Preparing for Hospitalization

Imagine a stranger comes into your hospital room. “Can you spell your last name?” the person asks. “What’s your birthdate?” The stranger is looking at a computer monitor while talking to you or checking your vital signs. Normal protocols that happen in every doctor’s office or hospital room are important in today’s healthcare system but can be frightening and cause anxiety and agitation if you have dementia.

Families report a variety of frustrations when a loved one with dementia is hospitalized. Medical records may not accurately reflect the dementia diagnosis or cognitive abilities. Staff is focused on what they need to do instead of how to interact with the person. Medical staff may overestimate a person’s cognitive abilities by sharing detailed medical information without the caregiver present. Or they may underestimate the person’s abilities and do tasks the person is perfectly able to do.

Planning for an unexpected visit to the emergency room or a planned hospital stay can be valuable and provide some peace of mind for all involved. Because people with dementia are more likely to be hospitalized than those without, these tips may be helpful in preparing for the future:

- Find out if the procedure can be done on an outpatient basis. If not, ask whether any tests can be done before hospitalization, to shorten the stay.
- Try to meet with all of the doctors involved to discuss your loved one’s
memory loss. Determine a baseline so staff can understand what could be unusual behavior or changes in comprehension during the stay.

- Depending on the person with dementia, it might be important to discuss ahead of time whether medical information, like test results, should be shared in the presence of the person or privately between the physician and the caregiver.

- Share information about the person so staff can understand and communicate better. What are the abilities of the person? Describe the person’s normal routine, including likes, dislikes and best methods to provide comfort and reassurance. One family posted a sign above the bed and on the door describing who the person is and some of the things that cause frustration when the medical staff interacted with the patient.

- Plan for a familiar caregiver to be there 24/7. Create a schedule for all people involved and determine individual roles, like caregiver, spokesperson etc. Make sure the primary caregiver gets breaks throughout the stay.

- A calm environment is important. Voices should be kept low and reassuring. Be aware of too much stimulation, like noise levels and too many people in the room, which can cause agitation and/or anxiety. Bring items that may comfort your loved one.

- Discuss the effects of anesthesia and whether a local anesthesia can be used instead. Determine what regular medications can and cannot be discontinued during the stay.

- Watch for changes in the person like signs of fever, infection, dehydration or side effects from medication which can all cause confusion or disorientation. These concerns should be shared with the doctor as soon as possible.

- Use discretion when deciding to tell a loved one about a planned hospitalization ahead of time. If doctor visits generally cause anxiety or agitation, it might be best to tell the person on the way to the hospital or even when you arrive.

The best thing family members can do is to be open with the medical staff and advocate for the person with dementia. If something is causing distress to you or your loved one, speak up. Explain the situation and make suggestions on how to interact differently. Not all staff members have extensive training on dementia and family feedback can be invaluable.

In addition to talking to staff at the Alzheimer’s & Dementia Alliance of Wisconsin, there are a variety of resources available online to help prepare for a hospital stay. Visit the National Institute on Aging for additional guides. The Alzheimer’s Society has a great document titled “This is Me” that can help create an overview of the person to share with medical providers.
Dear Friends,

I would like to start by expressing our sincere gratitude to five courageous individuals – Sandy, Fred, Naveena, Moira and Jon – for sharing their story publicly on tape. Working with Yellow Dog Productions, the Alzheimer’s & Dementia Alliance has a powerful new video that shares the work we do and how it impacts quality of life. We talk and write about it all the time, but to actually hear from these remarkable care partners is tremendously uplifting to all of us. Most importantly, this video helps to break down the barriers so many families facing a diagnosis experience. Our goal is to assist each and every family impacted by any form of dementia, but they have to make that important first step– call us for help. Visit the front page of our website to view the video. It is five minutes that could change your life, or the life of someone you know.

As always, this newsletter is filled with information about upcoming programs and topics of interest designed to help you along the journey. All of this is made possible by critical local fundraising efforts. I hope you will participate in one of our seven annual Alzheimer’s Walks this fall– each one is different and reflects the hard work of local planning committees. Keep in mind that every dollar raised stays local!

Wisconsin-based research is incredibly important, and I draw your attention to Public Policy Director Rob Gundermann’s update. He was able to meet personally with the Governor’s policy director and ask for an additional $100,000 for dementia research at the Wisconsin Alzheimer’s Disease Research Center at UW-Madison. We are grateful the Governor accepted our recommendation that makes whole again the original $1.5 million annual appropriation ADAW secured in the budget in 2005.

The Alliance is moving forward with hiring three new outreach specialists to serve Adams, Juneau, Marquette, Green Lake and Waushara counties and the greater Beloit area in Rock County, supported by new funding from the Administration on Community Living. After advertising the positions locally, we had nearly 90 candidates for the Beloit position, and nearly 30 for the two positions in the five rural counties. We are grateful so many folks would like to come work with us. Although the new positions are not entry level, it is gratifying to see growing numbers of college students are preparing themselves to work in the human services area with some very interested in working with families impacted by Alzheimer’s and dementia.

As always, I hope you will take full advantage of everything the Alzheimer’s & Dementia Alliance has to offer. Many of you actually escort your friends and family members to one of our programs as an introduction to what is available. This one-on-one assistance is the hallmark of our organization, and we are most grateful for everything that you do to keep us moving forward.

Sincerely,

Paul Rusk, Executive Director
One good rule to follow as a caregiver is to make sure to take care of you. Taking care of someone with Alzheimer’s or another dementia can be stressful. Yet, caregivers are often reluctant to bring help into the home to assist with care or to take advantage of adult day center programming that could add a little variety into everyday life for the person with dementia and provide a break for the caregiver. Sometimes, cost is a factor. Other times people are unaware of what respite programs are.

Using respite services or companion care can be beneficial for caregivers by:

- Reducing caregiver stress
- Lowering rates of caregiver depression
- Improving overall health of caregivers
- Providing opportunities for other activities

As part of a federal grant, ADAW is offering limited respite services to African American families caring for a loved one with dementia at home. Respite services can:

- Provide companionship
- Offer activities geared toward your loved one’s interests
- Give caregivers a break
- Assist in understanding and connecting to available resources

Respite is available free of charge and may be limited to two (2) hours per week, depending on availability. This is a wonderful opportunity to experience the benefits of respite. You can also participate in this research project by answering a few questions on the barriers related to acceptance of respite care.

For more information, contact Respite and Outreach Specialist Naomi Jones at 608.232.3400 or by email at naomi.jones@alzwisc.org.
The Columbia County Aging & Disability Resource Center (ADRC) and the Alzheimer’s & Dementia Alliance of Wisconsin (ADAW) presented a dementia crisis response training workshop, part of a grant project funded by the State of Wisconsin through the state’s Dementia Capable Wisconsin plan, which provides funding for counties to review and address the dementia capabilities of first responders and other professionals. On February 23, 63 first responders and home care agencies attended the Dementia Crisis Response Training train-the-trainer workshop. Dr. Robert Smith, from the Geriatric Assessment Clinics in Richland Center and Reedsburg, provided an introduction to the different types of dementia and the possible effects, followed by Deanna Truedson and Janet Wiegel discussing behavioral responses, safety concerns and communication techniques. Since then, 107 others in local agencies have been trained.

After successfully launching efforts for Portage to become dementia friendly, a similar initiative has launched in Baraboo, co-sponsored by ADAW and the Sauk County ADRC. A task force is meeting and training has begun. We have already trained 238 people so far, including all Sauk County law enforcement, two dental offices (Village Family Dental, Downtown Family Dental), and a social group from St. Joseph's Catholic Church.

DFC-Portage is still going strong, with the Portage and Arlington Fire departments recently completing training.

This year marked the five year anniversary of the Sauk City Memory Café. On June 21, 2012 ADAW hosted Wisconsin’s very first Memory Café partnering with the Sauk Prairie Community Center and others. Since it began, participants have enjoyed a variety of guest presenters and activities. We welcomed Carol Olson for a bee keeping presentation; a pilot who built his own plane; pet therapy organization Dogs on Call; Nancy Piedlestein for group painting; and even had a visit from a turkey vulture. Other activities include a Carr Valley cheese tasting; apple tasting; Syttende Mai and Chinese New Year celebrations; an Irish sing-along and picnics in the park.

We also celebrated the one year anniversary of the Westfield Memory Café in June and the third anniversary of the Portage Memory Café in January.

Support group sizes have doubled in Columbus, Reedsburg and Portage. We hold two caregiver retreats a year for Sauk County and Columbia County. Our last in spring focused on little ways to reduce stress. This fall’s retreat will focus on change and grief with guest speaker Cheri Milton from Agrace Hospice and Palliative Care.

Alzheimer’s Walk activities are occurring all year long, with third party fundraising events to support both the Sauk County Alzheimer’s Walk and the Columbia/Marquette County Alzheimer’s Walk. Events included Fitz’s on the Lake St. Patrick’s Day Dinner, a silent auction at Riley’s Tavern hosted by the Columbia County ADRC; a paint night at the Sauk County Health Care Center; and a Patsy Cline impersonator at Oak Park Place in Baraboo. We are grateful for the tremendous community support for these activities and, in turn, the programs and services offered through the Columbia/Sauk/Marquette Outreach Office.

Janet Wiegel staffs the outreach office serving Columbia, Marquette and Sauk counties. She is primarily based in the Dean Clinic in Portage but has office hours at the Reedsburg Geriatric Assessment Clinic. She can be reached at 608.742.9055 or 888.308.6251 toll-free in Wisconsin or via email at janet.wiegel@alzwisc.org.
LAUNDRY PODS CAN BE DANGEROUS FOR PEOPLE WITH DEMENTIA

You may have heard in the news the dangers laundry pods can pose for children but they are dangerous for people with dementia too. Over the past five years two children have died after ingesting laundry pods while six adults with dementia have died over the same period. The colorful pods can easily be mistaken for food. ADAW recommends not using laundry pods if you are caring for a loved one with dementia in your home or keep them in a locked cabinet or other secure location with all cleaning products that could be ingested. It is important to evaluate items around the house and identify items that a person with dementia may consider edible.

LEGISLATIVE UPDATE AND ALERT

There is a great deal of work being done in both Washington D.C. and Madison, Wisconsin that could impact families coping with dementia. At the federal level we are concerned about and opposing cuts to Medicaid and Medicare. People with Alzheimer’s disease or other dementias often rely on Medicaid to cover their health care and both the House and Senate bills substantially reduce Medicaid spending. In addition, how hundreds of thousands of Americans living with young-onset dementia as a pre-existing condition would be covered is still unclear. These are substantial issues that still must be addressed.

CONTACT SENATORS RON JOHNSON AND TAMMY BALDWIN AND URGE THEM TO CONTINUE THEIR OPPOSITION TO THE PROPOSED SENATE REPEAL AND REPLACE BILL UNTIL THESE ISSUES ARE RESOLVED.

In Madison, the Legislature is still grappling with the State Budget. When I met with the Governor’s Policy Director I asked that $100,000 be added to the UW Alzheimer’s Disease Research Center in the Governor’s budget. Ending Alzheimer’s disease has been a goal of ADAW since I began in 1998. Our advocacy ensured $1.5 million in state money for dementia research under Governor Doyle. Unfortunately, during recent budget cuts to the UW, this amount was reduced. Representative Hesselbein authored a bill as part of the Speaker’s Task Force on Dementia package that would have returned this funding but it did not pass both houses of the Legislature before the session ended. I am pleased to report that the Governor has added $100,000 in Alzheimer’s research to the State Budget!

Lastly, I would like to address a newly introduced bill, AB 432, which would REDUCE the amount of training a CNA must receive in Wisconsin from 120 hours to 75 hours. You may recall, Wisconsin at one time only required 75 hours of training but increased that figure to 120, which included dementia-specific training, because the State recognized the importance of training those who will provide care for our loved ones. The current argument for this bill is that it will make it easier for nursing homes to find staff members.

CONTACT YOUR STATE REPRESENTATIVE AND STATE SENATOR TO LET THEM KNOW THE IMPORTANCE OF WELL TRAINED STAFF! LOWERING TRAINING REQUIREMENTS IS NOT THE ANSWER. ASK THEM TO OPPOSE AB 432.

You can call, email or write your legislators. Their contact information can be found on the legislative website, http://legis.wisconsin.gov/
Welcome Rachel Olson

Rachel Olson joins ADAW as outreach coordinator for Green, Iowa and Lafayette counties. Rachel has a professional background that includes directing the Family Caregiver Support Network at Interfaith in Milwaukee where she helped provide respite and other support and resources for families dealing with Alzheimer’s disease and other causes of dementia. Prior to that she spent 20 years serving as a United Methodist minister where she regularly provided spiritual, emotional and social support for older adults and their families in both urban and rural settings. Her training includes a Clinical Pastoral Education residency at Gundersen Lutheran Medical Center where she worked as part of the treatment team in both a neurological rehabilitation unit and a memory care facility.

Although Rachel has been involved in community, institutional and organizational leadership, she finds grassroots advocacy and community building, as well as interacting directly with individuals and families to help improve their daily lives, to be most rewarding. She is really looking forward to spending time and working closely with the ADAW staff, community partners and clients. Rachel recently moved to Madison where she lives with her son and their small dog. When she’s not busy learning the ropes at ADAW, she enjoys reading, writing, dancing, cycling and kayaking.

Local Research Updates

EXERT STUDY

The University of Wisconsin-Madison is now recruiting for the EXERT study. EXERT is a national, 18-month long clinical trial to test whether physical exercise can slow the progression of early Alzheimer’s disease related memory problems or mild cognitive impairment in older adults. EXERT is taking place at 15 academic medical centers and YMCAs in the US. Participants will be sedentary adults between the ages of 65 and 89 years of age who are experiencing mild memory loss but are otherwise in good health. Participants must speak fluent English, have someone who is willing to accompany them to clinic visits, and be both willing and able to exercise four times per week at either the East or West Madison YMCA. Participants will be compensated for participation and will receive a free YMCA membership for the duration of their participation in the study. For more information, contact Study Coordinators Beth Jeanes at 608.265.5752; emjeanes@medicine.wisc.edu or Colleen Mellert at 608.263.6561; cmellert@medicine.wisc.edu.

WISCONSIN ALZHEIMER’S DISEASE RESEARCH CENTER FALL LECTURE

The annual event will take place on Wednesday, October 4 from 5:00 - 8:00 p.m. at Gordon Dining & Event Center, 770 W. Dayton Street, on the UW-Madison campus. This free annual community event showcases cutting-edge research in Alzheimer’s disease and aims to provide information to help people improve brain health and live healthier lives. The theme this year is prevention, and the speakers for the evening will focus on the science behind Alzheimer’s disease and dementia risk and delaying and preventing the onset of the disease. Dr. Rozalyn Anderson, an associate professor of geriatrics at the University of Wisconsin School of Medicine and Public Health and an expert on the biology of aging, will offer the keynote address. Visit www.adrc.wisc.edu/events for further details.
**THIRD PARTY EVENTS**

**ATTIC ANGEL FUNDRAISERS**

**Attic Angel Place**  
8301 Old Sauk Rd., Middleton

**Silent Auction/Raffle**  
Monday, August 28 - Monday, Sept. 11

**Bake Sale**  
Monday, September 11  
8:00 a.m. – 12:00 p.m.  
Attic Angel Place Lobby

**Hot Cocoa and Popcorn Stand**  
Friday, September 22  
11:00 a.m. – 3:00 p.m.  
Attic Angel Association’s Classic Clothing Sale  
Attic Angel Association office  
640 Junction Rd., Madison

Proceeds benefit Attic Angel Dane Co. Alzheimer’s Walk team.

**OAK PARK PLACE FUNDRAISERS**

**Oak Park Place Lobby**  
718 Jupiter Dr., Madison

**Bake Sales**  
Wednesday, August 30  
10:00 a.m. - 2:30 p.m.  
Oak Park Place Lobby  
Wednesday, September 20  
10:00 - ?

**Flavor of the Day Sales**  
11:00 a.m. – 1:00 p.m.  
Wednesdays:  
August 16 - Ice Cream Sundaes  
September 6 - Ice Cream Novelties  
September 13 - Malts

**Doggy Bones and Puppy Chow Sale**  
Pre-orders and for sale after dog show on Thursday, August 31  
Contact: adoyle@oakparkplace.com

Proceeds benefit Oak Park Place Dane Co. Alzheimer’s Walk team, Mighty Oaks.

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**Deepest Gratitude**

We wish to thank those who have graciously given their time and talent to support our fundraising events. Your contributions allow us to continue our mission of providing support and education to those affected by Alzheimer’s and other dementias.

**Stay Connected**

Follow us on social media for updates and to share your story:  
Facebook: Alzheimer’s & Dementia Alliance of Wisconsin  
Twitter: @alzwhisc

**Support Our Mission**

Visit our website to make a donation or to learn more about our programs:  
support.alzwisc.org
THIRD PARTY FUNDRAISERS

14TH ANNUAL DUMP RUN
Sat., August 26
The Dump Bar & Grill
105 W. Edgewater St., Cambria

Cost: $20 (includes Blind poker hand, map of route, door prize ticket and wristband); Non-Poker run participants: $10 (includes live auction, food & music)
Visit thedumpbar.com for details.
Proceeds benefit the Columbia/Marquette Co. Alzheimer’s Walk.

EQUESTRIAN MEMORY RIDE
Sunday, September 10
2:00 p.m.
Gibbs Lake, 9103 West Gibbs Lake Rd., Janesville
Suggested donation of $25-$100 per rider. Contact Donna Wilson, 608.490.3188 for details.

Sponsored by Horses with Heart

4th Annual Tractor Drive/Ride
Sunday, September 24
9 - 9:45 AM - Registration . 10 AM - Drive/Ride begins
Spring Grove Township Hall, County Rd. GG, Brodhead

Everyone is welcome...
Do not need a tractor to Participate in the fun!

- All tractors welcome with minimum speed of 10 MPH
- Tractors $20.00 ~ Wagon Riders $15.00 ~ Under 10 years old $ 5.00
- People wagons available for riders
  Roger Timpe 608-604-4648 or Fritz Wenger 608-214-4371
Proceeds benefit the Green County Alzheimer’s Walk

Quilt Raffle
Richland Co. Alzheimer’s Walk
Sunday, October 1
2:15 p.m.
Tickets: 1 for $1 or 6 for $5
Available for purchase at: Brewer Library, 2nd floor 325 N. Central Ave., Richland Center
Need not be present to win.

Happy Hour Silent Auction
Thursday, November 9
4:00 - 7:00 p.m.
Wisconsin Brewing Co.
1079 American Way
Verona

$25 includes pint glass & 2 draft beers
Proceeds benefit ADAW

We’d like to thank all involved in organizing these third party events. If you’d like us to promote an event, contact Ingrid Kundinger, 608.232.3410 or ingrid.kundinger@alzwisc.org.
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 eleven counties. All 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 thirteen 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.

* Memory Café affiliated with Alzheimer’s & Dementia Alliance of Wisconsin.

AUGUST 2017

IS IT TIME FOR FACILITY CARE?
Review things to consider when making the decision to move to facility care.

**Monday, August 14**
5:30 – 7:00 p.m.
Monona Public Library
1000 Nichols Rd., Monona

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

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

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

**DEFOREST MEMORY CAFÉ ***
Friday, August 25
1:00 – 2:30 p.m.
DeForest Area Community and Senior Center
505 N. Main St., DeForest
Contact: DeForest Area Community and Senior Center, 608.846.9469.

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

**Saturday, August 26**
11:30 a.m. – 1:30 p.m.
ADAW 2nd Floor Conference Rm
517 N. Segoe Rd., Madison

**SINSINAWA MOUND MEMORY CAFÉ ***
Thursday, August 31
1:00 – 2:30 p.m.
585 County Rd. Z, Sinsinawa
Contact: Coni LaBarbera, Pastoral Minister Sinsinawa Dominicans, Inc., 608.748.4411 Ext. 188.

SEPTEMBER 2017

Continued on page 11
MIDDLETON MEMORY CAFÉ
Friday, September 1
9:30 – 11:30 a.m.
Captain Bill’s Restaurant
2701 Century Harbor Rd.
Middleton

WESTFIELD MEMORY CAFÉ
Wednesday, September 6
10:00 a.m. – 12:00 p.m.
Westfield Village Hall
124 E. 3rd St., Westfield
In partnership with ADRC serving Adams, Green Lake, Marquette, and Waushara Counties.

DODGEVILLE MEMORY CAFÉ
Wednesday, September 6
1:00 – 2:30 p.m.
Stonefield Apartments
Community Room
407 E. Madison St., Dodgeville

WAUNAKEE MEMORY CAFÉ *
Thursday, September 7
9:30 – 11:00 a.m.
Steeplechase Condominiums
Clubhouse
5636 Conway Glen, Waunakee
Hosted by Dementia Friendly Waunakee and Waunakee Senior Center. Contact: 608.849.8385.

COMMUNICATION TIPS & STRATEGIES
Learn ways to effectively and compassionately communicate with someone who has dementia.
Monday, September 11
5:30 – 7:00 p.m.
Alicia Ashman Library
733 N. High Point Rd., Madison

MT. HOREB MEMORY CAFÉ *
Tuesday, September 12
1:00 – 2:30 p.m.
Immanuel Lutheran Church
310 W. Main St., Mt. Horeb
Contact: Immanuel Lutheran Church, 608.437.8733.

PLATTEVILLE MEMORY CAFÉ
Wednesday, September 13
1:00 – 2:30 p.m.
Park Place Community Room
1015 N. Elm St., Platteville
Sponsored by Park Place Senior Living.

SUN PRAIRIE MEMORY CAFÉ *
Thursday, September 14
9:30 – 11:00 a.m.
Colonial Club Senior Center
301 Blankenheim Ln., Sun Prairie
Contact: Colonial Club Senior Center, 608.837.4611.

SAUK CITY MEMORY CAFÉ
Thursday, September 21
9:30 – 11:00 a.m.
Sauk Prairie Community Center
Café Connections
730 Monroe St., Sauk City

DEForest MEMORY CAFÉ *
Friday, September 22
1:00 – 2:30 p.m.
DeForest Area Community and Senior Center
505 N. Main St., DeForest
Contact: DeForest Area Community and Senior Center, 608.846.9469.

YOUNG ONSET MEMORY CAFÉ (65 AND UNDER)
Please contact ADAW, 608.232.3400, prior to participating.
Saturday, September 23
11:30 a.m. – 1:30 p.m.
ADAW 2nd Floor Conference Rm
517 N. Segoe Rd., Madison

PORTAGE MEMORY CAFÉ
Wednesday, September 27
1:00 – 3:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage

RICHLAND CENTER MEMORY CAFÉ
Thursday, September 28
9:30 – 11:30 a.m.
Woodman Senior Center
1050 N. Orange St.
Richland Center

SINSINAWA MOUND MEMORY CAFÉ *
Thursday, September 28
1:00 – 2:30 p.m.
585 County Rd. Z, Sinsinawa
Contact: Coni LaBarbera, Pastoral Minister Sinsinawa Dominicans, Inc., 608.748.4411 Ext. 188.

OCTOBER 2017

ABC’S OF ALZHEIMER’S & DEMENTIA
A two-part series for families of people diagnosed with Alzheimer’s or a related disorder covering the medical aspects of dementia, current research, effects of dementia on the person, safety, communication, and more.

Tuesdays, October 3 & 10
6:00 - 8:00 p.m.
Crawford County Administration Building
225 N. Beaumont Rd.
Prairie du Chien
Guest Presenter: Dr. Thomas Loepfe, Mayo Clinic Health System/Franciscan Healthcare Free. RSVP: Crawford County ADRC, 608.326.0235.

WESTFIELD MEMORY CAFÉ
Wednesday, October 4
10:00 a.m. – 12:00 p.m.
Westfield Village Hall
124 E. 3rd St., Westfield
In partnership with the ADRC serving Adams, Green Lake, Marquette, and Waushara Counties.

Continued on page 12
DODGEVILLE MEMORY CAFÉ  
Wednesday, October 4  
1:00 – 2:30 p.m.  
Stonefield Apartments  
Community Room  
407 E. Madison St., Dodgeville

WAUNAKEE MEMORY CAFÉ *  
Thursday, October 5  
Special poetry presentation by Wisconsin Poet Laureate Karla Huston.  
9:30 – 11:00 a.m.  
Steeplechase Condominiums Clubhouse  
5636 Conway Glen, Waunakee  
Hosted by Dementia Friendly Waunakee and Waunakee Senior Center. Contact: 608.849.8385.

MIDDLETON MEMORY CAFÉ  
Friday, October 6  
Special poetry presentation by Wisconsin Poet Laureate Karla Huston.  
9:30 – 11:30 a.m.  
Captain Bill’s Restaurant  
2701 Century Harbor Rd.  
Middleton

UNDERSTANDING & RESPONDING TO BEHAVIOR CHANGES  
Understand reasons why behavior changes occur and get problem-solving tips to help prevent and cope with them.  
Monday, October 9  
5:30 – 7:00 p.m.  
Monona Public Library  
1000 Nichols Rd., Monona

MT. HOREB MEMORY CAFÉ *  
Tuesday, October 10  
1:00 – 2:30 p.m.  
Immanuel Lutheran Church  
310 W. Main St., Mount Horeb  
Contact: Immanuel Lutheran Church, 608.437.8733.

PLATTEVILLE MEMORY CAFÉ  
Wednesday, October 11  
1:00 – 2:30 p.m.  
Park Place Community Room  
1015 N. Elm St., Platteville  
Sponsored by Park Place Senior Living.

SUN PRAIRIE MEMORY CAFÉ *  
Thursday, October 12  
9:30 – 11:00 a.m.  
Colonial Club Senior Center  
301 Blankenheim Ln., Sun Prairie  
Contact: Colonial Club Senior Center, 608.837.4611.

SAUK CITY MEMORY CAFÉ  
Thursday, October 19  
9:30 – 11:00 a.m.  
Sauk Prairie Community Center  
Café Connections  
730 Monroe St., Sauk City

PORTAGE MEMORY CAFÉ  
Wednesday, October 25  
1:00 – 3:00 p.m.  
Portage Public Library  
253 W. Edgewater St., Portage

RICHLAND CENTER MEMORY CAFÉ  
Thursday, October 26  
9:30 – 11:30 a.m.  
Woodman Senior Center  
1050 N. Orange St.  
Richland Center

SINSINAWA MOUND MEMORY CAFÉ *  
Thursday, October 26  
1:00 – 2:30 p.m.  
585 County Rd. Z, Sinsinawa  
Contact: Coni LaBarbera, Pastoral Minister Sinsinawa Dominicans, Inc., 608.748.4411 Ext. 188.

DEFOREST MEMORY CAFÉ *  
Friday, October 27  
1:00 – 2:30 p.m.  
DeForest Area Community and Senior Center  
505 N. Main St., DeForest  
Contact: DeForest Area Community and Senior Center, 608.846.9469.

YOUNG ONSET MEMORY CAFÉ (65 AND UNDER)  
Please contact ADAW, 608.232.3400, prior to participating.  
Saturday, October 28  
11:30 a.m. – 1:30 p.m.  
ADAW 2nd Floor Conference Rm  
517 N. Segoe Rd., Madison

NOVEMBER 2017

WESTFIELD MEMORY CAFÉ  
Wednesday, November 1  
10:00 a.m. – 12:00 p.m.  
Westfield Village Hall  
124 E. 3rd St., Westfield  
In partnership with the ADRC serving Adams, Green Lake, Marquette, and Waushara Counties.

DODGEVILLE MEMORY CAFÉ  
Wednesday, November 1  
1:00 – 2:30 p.m.  
Stonefield Apartments  
Community Room  
407 E. Madison St., Dodgeville

WAUNAKEE MEMORY CAFÉ *  
Thursday, November 2  
9:30 – 11:00 a.m.  
Steeplechase Condominiums Clubhouse  
5636 Conway Glen, Waunakee  
Hosted by Dementia Friendly Waunakee and Waunakee Senior Center. Contact: 608.849.8385.
MIDDLETON MEMORY CAFÉ
Friday, November 3
9:30 – 11:30 a.m.
Captain Bill’s Restaurant
2701 Century Harbor Rd.
Middleton

PLATTEVILLE MEMORY CAFÉ
Wednesday, November 8
1:00 – 2:30 p.m.
Park Place Community Room
1015 N. Elm St., Platteville
Sponsored by Park Place Senior Living.

SUN PRAIRIE MEMORY CAFÉ *
Thursday, November 9
9:30 – 11:00 a.m.
Colonial Club Senior Center
301 Blankenheim Ln., Sun Prairie
Contact: Colonial Club Senior Center, 608.837.4611.

MT. HOREB MEMORY CAFÉ *
Tuesday, November 14
1:00 – 2:30 p.m.
Immanuel Lutheran Church
310 W. Main St., Mt. Horeb
Contact: Immanuel Lutheran Church, 608.437.8733.

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

UNDERSTANDING & COPING WITH THE CHALLENGES OF ALZHEIMER’S DISEASE & DEMENTIA
Wednesday, November 15
United Methodist Church
2227 4th St., Monroe
Guest Presenter: Former Wisconsin Governor Martin J. Schreiber, author of My Two Elaines: Learning, Coping, and Surviving as an Alzheimer’s Caregiver

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

RICHLAND CENTER MEMORY CAFÉ
Thursday, November 30 *
*Note date change
9:30 – 11:30 a.m.
Woodman Senior Center
1050 N. Orange St.
Richland Center

SINSINAWA MOUND MEMORY CAFÉ *
Thursday, November 30
1:00 – 2:30 p.m.
585 County Rd. Z, Sinsinawa
Contact Coni LaBarbera, Pastoral Minister Sinsinawa Dominicans, Inc., 608.748.4411 Ext. 188.

ABC’s of Alzheimer’s & Dementia

**Session I** will be presented on the medical aspects of Alzheimer’s and other dementia by Thomas Loepfe, M.D., Mayo Clinic Health System/Franciscan Healthcare. Dr. Loepfe will explain the various types of dementia – including symptoms, diagnosis, disease progression, and treatment options – in language we can all understand.

**Session II** will focus on the experience of dementia and how it affects a person’s functioning; how to best help the person maintain function and quality of life; and resources and support available to help. Becky DeBuhr, Outreach Specialist with the Alzheimer’s & Dementia Alliance of Wisconsin, will present this session.

For more information contact ADAW at 608.723.4288. To RSVP call Crawford County ADRC, 608.326.0235.
INDIVIDUAL CONTRIBUTIONS 1-20-2017 to 7-19-2017

BETH ABING
In memory/honor of Mabel Brandt

GARMEN AMMERMAN
In memory/honor of Bill Draxler

BARBARA ARNOLD

GENEVA BEALS

BARBARA & GARY BEYER
In memory/honor of Vivien Weinstein Daniels

AUDREY & ROBERT BRAUCHER
In memory/honor of Joan Deans

MERLIN BREUNIG

JOYCE & ALLAN BRINGE

SUSAN & EDWARD BRINSON

MARGE BUETTNER
In memory/honor of Eleanor Ambrose

JACK BURI
In memory/honor of Vernon Kratchner

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JOSH & FLO CHOVER

SUSAN & HOWARD COSGROVE

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In memory/honor of Ruth Cox

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MARYBETH & GLENN DEEDON

MARGARET & PHILIP DISER

JACK DUFFY

THERESE DURANSO
In memory/honor of Paul Werlun

RACHEL & HAROLD EICHELKRAUT

SUSAN EICHHORN

HOMER EVENSTAD

ROBERT FORBESS
In memory/honor of Jean Forbess

JACK & HELENE FRYE-OISER

PATRICIA GAUSMANN

DANIEL AND SHIRLEY GILBERTSEN

ROBERT GODFREY & IRIS HENGST
In memory/honor of Mr. Godfrey’s mother

SIV & JAMES GOULDING

MICHAEL GOURLIE

ERLENE GRABER

HELENE GRAUMANN

LEONA & WILLIAM GREGORY

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In memory/honor of Paul Gulickson

BETH HALVERSON

ROBERT HAWKINSON

EMILY HENNING
In memory/honor of Dale Henning

KATHLEEN & JAMES HERMAN
In memory/honor of Jean Fenyn

JANET HERZFELDT

CAROLYN HILLIARD

ROSALYNN HORSLEY
In memory/honor of Rose L Horsley

BOB HOYER
In memory/honor of Jean Hoyer

JONI JAEGER
In memory/honor of Stretch Jaeger

JUDITH JALOVIAR
In memory/honor of Hoeckerl Sisters

ELAINE JARVEY
In memory/honor of Joan W.

MARGARET JONES

PATRICIA KERR

EUGENE (SKIP) KNUSDON

EUGENE KOSTECXI
In memory/honor of Rena Kostecki

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KRISTIN LARSON

GEORGIANA LOWE

WENDI MARIEN
In memory/honor of Dr. Sherman Sievers

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JAMES MAYFIELD

ARDYCE & DONALD MCMILLEN

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In memory/honor of Margaret Meharg

KAREN MILLER

CHARLES MORITZ
In memory/honor of Natalie Moritz

DON MORSCHAUSER
In memory/honor of Art Morschauser

FRED NAGLE

GERTRUDE NELSON

LOIS NELSON

JANET & RONALD NENNEMAN

KAREN NIESEN

VIRGINIA O’BRIEN
In memory/honor of Gregg O’Brien

JUDY OMATA
In memory/honor of Dora Zeman

DOUGLAS POOLE

CAROL & WARREN RACE
In memory/honor of sister, Laura

YVONNE & JERRY REMY

KATHY SAUNDERS
In memory/honor of mom & sister

JANE & CLETUS SCHWOERER

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In memory/honor of Elsie Benedict

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LEOLA C WILLEY
Mary Ann & Ronald Ruff

FOND MEMORIES OF YOU
by William Rurup
You no longer know me.
I was your little boy.
You held me when I was scared.
You wiped away my tears.
You supported me in all my decisions,
even though you did not agree with all of them.
This disease has robbed you of your memory.
Memories that have brought you so much happiness.
I tear up now when I think of all the things we have shared.
From birthdays to Christmases past.
It is now my turn to comfort you in your time of need.
Lay your head upon my shoulder, cry a tear or two.
I will wipe them away from your face with tender loving care.
I will place them near my heart and hold them dear.
For these are now my fond memories of when I cared for you.
Understanding & Coping with the Challenges of Alzheimer’s Disease & Dementia
A workshop for family members, direct-care workers and professionals

Martin Schreiber, former governor of Wisconsin and author of *My Two Elaines*, will share insights from his journey caring for his wife.

**Wednesday, November 15**
United Methodist Church
2227 4th Street, Monroe

Also presenting Dr. Steven Barczi, Wisconsin Alzheimer’s Disease Research Center; Dr. Lori Phelps, Monroe Clinic, and Suanne Zimmerman, ADAW

Contact Rachel Olson, 608.232.3403, for more information or visit alzwisc.org.