Early signs of Alzheimer’s and dementia

The importance of getting a diagnosis

Everyone forgets a name or misplaces keys occasionally. Many healthy people have slower recall and more trouble multi-tasking as they get older. However, when these changes start to affect a person’s work life, social life and daily life, this is not a normal part of aging. Know what to look for from these signs and symptoms of Alzheimer’s disease and other dementia-related conditions.

➔ Memory loss.
• Forgetting often and not recalling the information even when reminded.
• Repeating questions and stories.
• Difficulty remembering new information.

➔ Difficulty with familiar tasks.
• Problems with planning and following the steps to complete routine and familiar tasks such as preparing a meal, paying bills, or work-related responsibilities.

➔ Problems communicating.
• Forgetting common words.
• Difficulties with reading, writing and/or conversing.

➔ Disorientation or confusion.
• Becoming lost in familiar places or unaware of current location, time, month or year.

➔ Decline in judgment and reasoning.
• Making poor decisions regarding money or safety.
• Trouble understanding the consequences of one’s actions.

➔ Changes in mood, personality or behavior.
• May show rapid mood swings – from calm to tears to anger – for no apparent reason.
• May become more suspicious, fearful, or impulsive.

Continued on page 7
Dear Friends,

As we move into the holiday season, I hope you will all respond to our year-end fundraising appeal. Every dollar is critical to keep our programs available to thousands of people each year. Your gift is especially important this year – with the challenging economy, many have to defer charitable gifts, making us even more reliant on supporters who receive this newsletter. Please keep these points in mind:

- **We’re much more than a fundraising organization!** The expertise and experience of our staff, combined with the depth of our cutting-edge programs, enhance the quality of life of many people every day.

- **When you call us, you talk to a Wisconsin expert knowledgeable about programs and services here.** Our resource guides are specific to south central Wisconsin communities.

- **Our emphasis on public policy has helped bring millions in state and federal research dollars to Wisconsin researchers.** We are the only Wisconsin Alzheimer’s organization with a dedicated public policy director. We understand that the best hope to end this disease is by increasing the federal fiscal commitment beyond the current $700 million annually budgeted.

- **We are the first Alzheimer’s organization in the nation to have a Diversity Coordinator linking the African American community to researchers at an NIH-funded Alzheimer’s Disease Research Center.** It is critical we reach out to this community, which has long been ignored in the fight against dementia.

- **The state-of-the-art professional training programs** we offer help improve the quality of care for our loved ones living in facilities.

- **Every dollar we raise stays in Wisconsin** to assist our friends and neighbors coping with the disease and to enhance dementia research at the federally funded Wisconsin Alzheimer’s Disease Research Center at UW-Madison.

- **Our low administrative costs, modest salaries and emphasis on people and families are your assurance that your gift is truly making a difference** in the fight against all forms of dementia. Our federal 990 tax return is posted at www.alzwmisc.org (see “About us”). Visit charitynavigator.com for additional information.

As always, feel free to contact me personally if you have any questions about our organization, and thank you for all that you do throughout the year to assist us with our work. We strive to reach each and every person impacted by any form of dementia to enhance the quality of their lives.

Sincerely,

Paul Rusk, Executive Director

P.S. Gifts may be made by mailing a check to our office or through our secure web page at www.alzwmisc.org. Call us for details about stock gifts or planned gifts.
Education programs

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

Monthly Family Caregiver Education Program

Second Monday of each month
5:30 - 7:00 p.m.
Alzheimer’s & Dementia Alliance
517 N. Segoe Rd., Madison

Jan. 10: Communication tips and strategies
Learn ways to effectively and compassionately communicate with someone who has dementia

Feb. 14: Keeping active: Helping the person with dementia stay involved
Discover ways to plan for and adapt household routines and to support continued involvement in pleasurable pastimes.

Mar. 14: Understanding behavior changes
Understand reasons why behavior changes occur and get problem-solving tips to help prevent and cope with them.

NEW LOCATION! East-side Madison
First Monday of every other month
5:30 - 7:00 p.m.
Hawthorne Library
2707 East Washington Ave., Madison

Feb. 7: Introduction to Alzheimer’s & dementia: Getting started
Learn about dementia and its warning signs, what to do if you are concerned about yourself or someone you know, and how the ADIW can help.

April 4: Is it time for at-home or facility care?
Review things to consider when making the decision to move to facility care or to bring services into your home. Includes a discussion of specific resource options.

No registration necessary, just drop in.

We all forget: Is it normal aging or should I be concerned?
Friday, January 21
1:30-2:30 p.m.
Twining Valley Retirement Community
700 8th Avenue, Monroe

We all forget names occasionally and misplace keys and wallets. But not all memory glitches signify the start of a progressive disease like Alzheimer’s. Learn how our memories work, what’s “normal” as we age and what to do if we’re concerned for ourselves or others. RSVPs appreciated: 608.329.5999.

Crossing Bridges
March 2011
Alzheimer’s & Dementia Alliance
517 N. Segoe Rd., Madison

Please contact us if you are interested in this program. This education and support series is for people with mild memory impairment and their families. The overall focus is to promote positive well-being while living with cognitive change. Potential participants need to schedule an in-person interview as part of the registration process before the classes start. Call Pat Wilson at 608.232.3406. Fee TBD.

Savvy Caregiver
Spring 2011
Alzheimer’s & Dementia Alliance
517 N. Segoe Rd., Madison

Please contact us if you are interested in this program. This in-depth, six-week training series focuses on specific skills needed to manage day-to-day life as a family caregiver. It can help you with issues such as structuring time and activities at home to dealing with communication and behavior challenges. $30 per person. Scholarships are available and a respite option may be available. Enrollment limited; pre-registration is required. Contact Danielle Thai at 232.3403. Fee TBD.

Taking Care of You: Powerful Tools for Caregivers
Fridays, February 25 - April 1
9:00 to 11:30 a.m.
Sauk Prairie Memorial Hospital
80 1st Street, Prairie du Sac

Six-session class for family caregivers of older adults who have Alzheimer’s or dementia, a chronic disease, long-term illness or disability. It offers tools to improve communication with family members, doctors and service providers, make tough decisions, set goals, and much more. You will benefit whether you are caring for someone directly or from across the country. A copy of The Caregiver Helpbook will be provided courtesy of Sauk Prairie Memorial Hospital, so there is no charge for this class. Class limited to 14 people. For questions or to register, contact instructors Sue Nagelkirk, Sauk County Family Living Educator, at 608.355.3250 or Carol Olson, Alzheimer’s & Dementia Alliance, 608.742.6055.

A variety of program choices make a difference for every stage of the journey.

ABCs of Alzheimer’s and Dementia
Thursdays, March 3 and 10
5:30 - 7:30 p.m.
Fusch Center
2090 Ridgeview Drive, Reedsburg

Two-part education series for families of persons diagnosed with Alzheimer’s disease or related dementia. Enhance your understanding of the disease, learn how it affects your loved one and how to effectively deal with it day-to-day. Our first session guest is Robert P. Smith, M.D. Hosted by the Reedsburg Area Senior Life Center. Advance registration requested; call 888.308.6251/email carol.olson@alzwisc.org.

Speak to a Wisconsin dementia expert!

Keep in mind that we are available to talk with you about anything pertaining to any form of dementia — call our Helpline at 608.232.3400 or 888.308.6251. No question is too easy or too difficult. We would be pleased to help guide you regarding any facet of this complicated journey.

Local caregiver support groups

There are about 36 support groups that meet regularly in south central Wisconsin. Some are dementia specific and others more general. Check our website for details (www.alzwisc.org) or call us for a list. Meeting with others with similar experiences is very helpful to many caregivers dealing with dementia.
Local research opportunities

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

The W-ADRC is currently recruiting volunteers to be a part of an exciting new memory research study. The study will enroll individuals who meet any of the following criteria:

- Have been diagnosed with Alzheimer’s disease (AD) or mild cognitive impairment (MCI)
- Are middle-aged adults between the ages of 45 and 65 with a parental history of AD
- Are healthy middle-aged adults between the ages of 45 and 65 without a parental history of dementia
- Are healthy older adults over the age of 65 without a diagnosis of Alzheimer’s disease or other dementia

Participants will meet with study personnel annually in Madison. The initial visit will include memory testing, a physical exam, fasting blood tests and the option to complete two additional substudies: an MRI substudy and cerebrospinal fluid collection substudy. Annual follow up visits will consist of memory testing, a physical exam and fasting blood tests only. All study exams and procedures are paid for by the Wisconsin ADRC. Call 866.636.7764 or email wcmp@medicine.wisc.edu.

SHARP Study: Researchers are looking for individuals to participate in the SHARP study, a research study to see if a cholesterol-lowering medication called simvastatin affects blood flow to the brain and a substance in the spinal fluid related to the brain changes in Alzheimer’s disease. Participation involves nine study visits over 18 months and includes taking a pill every day (simvastatin or placebo), memory testing, blood and spinal fluid collection, MRI brain imaging, and ultrasound measures of the arm. If you have a parent with Alzheimer’s disease and are between the ages of 40-70 years, you may be eligible to participate in this dynamic study. Please contact the SHARP Study coordinator Laura Jacobson at 608.256.1901, ext. 11199 or lejacobson@medicine.wisc.edu for further information.

Alzheimer’s Disease NeuroImaging Initiative: IMAGINE Study: A landmark research study sponsored by the National Institutes of Health to determine whether imaging of the brain can help predict the onset and monitor the progression of cognitive change. This research may help us learn how to stop the progression of mild cognitive impairment (MCI) in future generations. The information might lead to new treatments in the future. Participants should be between the ages of 55-90 and in good general health but with memory problems or concerns. Imaging methods used in this study will be magnetic resonance imaging (MRI), positron emission tomography (PET) and amyloid imaging scans. This is a longitudinal study that will span 18 months. Call 866.636.7764 or email wcmp@medicine.wisc.edu.

Wisconsin Alzheimer’s Institute (WAI)

As a center within the University of Wisconsin School of Medicine and Public Health, the mission of the Wisconsin Alzheimer’s Institute is to create a public health environment in which Alzheimer’s disease and related dementias are widely recognized, well understood, aggressively and appropriately treated, and in which those who are afflicted and those who care for them receive the education, quality services and support they need to effectively cope with this devastating chronic disease. For updates on the Wisconsin Registry for Alzheimer’s Prevention (WRAP) study, contact Janet Rowley: 608.829.3306; 800.417.4169; jsrowley@wisc.edu.

Dean Foundation

Alzheimer’s affecting your life? (Study #549) - Dean Foundation is conducting ‘Concert’, a clinical research study to test the effects of an investigational medication, Dimebon, in patients with Alzheimer’s disease. Dimebon has been previously tested as a potential treatment for Alzheimer’s and the study goal is to determine if Dimebon combined with Aricept® safely improves the following symptoms of Alzheimer’s:

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

To be eligible for the study, participants must:

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

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

For more information, contact JoAnn at 608.827.2333. Please mention study #549.
• Problems with judgment, such as bad financial decisions;
• Reduced interest in hobbies and other activities;
• Repeating of questions, stories or statements;
• Trouble learning how to use a tool or appliance, such as a television remote control or a microwave;
• Forgetting the month or year;
• Difficulty handling complicated financial affairs, such as balancing a checkbook;
• Difficulty remembering appointments; and
• Consistent problems with thinking and memory.

Informants can respond yes or no to each item; each “yes” response is worth a point. A score of two or more indicates a need for additional evaluation.

Since its development, the AD8 has been translated into several different languages and validated in those languages. It is currently in use in clinics around the world.

Research in brief

Modulating a protein in the brain could help control Alzheimer’s disease

Source: Newswise - A protein known to exist in the brain for more than 30 years, called 5-lipoxygenase, has been found to play a regulatory role in the formation of the amyloid beta in the brain, the major component of plaques implicated in the development of Alzheimer’s disease.

Temple University researchers also found that inhibitors of this protein currently used to control asthma could possibly be used to prevent or treat Alzheimer’s disease.

Domenico Praticò, the study’s lead researcher, said, “These drugs are already on the market, they’re inexpensive and, most importantly, they are already FDA-approved, so ... you could quickly begin a clinical trial to determine if there is a new application for an old drug against a disease where there is currently nothing.”

Importance of exercise for those at special risk for Alzheimer’s

Source: ScienceDaily - In a study that included healthy 65- to 85-year-olds who carried a high-risk gene for Alzheimer’s disease, those who exercised showed greater brain activity in memory-related regions than those who were sedentary. While evidence already shows that physical activity is associated with maintenance of cognitive function across a life span, most of this research has been done with healthy people, without any consideration of their level of risk for Alzheimer’s. The results suggest that physical activity promotes changes in the brain that may protect high-risk individuals against cognitive decline.

Friends, family detect early Alzheimer’s signs better than traditional tests

Source: Washington University in St. Louis - Using a two-minute questionnaire called the Ascertain Dementia 8 (AD8), researchers found that a friend or family member of an individual showing signs of dementia can help provide valuable insight into that person’s mental abilities. They concluded that the information they obtained about the person’s changes in everyday performance were in sync with results from spinal fluid tests and brain scans that detected indicators for Alzheimer’s disease, and appeared to be more beneficial than traditional cognitive tests.

Researchers at the Knight Alzheimer’s Disease Research Center, including first author James Galvin, MD, now at New York University, developed the AD8 from the Center’s existing research tools. Informants are asked to rate whether there has been a change in the following areas:

• Problems with judgment, such as bad financial decisions;
• Reduced interest in hobbies and other activities;
• Repeating of questions, stories or statements;
• Trouble learning how to use a tool or appliance, such as a television remote control or a microwave;
• Forgetting the month or year;
• Difficulty handling complicated financial affairs, such as balancing a checkbook;
• Difficulty remembering appointments; and
• Consistent problems with thinking and memory.

Informants can respond yes or no to each item; each “yes” response is worth a point. A score of two or more indicates a need for additional evaluation.

Since its development, the AD8 has been translated into several different languages and validated in those languages. It is currently in use in clinics around the world.

Alliance receives Bader Foundation grant

The Alzheimer’s & Dementia Alliance has been awarded a $35,000 grant from the Helen Bader Foundation to fund the Dementia Beyond Alzheimer’s Disease Project. The project’s goals are to research, write and present family education programs and create an informational booklet about dementias other than Alzheimer’s disease, such as dementia with Lewy bodies and frontotemporal dementia.

“All though Alzheimer’s disease is the most common cause of dementia, there are other causes,” says Paul Rusk, Executive Director. “All too often, these other types of dementia are misdiagnosed or under diagnosed. This delays effective treatment, intervention, and support for the family dealing with these challenges, a situation which this project will work to correct.”
Public policy issues

!!! ACTION ALERT !!!

Help us maintain Wisconsin’s only Alzheimer’s respite program

Governor-elect Scott Walker is in the process of drafting the next state budget. We are asking you to write a letter requesting him to maintain the Alzheimer’s Family and Caregiver Support Program (AFCSP) at current funding levels. It’s vital that our new governor hears from constituents that this program is valuable.

AFCSP was a program created by the Wisconsin legislature in 1985 in response to the stress and service needs of families caring for someone with irreversible dementia at home.

To be eligible, a person must have a diagnosis of Alzheimer’s disease or a related disorder and be financially eligible. The program is coordinated by the Wisconsin Bureau of Aging and Long Term Care Resources, and is available in every county.

Counties determine the size of the grants based on the amount of funding the county receives and how much demand there is in the county for services. The maximum size allowed is $4,000; however, most counties cap funding at significantly lower levels so that the program can serve more people. The average grant is only about $1,500, but that’s often enough to make the difference between keeping a loved one at home and having to put him or her into a facility.

Funds for AFCSP are made available to assist individuals to purchase services and goods related to the care of someone with Alzheimer’s disease. The funds can be used within the county to expand or develop new services related to Alzheimer’s disease, such as respite care, adult day care or support groups.

Allowable services are those which are necessary to maintain a person with Alzheimer’s disease in the community. Typical services can include in-home help, respite care, adult day care and transportation. Goods provided can include security systems, specialized clothing, home delivered meals, hobby equipment and chair lifts. However, counties may limit the types of services covered by this program. Counties may use money to start support groups or education programs, increase public awareness, purchase library books, start adult day care services and provide overnight or emergency respite.

Become an advocate: Sign up for our email advocacy alerts at www.alzswisc.org and click on “Free email news.”

Sample letter

Office of Governor-Elect Scott Walker
17 West Main Street, Suite 310
Madison WI 53703

Dear Governor Walker:

I’m writing to ask that you increase funding or at the very least maintain current funding levels for the Alzheimer’s Family Caregiver Support Program (AFCSP). AFCSP is the only program in Wisconsin designed specifically for people with dementia and their caregivers.

Being a family caregiver is a difficult job. We do it because we love the person we’re caregiving for and want to keep them home with us as long as possible. AFCSP doesn’t provide a lot of funding but it can be enough to make the difference between keeping a loved one at home and having to place the person with dementia in a facility.

AFCSP also saves the state money by allowing people with dementia to remain at home where the vast majority of their care is provided by friends and family for free. In Wisconsin, the average cost of nursing home care is $82,125, according to an annual survey by Genworth Financial Inc. If AFCSP were eliminated and only 3% of the people served by the program entered nursing homes because these respite services were not available, the costs would be $2.3 million. That’s more than the entire AFCSP allocation of $1.8 million. AFCSP clearly is a good deal for Wisconsin taxpayers.

I look forward to hearing from you and would greatly appreciate your support for this important program.

Sincerely,

(Your name and address)

Or email your letter to TRANSITION@WISCONSIN.GOV
Early signs of Alzheimer’s...

Continued from page 1

- Withdrawal or loss of interest.
  - Withdrawing from friends or usual activities. Seeming more disinterested or passive such as sitting in front of the TV for hours or sleeping more than usual.

If you or someone you know is experiencing any of these signs, it is important to consult a physician right away.

There are many conditions that can cause memory loss and other cognitive changes. Some, such as depression or certain infections, are reversible and often treatable. While there is yet no cure for diseases such as Alzheimer’s, there are medications available that can be especially helpful early in the disease process.

Your primary care doctor can start the evaluation process or may refer you to a medical specialist or memory diagnostic center. Share specific examples with the doctor of the changes you are noticing, including when they began and if they are becoming worse. (For a list of memory diagnostic clinics in our area, visit our website at www.alzwisc.org and click on “Local resources”).

An early diagnosis is vital so you can make the best possible decisions regarding treatment and care as well as plan for financial and legal issues. An early and accurate diagnosis allows you to form a plan of action so you may enjoy what is most important to you for as long as possible.

The Alzheimer’s & Dementia Alliance offers strategies, tips, ways of coping, and other resources. Call us at 608.232.3400 or 888.308.6251.

Why make a year-end gift to support the Alzheimer’s Alliance?

Each year during the holiday season, mailboxes fill with letters from charitable organizations asking for support. Many of you may have received a request from us already, and for those who made a gift, please accept our sincere thanks.

For those still deciding on whether to make a gift, please consider the following ways you can help the Alzheimer’s Alliance make a difference.

In-depth programming and consultations provide unique solutions. Because there are no one-size-fit-all solutions for Alzheimer’s disease (AD) or other dementias, our programs provide individualized adaptations to meet the person’s ever-changing needs. We help caregivers problem-solve and provide much needed support when difficult decisions need to be made.

We are leaders in state-wide advocacy. As the only Alzheimer’s organization in Wisconsin with a person dedicated to public policy, we are fighting for the rights of people with dementia on issues like the 2009 Wisconsin Act 281, which requires nursing homes to obtain consent from the patient or guardian before administering psychotropic medications. We are also fighting for increased federal and state research dollars to put an end to Alzheimer’s.

Pioneering new outreach efforts increases awareness. We are the first Alzheimer’s organization in the nation to have a Diversity Coordinator linking people in the African-American community directly to researchers, in this case the Wisconsin Alzheimer’s Disease Research Center at UW-Madison. This critical effort will increase people’s knowledge about Alzheimer’s disease and why it’s so important to get an early diagnosis.

People come first when we work together. In collaboration with Dr. Kim Petersen, Dane County Department of Human Services, and South Madison Coalition of the Elderly, our staff is working to get people with dementia successfully reintegrated into community-based care facilities after a stay in a hospital or psychiatric unit due to aggressive behaviors caused by the dementia. One component involves working with facility staff to find practical solutions to lessen the effects of the dementia on behaviors.

All dollars raised stay here in Wisconsin. Since 1985, we have been serving the needs of people facing Alzheimer’s disease or other dementia here in southern Wisconsin – first as an independent organization, then as a chapter of a national organization and now as an independent not-for-profit organization with a local board of directors.

Dementia Specialist: Best Practices for Direct Care Staff

The Alzheimer’s & Dementia Alliance of Wisconsin is offering an open enrollment Dementia Specialist Training session, our high quality, interactive training program developed for direct care staff and long-term care professionals. This training gives staff real-life, practical tools to provide specialized and individualized care to people with dementia, and innovative techniques that can prevent challenging behaviors and increase success.

The Dementia Specialist training will be held on February 16 and 23, 8:00 a.m.-3:30 p.m. at Hospice Care Inc. Cost is $100/person. Nursing home staff receive a $75 scholarship.

For more information or to receive a registration brochure, please contact Lana Phelps at 608.661.0463.
In this year of change, we are grateful for the outstanding support received through the seven Alzheimer’s Walks. More than 2500 people walked with us to raise awareness and funds—a total of $309,531 and still counting—to provide programs, services, outreach, and advocacy for the benefit of people facing Alzheimer’s disease or other form of dementia and their caregivers.

The walks make up our largest fundraising event of the year, raising one-third of our overall operating budget. Four of our walks reached all-time highs in total dollars raised: Green, Columbia, Sauk, and Richland. Most importantly, all money raised stays here in Wisconsin, a fact that brought cheers from every walk audience.

Note: Alzheimer’s Walk “Day of Event” award winners are based on dollars collected prior to the walk. The top three team totals listed here reflect additional dollars received after the walk through November 18, 2010. Overall walk results can be viewed online.

Green County, September 11
support.alzwisc.org/green

Top three teams
Mimi’s Team, Shelley Muranyi, Team Captain, $11,880
Pleasant View Nursing Home, Sarah Brinkmeier, Team Captain, $4,240
Bea’s Friends, Vickie Jones, Team Captain, $3,225

Thank you to our sponsors
Gold: The Swiss Colony; Mimi’s Team; Silver: Babler Associates; Eisai Pfizer; Fern’s Friends; Green County ADRC; Monroe Clinic; Bronze: Alliant Energy; Bea’s Friends; Dave Mosher & Associates; Harbor House; Klondike Cheese; New Glarus Brewing Co.; New Glarus Hometown Pharmacy; Pleasant View Nursing Home; Reffue, Pas, Jacobson & Koster, LLP; Wisconsin Community Bank; Woods Crossing

Day of event results
Team raising the most money: Pleasant View Nursing Home
Team with the most walkers: The Swiss Colony
Family team raising the most money: Bea’s Friends
Individuals: 1st Vickie Jones; 2nd Dee Dee Seffrood

Columbia, September 12
support.alzwisc.org/Columbia

Top three teams
Bonnet Prairie Lutheran Church, $5,760.14
AmericanWay Senior Living, $4,246.53
Columbia Health Care Center/A Spark of Life, $3,188

Thank you to our sponsors
Gold: AmericanWay Senior Living; Divine Savior Healthcare; Our House – Wisconsin Dells, Lodi
Silver: Care Wisconsin; Columbia Health Care Center; Golden Living Center; Ho-Chunk Gaming; Larson House
Bronze: Alliant Energy; Bonnet Prairie Lutheran Church; Culver’s; Heritage House; Home Health United; Hometown Pharmacy; Kwik Trip; SouthernCare; Trail’s Lounge; United Wisconsin Grain Producers, LLC

Day of event results
Team raising the most money: Bonnet Prairie Lutheran Church
Team with the most walkers: Columbia Health Care Center/A Spark of Life
Family team raising the most money: McCarthy & Girls
Individuals: 1st Marsha McCarthy-Pulver; 2nd Linda Landsverk

Grant County, September 18
support.alzwisc.org/grant

Top three teams
Johnny’s Walkers, Rose Errthum, Team Captain, $8,196
Team SOC, Audrey Gaio-Johnston, Team Captain, $6,598
Good Sam Walkers, Karla Witzig, Team Captain, $1,153

Thank you to our sponsors
Gold: ElderSpan Management – Park Place Assisted Living, Memory Care & Senior Apartments; Morningside Assisted Living; Silver: Bemis—Milprint Division; Grant

Day of event results
Team raising the most money: Johnny’s Walkers/Errthum Family
Team with the most walkers: Johnny’s Walkers/Errthum Family
Organization raising the most money: Southwest Opportunities Center
Individuals: 1st Linda Groesch; 2nd Vicki Hugell

Iowa County, September 19
support.alzwisc.org/iowa

Top three teams
Bloomfield Healthcare & Rehabilitation Center, Kari Grady, Team Captain, $3,406
Grandpa’s Gang, Jeannette Swenson & Ann Swenson, Team Cocaptain, $2,503
Team Gullo, Patricia Hettland, Team Captain, $1,470

Thank you to our sponsors
Silver: Bloomfield Manor; CrestRidge Assisted Living
Bronze: Alliant Energy; Corner Drug Hometown Pharmacy; Iowa County ADRC; Meridian; Mineral Point Care Center; Mound City Bank; Sienna Crest; Upland Hills Health

Day of event results
Team raising the most money: Bloomfield Manor
Team with the most walkers: Mineral Point Care Center
Family team raising the most money: Grandpa’s Gang
Individuals: 1st Robin & Pat Reily; 2nd Patricia Hettland

Sauk County, September 25
support.alzwisc.org/sauk

Top three teams
Sauk County Health Care Center, Jessica Good, Team Captain, $6,584
Team Waddell, JoEllen & Mark Waddell, Team Captains, $5,946
Reedsburg Area Senior Live Center, Pat Strum, Team Captain, $5,050

Day of event results
Team raising the most money: Sauk County Health Care Center
Team with the most walkers: Team SOC
Family team raising the most money: Good’s Gang
Individuals: 1st Patricia Hetland; 2nd Robin Reily

Thank you to our sponsors
Gold: Bloomfield Manor; Bronze: Corner Drug Hometown Pharmacy; Iowa County ADRC; Meridian; Mineral Point Care Center; Mound City Bank; Sienna Crest; Upland Hills Health
Thank you to our sponsors
Gold: ElderSpan (The Pines, Pine Glen, Pine Villa, The Meadows, Meadow Ridge, Meadow View); Oak Park Place-Baraboo; Our House Senior Living
Silver: BrightStar; Care Wisconsin; Golden Living Center; Ho-Chunk Gaming; Home Instead Senior Care; House of Embers
Bronze: Alliant Energy; MSA Professional Services; St. Clare Hospital & Health Services

Day of event results
Team raising the most money: Sauk County Health Care
Team with the most walkers: Reedsburg Area Senior Life Center
Family team raising the most money: The Phylaramas
Individuals: 1st Mark Waddell; 2nd Melvin Gaetzke

Richland County, September 26
support.alzwisc.org/richland

Top three teams
Pine Valley Health Care, Ryan Elliott, Team Captain, $3,746
Memory Makers, Holly Beighley, Team Captain, $2,878
Richland Hospital/Medical Center, Sharon Panske, Team Captain, $2,736

Thank you to our sponsors
Gold: Harvest Guest Home Assisted Living; Our House Senior Living
Silver: Pine Valley Healthcare & Rehabilitation Center; Richland Family Prescription Center; The Richland Hospital, Inc.; Richland Medical Center, Ltd.; Schmitt Woodland Hills; University of Wisconsin-Richland
Bronze: Subway

Day of event results
Team raising the most money: Pine Valley Health Care
Team with the most walkers: Harvest Guest Home
Family team raising the most money: The Memory Makers
Individuals: 1st Millie Thiede; 2nd Mary Lou Tessmer; 3rd Holly Beighley

Dane County, October 2
support.alzwisc.org/dane

Top three teams
Mighty Oaks (Oak Park Place), Jean Bachhuber, Team Captain, $17,889.41
Team Blotner, Hal Buehler and Betsy Abramson, Team Co-captains, $9,536.00
Alzheimer’s & Dementia Alliance of WI, Carol Koby and Paul Rusk, Team Co-capitains, $5,515.00

Thank you to our sponsors
Gold: American Family Insurance; Dean & St. Mary’s; Oak Park Place; Oakwood Village; UW Health
Silver: Attic Angel Community; BrightStar Healthcare
Bronze: Alliant Energy; Capitol Lakes; Four Winds Manor; Heritage Monona; Ho-Chunk Gaming; Larson House; SoSiab Care, Inc.; WPS Health Insurance

Day of event results
Teams raising the most money: 1st Mighty Oaks/Oak Park Place; 2nd Wisconsin Alzheimer’s Disease Research Center
Team with the most walkers: Mighty Oaks/Oak Park Place
Family team raising the most money: Team Blotner
Individuals: 1st Place, Hal Buehler; 2nd Place, Carey Gleason

5k Open Run
For complete results, visit itsracetime.com/Results.aspx?ID=136

Top 10 finishers overall
1. Nick Roetker 19:17.4
2. Craig Atwood 19:46.6
3. Frank Conway 20:18.7
4. Jim Buehler 22:54.5
5. Barry Seifert 25:04.5
7. Patrick McCormick 25:39.2
8. Paul Ziebarth 25:56.2
9. Lindsay Buehler 26:08.7
10. Ashley Nielsen 26:56.5

Winners by age category
Men:
0-14 Brady McCormick 25:39.2
20-24 Nick Roetker 19:17.4
25-29 Christopher Fahey 32:30.9
30-34 Derek Johnson 28:22.6
40-44 Frank Conway 20:18.7
45-49 Craig Atwood 19:46.6
50-54 Jim Buehler 22:54.5
55-59 Paul Ziebarth 25:56.2
60-64 Daniel Kern 28:10.2
65+ John Schultz 37:51.9

Women:
20-24 Ashley Nielsen 26:56.5
25-29 Lindsay Buehler 26:08.7
30-34 Amy Mueller 28:31.3
35-39 Hope Johnson 33:26.8
40-44 Katie McCullough 31:18.2
45-49 Sharon Hinich 27:30.6
50-54 Deb Sweeney 37:42.0

MARK YOUR CALENDAR FOR NEXT YEAR’S 2011 ALZHEIMER’S WALK!
Dane: Saturday, September 17
Columbia: Sunday, September 11
Green: Saturday, September 10
Richland: Sunday, September 25
Sauk: Saturday, September 24
Grant County, September 18
Iowa County, October 1 OR 2
Every person diagnosed with a memory disorder has an emotional response to the news of the diagnosis and the changes it brings. Because we are made differently, individuals respond differently. One person “rolls with the punches,” so to speak, while another feels flattened by the proverbial Mack truck.

No matter how we respond to the challenges of life as emotional beings, it’s useful to keep a list handy of what helps when times are tough. Members of the Meeting of Minds program for people with early stage memory loss compiled this list:

- It helps me to remember that I’m not alone in this.
- Diversion and distraction can help. Check the mail!
- We used to watch movies when we were in the submarine for months. It did help!
- It’s wonderful to see other people in the same boat.
- It’s surprising what one can make a drama out of. Less drama is better!

- Know that change will come, and do some preparation, but live in the present as much as possible. Focus on NOW.
- Seek out and use helpful resources.
- Being with friends helps. There’s a big difference between strangers and friends. Your friends are the people who accept you just as you are. They watch your back.
- There’s a stigma associated with Alzheimer’s. I felt that some people expected me to be a vegetable within two weeks of being diagnosed. But I have come out and bluntly said what needs to be said, what’s true for me, even on TV, and it was liberating. We need to say what needs to be said – that we are still whole people, even with this diagnosis.
- Finding people who regard me as a whole person helps immensely – and that includes doctors and nurses.
- Singing helps.
- Breathe more deeply.

- Spend quality time with furry beloveds – our animal companions.
- Be willing to keep trying.
- Be of service to other people. Help others to help yourself.
- Cuddle up with your wife. Feel at home.
- Have patience with your loved ones AND yourself.
- Laugh.
- Hope.
- Pray.
- Love.

And one last addition: Remember to look at the list you’ve made when times feel tough – and even when times feel easier. Make it a habit to look at your list. Put it on the refrigerator; put it on the bathroom mirror; attach it to your computer or wherever you spend time daily.

And then DO some of the things on your list.

To view an uplifting and powerful news clip of Meeting of Minds, visit our website at www.alzwisc.org and click on “In the news.”

New Meeting of Minds sessions coming up in 2011

Our popular memory enhancement program is now in its fourth year! Contact Jody Curley at 608.661.8427 or jody.curley@alzwisc.org for details.

Middleton Senior Center
Thursdays, 1:00 – 3:00 pm
- January 27 – April 14
- May 12 – July 28
- September 8 – November 17

Waunakee Senior Center
Tuesdays, 10:00 am -12:00 noon
- January 25 – April 12 (skip 4/5)
- May 10 – July 26
- September 6 – November 15
Thank you to all of you who do so much to keep our agency running smoothly and to help us expand our services to reach more families. As a way to recognize all of the wonderful things that volunteers do for the Alzheimer’s & Dementia Alliance, we “spotlight” a different volunteer in each newsletter.

Sandy Schmidt is a remarkable person. Her husband, Jim, was in the first Meeting of Minds group as a participant in 2007. Jim passed away in November of 2008. Sandy and Jim were very close, and she has demonstrated tremendous resourcefulness and strength in serving as a volunteer for Meeting of Minds. Sandy welcomes participants to the Waunakee Meeting of Minds group as they arrive, makes sure they have name tags and pens and paper, sees to their comfort throughout the session by offering water, coffee, and tea, walks with participants who may be a little slower due to physical limitations, assists participants to complete activities successfully, and listens with interest and compassion when participants discuss their personal experiences. Sandy is a graceful, serene, supportive presence in our group, always calm and quietly attentive to what might need to be done. And, to top it off, she’s a terrific baker and regularly brings delicious treats to share. Many thanks to Sandy for all she does!

2010: Still time to consider a Roth IRA conversion

A charitable income tax deduction can reduce the amount of income tax you pay

If your retirement assets include traditional individual retirement accounts (IRAs) and certain other retirement accounts, 2010 may be a good year to convert these funds into Roth IRAs, especially if you plan to make significant charitable contributions.

Roth IRAs differ from traditional IRAs in several ways. You do not get an income tax deduction for contributions to a Roth IRA. However, unlike traditional IRAs, Roth IRAs are not subject to income tax upon withdrawal. If you convert traditional IRAs into Roth IRAs, future qualified distributions from the Roth IRAs will be income tax free. Additionally, Roth IRAs are not subject to the lifetime minimum required distribution rules, so unlike a traditional IRA, you are not required to take minimum distributions beginning in your 70’s, as is the case with traditional IRAs.

There are some disadvantages to converting traditional IRAs into Roth IRAs. The main disadvantage is that any untaxed income in the traditional IRA will be subject to income tax upon conversion. You could minimize the effect of this tax, however, by making deductible charitable contributions.

There are several good reasons for considering converting traditional IRAs to Roth IRAs in 2010. First, the ability to convert is not limited to those individuals with modified adjusted gross income under $100,000, so high-income taxpayers can take advantage of this conversion opportunity in 2010. Second, if you do convert traditional IRAs to Roth IRAs in 2010, you have the option either to pay all the resulting income tax in 2010 or to defer the income tax and pay half in 2011 and half in 2012. While you can still convert traditional IRAs to Roth IRAs in 2011, you will not have the ability to defer the income tax over two years.

If any of the following situations applies to you, you might consider converting your traditional IRA to a Roth IRA:

- You will not need to take distributions from the Roth IRA for a number of years, so that you can recoup the income taxes paid as a result of the conversion;
- You expect that your income tax rate will increase in your retirement years;
- You have other funds from which you could pay the tax on the converted IRAs; and
- You have charitable or other deductions with which to offset the income tax in the year or years of assessment.

If you are able to make charitable donations in 2010, 2011 or 2012, the charitable income tax deduction can significantly reduce the amount of income tax you would otherwise have to pay on a Roth IRA conversion.

Many factors go into the decision about whether to convert a traditional IRA into a Roth IRA in 2010. If you have questions about this article or Roth IRA conversions, please contact your financial and tax advisor, or contact the Alzheimer's and Dementia Alliance for additional information.

– Attorney Paul Schmidt, The Boardman Firm and member of the Legal and Financial Committee, Alzheimer’s & Dementia Alliance of Wisconsin
Other news

New Grant County evening support group

A number of attendees at the dementia support group in Platteville have expressed a desire to have their adult children attend, but the afternoon time didn’t work for them. In response, we’re starting a new evening group that meets on a quarterly basis.

Take advantage of this time to meet with others who understand where you’re coming from. The new support group meets on Wednesdays, January 26, April 27, July 27, and October 26, 2011, 6:00-7:00 p.m., Park Place, Community Room, 1075 N. Elm St., Platteville.

To learn more, call Becky DeBuhr at our Grant/Richland Regional Office at 608.723.4288. For information on other available support groups, visit our website at www.alzwisc.org.

“The Art of Living with Alzheimer’s”

Mary Kay Baum, member of the Alzheimer’s & Dementia Alliance Board of Directors and founding member of forMemory, Inc. (forMemory.org), will speak about her own experiences and discoveries as a person with mild cognitive impairment/younger onset Alzheimer’s disease and share her outstanding collection of nature photography.

Mary Kay, her mother, aunt and two sisters were all diagnosed before the age of 55. Always an inspiring speaker, Mary Kay has become a leading advocate for preventive health care, early-accurate diagnosis, research, and a high quality of life for all those with the disease.

The presentation takes place on Wednesday, January 19, 2:00 p.m. at the Sauk County Health Care Center, 1051 Clark St., Reedsburg. Call the Center at 608.524.7500 by Monday, January 17 to reserve your spot.

Upcoming dementia education workshops

MONROE: Workshop with Teepa Snow, and Dr. Joshua Morrison, Wednesday, March 16, time/location TBA. Sponsored by the Aging & Disability Resource Center, the Alzheimer’s & Dementia Alliance and the Monroe Clinic. Contact Deanna Truedson, 608.843.3402.

FENNIMORE: 12th Annual Understanding Alzheimer’s, Dementia and Memory Loss Workshop, Thursday, March 17 at Southwest Wisconsin Technical College featuring Teepa Snow (back by popular demand!). Contact Becky DeBuhr, 608.723.4288.

MONROE: Diagnosis, Drugs, Depression: Little Discussed Issues in Dementia, Thursday, April 14, time/location TBA. Hosted by Harbor Senior Concepts in partnership with Angelus Retirement Community, the Alzheimer’s & Dementia Alliance, Pleasant View Nursing Home and Twining Valley 55+ Retirement Community. Contact Ginger Croft, 608.325.2171, ext. 338.

Be a savvy donor!

Unless you see the Alzheimer’s & Dementia Alliance of Wisconsin’s name and logo with donations being sent to Madison, Wisconsin, your donation is NOT going to the Alzheimer’s & Dementia Alliance.

Every dollar we raise stays in Wisconsin. We ARE NOT AFFILIATED with any of the following organizations you might be solicited from:

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

Questions: 608.232.3400 or 888.308.6251.

Why make a year-end gift...

Continued from page 7

Ninety percent of our operating income is from private donations from individuals like you, special events, fees for service and grants from private organizations. Your support is critical to maintaining our day-to-day support of people facing Alzheimer’s or another dementia and their care partners.

Remember, you can make a gift through our secure, online donation page. Simply click on the blue “Donate Now” button. We are pleased to offer each person who donates $100 or more an 8x10” nature photograph from our very own Mary Kay Baum. Visit our website at www.alzwisc.org for more information.

We are grateful for your support.
Mark your calendar for the Wine and Roses Festival

Fourth Annual Wine & Roses Festival
Saturday, April 9, 2011, 6:30 p.m.
Gala Tasting and Auction
Nakoma Golf Club
4145 Country Club Road
Tickets: $95/person

Raise a glass with our Emcee, Dr. Frank Byrne, President of St. Mary’s Hospital, and toast an evening not to be missed. Featuring wine tasting, hors d’oeuvres and live music, there are also live and silent auctions featuring exclusive items, many of them wine related. Winemakers from select vineyards across the country will attend and will pour favorite wines, many not available in our area.

Volunteers are needed to help plan the event. For more information, including sponsorship opportunities, contact Miriam Boegel or Kristin Larson at 608.232.3400.

Thank you for your support of these events!

First Annual Coach Kuhl Classic at Trappers Turn in Wisconsin Dells

October 9 was a spectacular fall day in the Dells and Mother Nature’s colors only added to the wonderful golf outing planned by Scott Fredericksen, his staff at Trappers Turn, and the family and community friends of Coach Fred Kuhl, the much admired former Wisconsin Dells football coach.

The Alzheimer’s & Dementia Alliance of Wisconsin is honored to be named to receive proceeds from the event, and staff enjoyed attending the event to speak with Coach Kuhl, his family and the golfers who participated. We look forward to the second annual event!

Seventh Annual Dump Run Event in Cambria

We were pleased to be named one of the recipients of this annual Poker Run, Pig Roast, Live Auction & Street Dance held in downtown Cambria on Saturday, August 28. Thanks are owed to The Dump Bar & Grill owners and staff who plan this outstanding event each year and to the hundreds of people who attended.

Volunteers from our Portage Regional Outreach Office and Carol Olson, Outreach Specialist, assisted with the event and provided items for the Live Auction. Mark your calendars for next year’s event on Saturday, August 27.

You can influence the future of the Alzheimer’s & Dementia Alliance of Wisconsin

It may be comforting to you to know that the good done in your life can be continued by remembering the Alzheimer’s Alliance in your will.

A bequest through your will is one way to positively influence the future of the programs and services provided by the Alzheimer’s Alliance and, as a result, to affect the quality of the lives of over 16,000 people in southern Wisconsin. We encourage you to plan carefully as you draft and execute your will, which should always be prepared with a legal advisor.

If some program or service of the Alzheimer’s Alliance is of particular interest, you may wish to make a bequest specific to that area.

Here is language to take to your legal advisor: “I give, devise and bequeath (insert amount of gift, or percentage of estate, or residuary of estate) to the Alzheimer’s & Dementia Alliance of WI, Inc., or its successor organization, located in Madison, Wisconsin, to support programs and services in southern Wisconsin.”

Our Employer Identification Number is 39-1679333. You are invited to contact Miriam Boegel for more information at miriam.boegel@alzwisc.org or 608.232.3409.
Contributions

Aug. 1, 2010 to Nov. 17, 2010

Barbara Arnold
Dorothy & Dr.
Gurdip Brar
Charles Bunge
Donna & Thomas
Covert
Jessica Doyle
Mary & Patrick
Frawley
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Johnson
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Tributes and memorials
Aug. 1, 2010 to Nov. 17, 2010

In honor of:
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Jeannine & Robert
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Annette Gaber
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In-kind donations
Aug. 1, 2010 to Nov. 17, 2010

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Silverline Digital
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Please contact the Alliance office at 608.232.3400 to make any additions or corrections to this listing. We are deeply grateful to everyone who has supported the programs and services of the ADGW.
Gala Tasting and Auction, Saturday, April 9, 2011 • 6:30 p.m.
Nakoma Golf Club, 4145 Country Club Road, Madison
Tickets: $95/person

What a memorable way to celebrate spring! Enjoy wine tasting, hors d’oeuvres, live music and live and silent auctions featuring exclusive items. Meet winemakers from select vineyards across the country and sample wines that may not be available locally. Come raise a glass and know you’ll be making the journey easier for those struggling with Alzheimer’s or other dementia.

For more information, including business sponsorship opportunities, contact Miriam Boegel or Kristin Larson at 608.232.3400 or 800.272.3900.