEMORY CAFÉ *  
Friday, September 23  
1:00 - 2:30 p.m.  
DeForest Area Community and Senior Center  
505 N. Main St., DeForest  
* Affiliated with ADAW. Hosted by the DeForest Area Community and Senior Center. Contact 608.846.9469 for more information.

YOUNG ONSET MEMORY CAFÉ (65 AND UNDER)**  
**Please contact ADAW, 608.232.3400, prior to participating.  
Saturday, September 24  
11:30 a.m. - 1:30 p.m.  
Alzheimer’s and Dementia Alliance of WI  
2nd Floor Conference Room  
517 N. Segoe Rd., Madison

SINSINAWA MOUND MEMORY CAFÉ *  
Thursday, September 29  
1:00 - 2:30 p.m.  
585 County Road Z, Sinsinawa  
* Affiliated with ADAW. Contact Coni LaBarbera, Pastoral Minister Sinsinawa Dominicans, Inc., at 608.748.4411 Ext. 188 for more information.

OCTOBER

DODGEVILLE MEMORY CAFÉ  
Wednesday, October 5  
1:00 - 3:00 p.m.  
Stonefield Apartments Community Room  
407 E. Madison St., Dodgeville

WESTFIELD MEMORY CAFÉ *  
Wednesday, October 5  
10:00 a.m. - 12:00 p.m.  
Westfield Village Hall  
124 E. 3rd St., Westfield

* In partnership with the Aging & Disability Resource Center serving Adams, Green Lake, Marquette, and Waushara Counties.

MIDDLETON MEMORY CAFÉ  
Friday, October 7  
9:30 - 11:30 a.m.  
Captain Bill’s Restaurant  
2701 Century Harbor Rd., Middleton

SUN PRAIRIE MEMORY CAFÉ *  
Thursday, October 13  
9:30 - 11:00 a.m.  
The Sunshine Place  
1632 W. Main St., Suite 200, Sun Prairie 53590  
* Affiliated with ADAW. Hosted by the Colonial Club Senior Center. Call 608.837.4611 for more information.

MADISON MEMORY CAFÉ *  
Monday, October 17  
1:00 - 3:00 p.m.  
Warner Park Community Center  
1625 Northport Dr., Madison  
* In partnership with North/Eastside Senior Coalition.

ALZHEIMER’S & DEMENTIA: FIRST STEPS FOR FAMILIES  
Learn about dementia-related diseases, what families can do, and resources to help.  
Tuesday, October 18  
5:30 - 6:30 p.m.  
The Richland Hospital, Pippin 3  
333 E. Second St., Richland Center

UNDERSTANDING & RESPONDING TO BEHAVIOR CHANGES  
Understand reasons why behavior changes occur and get problem-solving tips to help prevent and cope with them.  
Tuesday, October 25  
5:30 – 7:00 p.m.  
Our House Assisted Living  
355 Mack Dr., Reedsburg

PORTAGE MEMORY CAFÉ  
Wednesday, October 26  
1:00 - 3:00 p.m.  
Portage Public Library  
253 W. Edgewater St., Portage

RICHLAND CENTER MEMORY CAFÉ  
Thursday, October 27  
9:30 - 11:30 a.m.  
Woodman Senior Center  
1050 N. Orange St., Richland Center

SINSINAWA MOUND MEMORY CAFÉ *  
Thursday, October 27  
1:00 - 2:30 p.m.  
585 County Road Z, Sinsinawa  
* Affiliated with ADAW. Contact Coni LaBarbera, Pastoral Minister Sinsinawa Dominicans, Inc., at 608.748.4411 Ext. 188 for more information.

SUN PRAIRIE MEMORY CAFÉ *  
Thursday, October 27  
9:30 - 11:00 a.m.  
Woodman Senior Center  
1050 N. Orange St., Richland Center

SAUK CITY MEMORY CAFÉ  
Thursday, October 20  
9:30 - 11:00 a.m.  
Sauk Prairie Community Center, Café Connections  
730 Monroe St., Sauk City  
* Affiliated with ADAW. Hosted by the DeForest Area Community and Senior Center. Contact 608.846.9469 for more information.
TRIBUTES & MEMORIALS
4-19-2016 to 6-30-2016

IN MEMORY OF:

LEON APPLEBAUM
Adrienne Koritz

JOSEPHINE M BLANKENHEIM
Mary & Paul Cuccia

ELIZABETH BRASHI
Mary & Paul Cuccia

MAURICE E COTANT
Anonymous
Melanie & Gregory Luft
M & D Wilson

MELVIN GENSKOW
Chris & Brad Hougard

E L STRETCH JAEGER
Carolyn White

OLGA JOHNSON
Delores & Gregory Kreisler

ANNACILE KEEs
The Living Stones of Jesus

JACK KELLY
Shirley Lipke

JOSEPH KONEN
Jeanne Mundt

WILLIAM LUDWIG
Laura Mays

ELDA LUETKENS
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DALE MIELKE
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Jeanne & David Bjerke
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Clare & Michael McCoy

Dolores & James Schmitt
Deborah & Gary Schoonover
Mary & Roger Schuster
Ms. Meg Selby
Victoria & Richard Stauber
Derry Wagner

HENRY JOSEPH NIEBAUER, III (JOE)
Virginia Connor
Helen Ladwig
Jane Maherl

FATIMA RAHIMI
Gholam-Reza Hafez
Mehdi Rezai
Hossein & Fereshthe Rod

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Robert Blankenhagen
Betty & Kenneth Koenig
Lucille Manthe
Evan Mitchell
Dawn Shoemaker
Eileen Shoemaker
Norma & Bryan Steilkie
Sandra Thompson
Mary & Theodore Willgrubs

JAMES SHERIDAN
Emelie & Charles Grigg
Northwoods Passage
Snowmobile Club

FRANCIS ZIMMER
Lillian I. Zimmer

Please contact ADAW at 608.232.3400 or toll-free, 888.308.6251, to make any corrections to this listing.
We are deeply grateful to everyone who has supported our programs and services.

UPCOMING EVENTS TO BENEFIT ADAW

QUILT RAFFLE
Now through September 25
A raffle has been set up at the request of Philomena Poole with all proceeds to be given to the Richland County Alzheimer’s Walk.
Drawing held: Sunday, September 25 at the Alzheimer’s Walk, UW-Richland campus, 1200 Hwy 14 West, Richland Center.
Cost: $5/ticket or 6 for $20.
Raffle tickets will be sold at the walk, are available for purchase at the Brewer Library, 2nd floor, 325 N. Central Ave., Richland Center or by contacting Outreach Specialist Becky DeBuhr, 608.723.4288, or Ingrid Kundinger, 608.232.3410.

PAINT NIGHT
Friday, August 5
4:30 – 6:00 p.m. - Artist set-up
6:00 – 8:00 p.m. - Paint Nite event
8:00 – 9:00 p.m. - Artist clean-up
Brewster’s Lanes, 1231 Viking Dr., Reedsburg
Cost: $45; $15 to benefit ADAW.
The Reedsburg Area Senior Life Center’s Sauk County Alzheimer’s Walk Team is hosting a Paint Nite Fundraiser. Artists will create an original forget-me-not flower painting.

13th ANNUAL DUMP RUN
Saturday, August 27
10:00 a.m. – Registration
11:30 a.m. – Ride begins
4:30 p.m. – Pig Roast
5:00 p.m. – Live auction
7:30 p.m. – Live music by Get Bent
The Dump Bar & Grill
105 Edgewater St., Cambria
Cost: $20; includes poker run, pig roast, auction and live music.
Join in on the largest one-day charity ride in Columbia County with a portion of the proceeds benefitting the Columbia/Marquette County Alzheimer’s Walk. Last year ADAW received over $5,000!
Register at the Dump Bar and Grill [pre-registration strongly encouraged]. Call 920.348.5733 for more information.

Continued on page 11
ADAW WELCOMES KASSIE MARTIN

Kassie joined ADAW as the development coordinator in the beginning of July. She works closely with Development Director Ingrid Kundinger to organize the seven Alzheimer’s Walks and other fundraising events throughout the year. Kassie is very excited to bring some new and exciting ideas to the organization!

Prior to joining ADAW, Kassie worked in both for-profit and non-profit organizations. She enjoys being a part of the non-profit world and being able to help in any way she can. “I love being able to come into work every day and know that myself and the entire organization are doing such great things for the community,” explains Kassie.

Kassie’s degree is in Communication Technologies with an emphasis in Public Relations from UW-Platteville. When Kassie isn’t at ADAW she is most likely spending time with her niece and nephew, enjoying downtime with friends or exploring all the great restaurants Madison has to offer! Welcome to the team, Kassie!

ADAW STAFF CHANGES

In June Dementia Support Team specialist Therese Strome retired. She will be missed as will her great depth of dementia knowledge. We wish her all the best in her retirement.

Former Alzheimer’s Family and Caregiver Support Program (AFCSP) coordinator and Men’s Support Group facilitator, Lindsey March accepted the Dementia Support Team position. Lindsey comes from a strong mental health background with dual licensure as a Professional Counselor and Marriage and Family Therapist. Lindsey is excited to merge her professional background with her passion for Alzheimer’s outreach, advocacy and support. She has a family history of dementia and Alzheimer’s and feels honored to be in a position to support others who are on their own journey with this disease. Please join us in congratulating Lindsey!
ALZHEIMER’S WALK 2016
REGISTER TODAY!

Green County
September 10, 2016
support.alzwhisc.org/Green

Columbia/Marquette County
September 11, 2016
support.alzwhisc.org/Columbia

Sauk County
September 17, 2016
support.alzwhisc.org/Sauk

Dane County
September 24, 2016
support.alzwhisc.org/Dane

Grant County
September 24, 2016
support.alzwhisc.org/Grant

Richland County
September 25, 2016
support.alzwhisc.org/Richland

Iowa County
October 1, 2016
support.alzwhisc.org/Iowa

Sign up for our FREE email newsletters!
www.alzwisc.org