Above: Participants of the Sauk City Memory Cafe share stories over refreshments.

**Share laughter and learn together at Memory Cafés**

The World Alzheimer’s Report 2012 was recently released, and its focus was on the stigma associated with having a cognitive impairment such as Alzheimer’s or other dementia-related diseases. The report found that “negative perceptions of individuals and society regarding dementia may lead to the isolation of people with dementia and their carers, and also reinforce and extend isolation caused by the effects of the disease. While the symptoms associated with dementia affect the way a person with dementia interacts with others, there are many activities, sometimes with adjustments, in which they can participate. Both people with dementia and their family members will benefit from continuing to engage in as many activities as they can.”

One way that organizations around the world have addressed this gap is to offer Memory Cafés. A Memory Café is an informal gathering place of socialization, support and creative enrichment. Cafés enable persons with memory loss to share fun, laughter and enjoyable activities with family members and friends in a setting free from awkwardness and stigma. The Alzheimer’s & Dementia Alliance of Wisconsin (ADAW) started its first Memory Café in Sauk City in June. After the first meeting, one participant stated, “My husband and I thought the Memory Café was wonderful! We don’t socialize much anymore and it was great seeing him happy and laughing with others. Opportunities like this make life so much better!”

The concept is simple. “The goal of the Memory Café is to provide a relaxed environment in which persons with mild cognitive impairment and their family members can enjoy the company of others facing similar challenges and learn, laugh and visit together,” says Carol Olson, local outreach specialist with ADAW.

Continued on page 5
Dear Friends,

First, we are all grateful to those of you who participated in one of our seven Alzheimer’s Walks held throughout south central Wisconsin this fall. The grand total raised as of the day of each walk is a whopping $301,000! Additional revenue continues to come in as it is not too late to contribute. We are doing our best to update the team results on our website. We are grateful to all the participants, team captains, honorary chairs and committee members who make each of our walks a very special occasion where we come together to celebrate the strength we get from each other.

A special thank you to Hal and Sue Blotner, and Judy and Bill Mauerman, for agreeing to be featured in our public service announcements on NBC 15, various radio stations and even in postcards for the Community Health Charities/United Way payroll giving campaign. By telling their personal stories — Hal as a care partner and Judy as a person early in the disease process herself — thousands of people hear a moving message that help is indeed available, just a phone call away. In addition to Hal and Judy, we received extensive media attention on radio and in newspapers as our honorary chairs tell their stories. These moving testimonials bring critical awareness to our cause that is so important to fighting all forms of dementia.

We now have two Memory Cafés in Wisconsin – the third Thursday of the month at Sauk Prairie Community Center in Sauk City, the first Friday of the month at the Middleton Senior Center. Designed for folks in the early stages of the disease, Memory Cafés are very popular in Great Britain and Holland. Over time we hope to be able to offer this program to all facilities that are interested.

Soon we will be sending out our year end appeal for donations so that we can continue to serve the dementia community as we have for the last twenty-seven years. Please be as generous as you can. In our recent audit, 79% of our budget directly supports programs and services that make a difference in the lives of people facing Alzheimer’s disease or another form of dementia. And every dollar raised stays in Wisconsin – very few organizations can say that!

Sincerely,

Paul Rusk

P.S. Payroll giving is a fine way to donate to us. We are Agency #370 or use our full name—The Alzheimer’s & Dementia Alliance of Wisconsin.
We encourage you to “recycle” this newsletter and share these programs with a friend, family, doctor’s office, neighbor, place of worship, or club.

Pass it on!

Other Programs

Annual Understanding Alzheimer’s Disease, Dementia & Memory Loss Workshop
Thursday, March 14, 2013 from 8:00-3:30 p.m.
Southwest Wisconsin Technical College, Fennimore
More information on the workshop schedule will be posted on ADAW’s website as March approaches. Space is limited! Pre-registration required.

Legal & Financial Planning Seminar
March 2013 in Portage, exact date and location TBD
A two-part workshop designed for families that provide a general overview of legal and financial issues for anyone caring for an older adult.
Please contact us if interested, so we can set it up for the best time and location for people to attend.

Please check our website, www.alzwisc.org or call ADAW at 608.232.3400 to stay informed on additional programs in your area. More programs may be scheduled before the next mailing of the newsletter.

We encourage you to “recycle” this newsletter and share these programs with a friend, family, doctor’s office, neighbor, place of worship, or club.

Pass it on!

ADAW is happy to recognize an exceptional volunteer, rock ‘n roll vocalist John Swenson. Not only did John write and produce a song about his family’s experience with Alzheimer’s, but he is also donating a percentage of the proceeds from the song, “The Long Goodbye” to ADAW.

“My dad was diagnosed (with Alzheimer’s) in 2005 and passed away on Sept 26th, 2010. I wrote the song looking through my mother’s eyes and tried to put her thoughts and experiences into words. She took care of him up until the day he passed, never wanting to put him into a nursing home. Anyone who has gone through the experience can certainly relate to this song,” states John.

John performed at the Dane County Alzheimer’s Walk. If you missed the chance to hear him, “The Long Goodbye” is available on cdbaby, iTunes, Amazon.com and YouTube. You can also contact ADAW to purchase a CD.

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 ADAW, we “spotlight” a different volunteer in each newsletter.
For the person with memory loss

Become a mentor & participate in the New Friends Program

A mentor is defined as someone who teaches or coaches a person around a specific issue or skill and who introduces the person to new ideas. In the New Friends program, people with a mild cognitive impairment, Alzheimer’s disease or related dementias serve as “community mentors” to health profession students.

Who can participate in the New Friends program?

Health profession students from the medical, nursing, social work, occupational and physical therapy disciplines and people with a mild cognitive impairment, Alzheimer’s disease or related dementias (referred to as “community mentors”) can participate.

What is the purpose?

To bring together the health professional students attending the University of Wisconsin-Madison with a community mentor. They will meet one-to-one on an informal basis outside the clinical setting.

Through shared activities and conversations, the New Friends program provides an opportunity for a student to learn from the community mentor and their family as they share their experiences with dementia. It also offers the opportunity for community mentors and their family to voice concerns regarding their medical care and contribute to the training of future health professionals.

How often do we meet?

The required time is two to four hours per month. It can be longer depending on how much additional time the New Friends want to spend together. There will also be an introductory meeting when the program starts each semester. At this meeting, the participants will meet their New Friend. At the end of each semester, there is a wrap-up meeting.

Who decides what the New Friends do?

The activities will be decided by the community mentor and the student. Students will be responsible for setting up the dates and times of each meeting. Participants are responsible for their own transportation. Some activities that New Friends have done in the past are: go for coffee, take a walk, see a movie, attend a concert or sporting event, etc. It is whatever you like to do together.

If you are interested in this program, please call Pat Wilson, Family Support Coordinator, at ADAW at 608-232-3406. This program is sponsored by the Wisconsin Alzheimer’s Institute and ADAW.

Other Early Stage programs:

Crossing Bridges is an educational discussion group for people with mild memory impairment and their families. After completing this program, a person can continue into two programs if they want:

- Learning among Friends support group that meets once a month

- Meeting of Minds, a cognitive stimulation program that meets once a week for 12 weeks in the spring, 8 weeks in the summer and 12 weeks in the fall.
Activities are chosen (and sometimes led) by participants; some with the whole group and some in smaller groups depending on interests. Examples include: Tai Chi to improve balance, discussing artwork, creative projects, games, guest presenters on an array of subjects, storytelling and simply sharing among friends.

Our second Memory Café began in Middleton in October. According to Pat Wilson, Family Support Coordinator, participants were “enthusiastic about having the opportunity to socialize and to build relationships with people they have something in common with.” In addition to socializing, experienced staff from ADAW will be available to discuss issues and to provide written information on maintaining brain health, local resources, and coping with memory and dementia challenges.

ADAW recently received a grant from the Helen Bader Foundation to continue to expand Memory Cafés throughout our area. Each one will have its own unique style and ambiance based on the interests of participants. Memory Cafés will be scheduled at a variety of locations and times throughout the week, and some people may want to participate in more than one. For more information, see sidebar. To read the complete World Alzheimer’s Report 2012, visit the Alzheimer’s Disease International website www.alz.co.uk.

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November is National Alzheimer’s Month

When it comes to Alzheimer’s disease, African Americans are often coping in silence without access to interventions, resources or treatment. With funding from the Wisconsin Alzheimer’s Disease Research Center and the Madison Community Foundation I have been able to increase the knowledge about Alzheimer’s disease in the African American Community. African Americans are now aware of the risk factors, incidence rate, ways to reduce the risk, and steps to take if memory problems occur.

We as a community still have a long way to go in order to raise the comfort level for people seeking help. I am here to offer the support, information, education and advocacy for the African American Community. As more people hear about the disease they are taking advantage of what resources the Alzheimer’s and Dementia Alliance of Wisconsin has to offer.

Lots of thanks go out to the African American Alzheimer’s Community Advisory Board in Beloit (AAACAB) and Madison. It is a diverse group of men and women serving on the AAACAB in both communities. They help me get the word out and act as my advocate. With the help of the AAACAB members, we as a group are hoping that one day we will find a cure for this silent epidemic that has invaded our community. Till next time remember we as a community can make a difference.

5 • Alzheimer’s & Dementia Alliance of Wisconsin
A huge THANK YOU to everyone who participated in one of our seven Alzheimer’s Walks this year! More than 2,500 people walked with us to raise awareness and funds—a total of $311,287 and still counting—to provide programs, services, outreach and advocacy for the benefit of people facing Alzheimer’s disease or other forms of dementia and their caregivers.

It is difficult to single out just a few teams for their efforts when so many teams, large and small, contributed so much to the overall success of the walks. A comment heard frequently at the registration tables this year was, “I am so proud of how well our team did!” We echo that sentiment and applaud each of you.

Many people have contacted us since the walks asking if we are still accepting donations. The answer is yes! Your team and personal walk pages will be available until the end of December. In fact, we would like to encourage you to continue fundraising.

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 October 30, 2012. Overall walk results can be viewed on-line.

Green, September 8
support.alzwisc.org/green

Top three teams
Mimi’s Team, Shelley Muranyi, Team Captain, $10,425.00
Pleasant View Nursing Home, Jennifer Stollenwerk, Team Captain, $6,595.10
Monroe Clinic, Carla Stadel, Team Captain, $2,215.93

Thank you to our sponsors
Gold: Colony Brands, Inc.; Mimi’s Team
Silver: Aging & Disability Resource Center – Green County, Azura Memory Care, Babler Associates, First National Bank and Trust Company, Monroe Clinic
Bronze: Dave Mosher & Associates, Hometown Pharmacy, Klondike Cheese

Day of event results
Team raising the most money: Pleasant View Nursing Home
Team with the most walkers: Colony Brands, Inc.
Family team raising the most money: Bea’s Team
Individuals: 1st Michael Wolff; 2nd Larry Coffey

Columbia, September 9
support.alzwisc.org/columbia

Top three teams
Bonnet Prairie Lutheran Church, Linda Landsverk, Team Captain $4,541.43
McCarthy & Girls, Marsha McCarthy-Pulver, Team Captain $2,735
Wyocena Community Church, Betty Telvick, Team Captain $2,214

Thank you to our sponsors
Gold: AmericanWay, KSMS Our House, Springbrook Northwoods Bar & Grille
Silver: Columbia Health Care Center, Ho-Chunk Gaming, The Dump Bar & Grill, Tivoli at Divine Savior Healthcare
Bronze: Bonnet Prairie Lutheran Church, Country Terrace of Wisconsin Assisted Living, Golden Living Wisconsin Dells, Hometown Pharmacy, Trail’s Lounge Supper Club

Day of event results
Team raising the most money: Bonnet Prairie Lutheran Church
Team with the most walkers: Wyocena Community Church
Family team raising the most money: McCarthy & Girls
Individuals: 1st Dorothy Harris; 2nd Linda Landsverk; 3rd Betty Telvick

Grant, September 15
support.alzwisc.org/grant

Top three teams
Johnny’s Walkers, Rose Errthum, Team Captain, $6,357.75
Team SOC, Audrey Gaio-Johnston, Team Captain, $3,533
Good Sam Walkers, Karla Witzig, Team Captain, $1,930

Thank you to our sponsors
Gold: Manor Care, Morningside Assisted Living, Park Place Senior Living, Saint Jude Hospice
Silver: Grant Regional Health Center; Universal Acoustic & Emission Technologies
Bronze: Boscobel Care & Rehab, Faherty, Universal Acoustic & Emission Technologies, Good Samaritan Society-Fennimore, Milprint-A Bemis Company, Our House Senior Living, Southwest Health Center

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

Sauk, September 22
support.alzwisc.org/sauk

Top three teams
Sauk County Health Care Center, Margaret Burggraf, Team Captain, $9,087
Reedsburg Area Senior Life Center, $4,210
ElderSpan $2,398

Thank you to our sponsors
Gold: ElderSpan (The Pines, Pine Glen, Pine Villa, The Meadows, Meadow Ridge, Meadow View), KSMS Our House Senior Living, Oak Park Place-Baraboo
Silver: BrightStar Life Care, Ho-Chunk Gaming, Reedsburg Area Senior Life Center, St. Clare Hospital & Health Services, Saint Jude Hospice, Sauk County Health Care Center
Bronze: Golden Living Wisconsin Dells, House of Embers, Walnut Grove Assisted Living

Day of event results
Team raising the most money: Sauk County Health Care Center
Team with the most walkers: Sauk County Health Care Center
Family team raising the most money: Ken’s Clan
Individuals:
1st Art Carlson; 2nd Marty Krueger

Dane, September 29
support.alzwisc.org/dane

Top three teams
Team Blotner, Hal Blotner and Betsy Abramson, Team Co-captains, $15,490
Mighty Oaks (Oak Park Place), Katie Lowe, Team Captain, $12,513.90
Do it for Dew, Joyce Stendahl, Team Captain, $9,805

Thank you to our sponsors
Gold: American Family Insurance, Dean/St. Mary’s, Oak Park Place, Oakwood Village, Senior Helpers, UW Health
Silver: All Saints Assisted Living & Memory Care
Bronze: Attic Angel Community, BrightStar Life Care, Saint Jude Hospice, Stoughton Hospital, Walnut Grove, WPS

Day of event results
Teams raising the most money: 1st Mighty Oaks/Oak Park Place; 2nd Attic Angel Community
Teams with the most walkers: Mighty Oaks/Oak Park Place
Family team raising the most money: 1st Team Blotner; 2nd Team Do it for Dew
Individuals: 1st Hal Blotner; 2nd Karen Rouse

5k Open Run
For complete results, visit http://itsracetime.com/Results.aspx?ID=241

Richland, September 30
support.alzwisc.org/richland

Top three teams
Memory Makers, Holly Beighley, Team Captain, $6,317
Thanks for the Memories, Mary Lou Tessmer, Team Captain, $4,347
Richland Hospital, Sharon Panske, Team Captain, $3818.65

Thank you to our sponsors
Gold: Harvest Guest Home “There’s Always Family Here”, Our House Assisted Living
Silver: Pine Valley Healthcare & Rehabilitation Center, Richland Family Prescription, Richland Medical Center, LTD, Schmitt Woodland Hills, The Richland Hospital, Inc., UW Richland
Bronze: Golden Living Center - Riverdale

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

Iowa, October 6
support.alzwisc.org/iowa

Top three teams
Bloomfield Healthcare & Rehabilitation Center, Kari Grady, Team Captain, $1,686.40
Upland Hills Health, Toni Rochon, Team Captain, $1006.04
Sienna Crest Assisted Living, Melody Farmer, Team Captain, $866

Thank you to our sponsors
Gold: CrestRidge Assisted Living/ElderSpan Management, Sienna Crest Assisted Living
Silver: Aging & Disability Resource Center – Iowa County, Bloomfield Healthcare & Rehabilitation Center, Saint Jude Hospice
Bronze: Hometown Pharmacy, Mound City Bank, Upland Hills Health

Day of event results
Team raising the most money: Bloomfield Healthcare & Rehabilitation Center
Team with the most walkers: Mineral Point Care Center
Individual: 1st Rose Marie Dunbar; 2nd (tie) Mary Kay Baum and Linda Nicholds

Above: Dane County participant celebrates at the end of the walk.
Advocacy update
—Rob Gundermann, Public Policy Director

Special committee on legal interventions for persons with Alzheimer’s disease and related dementias

ADAW has been working with the chair and vice chair of the committee to ensure people with dementia have access to all necessary treatment options after the Supreme Court of Wisconsin ruled that people with dementia can no longer utilize psychiatric facilities. As you know from previous newsletter articles, this is of great concern to us. We have been sounding the alarm since the decision came down that if this is not resolved by the legislature the result would be incarceration in jails for people with dementia who exhibit challenging behaviors. Our concerns have already become reality. Recently we were made aware of a dementia patient spending several days in jail because of the Supreme Court decision. I assure you we are working very hard to reverse the decision and stop further incarcerations.

The Special Committee is chaired by Representative Dan Knodl (R-Germantown) and the vice chair is Representative Penny Bernard Schaber (D-Appleton). The chair and vice chair have done an exceptional job of taking testimony from relevant parties and ensuring that all those affected are heard. Mary Salzieder, one of our two dementia training specialists, and I both testified on behalf of ADAW along with Dr. Bob Smith from Richland Center. In my testimony before the Committee I stressed several points:

1. Handcuffing

Police departments often have policies in place mandating that anyone who is in custody or is placed into a police car be handcuffed. Handcuffing someone with dementia is not appropriate and will likely make the situation worse.

We suggest using ambulance services for transport. A police officer could ride along in the ambulance if necessary, or could follow the ambulance if there was a concern.

2. Commitment criteria

Placing an individual with Alzheimer’s disease in a psychiatric unit should be a last resort but it must remain an option. Without it people with dementia will end up in jails, something we are already starting to see. We believe however that the person with dementia should be provided with a guardian and that the commitment process should be done through Wisconsin Chapter 55, the protective service system. We believe that utilizing Chapter 55 would provide additional protections while at the same time creating balance by allowing psychiatric units to be used when it is in the best interests of the patient.

3. Length of stay and discharge criteria

We suggest defining in the statutes how long a person with dementia may be committed to a psychiatric unit before a court hearing is held and how often court hearings will be held to review the person’s situation. However, we oppose mandating a drop dead date when the facility would have to release the patient, well or not. That is simply not a good way to practice medicine. It would also put assisted living facilities in a difficult position, take back a person who may still be violent or refuse to re-admit the patient. We can envision serious problems for both facilities and patients if a drop dead date were mandated by the legislature.

ADAW joins LEAD coalition!

ADAW has been invited to join the LEAD coalition (Leaders Engaged on Alzheimer’s Disease). LEAD was convened by the Alzheimer’s Foundation of America and USAgainstAlzheimer’s, two leading advocacy organizations, in February 2008 to bring together key stakeholders from the government, business and civic sectors to increase attention to and awareness of Alzheimer’s disease, its care, treatment, prevention, research and eventual cure.

We are incredibly excited about this new partnership and what it will bring to Wisconsin. Soon we will have our first LEAD initiative on our website, a petition to end Alzheimer’s. The LEAD partner organizations are working together as a coalition to garner as many signatures as possible to petition Congress and the President to act immediately and decisively to accelerate our investment to stop Alzheimer’s disease and to dedicate all resources necessary to fulfill the commitment of the National Plan to Address Alzheimer’s Disease. We hope you will visit our website in the coming weeks and sign the petition!
Congressmen Ribble and Kind receive retire Safe Awards

ADAW is a member of RetireSafe, a grassroots organization that advocates and educates on behalf of America’s seniors on issues regarding Social Security, Medicare, health and financial wellbeing.

We presented Congressman Ron Kind and Congressman Reid Ribble with awards for their respective work in preserving the popular Medicare Part D prescription drug benefit.

Why make a year-end gift to support the ADAW?

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

For those still deciding on whether to make a gift, please consider the following ways your gift makes a difference.

In-depth programming and consultations provide unique solutions. Because there are no one-size-fit-all solutions for Alzheimer’s disease or other dementias, our programs provide individualized adaptations to meet the person’s and care partner’s ever-changing needs.

We are leaders in state-wide advocacy. As the only Alzheimer’s organization in Wisconsin with a person dedicated to public policy at the county, state and national level, we are fighting for the rights of people with dementia.

All dollars raised stay here in Wisconsin. Ninety percent of our nearly $1 million in income is from private donations from individuals like you, special events, fees for service and grants from private organizations.

To make a gift online, go to our home page at www.alzwisc.org and click on the blue “Donate Now” button. Donations can be made in memory of or to honor a loved one or friend. We are grateful for your support.
What is a charitable gift annuity, and how does it work?

—Paul Schmidt, Attorney, Boardman & Clark

Making gifts through a charitable gift annuity is an excellent way to benefit your favorite charity, and still get income distributions during your lifetime. Unlike an outright gift, with a charitable gift annuity, you can benefit the charity, and get something back.

A charitable gift annuity works like this: The donor makes a gift to the charity, in exchange for the charity’s agreement to pay to the donor (also called the annuitant) a fixed and guaranteed income for life. This arrangement is part charitable gift and part purchase of an annuity, both governed by the agreement between the charity (or an umbrella organization such as the United Way) and the donor. The gift is typically comprised of cash or publicly traded securities. The gift is irrevocable, becomes a part of the charity’s assets, and the payments to the annuitant are a general obligation of the charity. The annuity is backed by the charity’s entire assets, not just by the property contributed.

The amount of the payment (which can be paid semi-annually or more frequently) is fixed at the time of the gift, and never varies. The payment period can be measured by one annuitant’s life (usually the donor) or, with a joint and survivor annuity, by the lives of two annuitants (usually the donor and his or her spouse or partner). The amount of the payment depends on the amount of the contribution, the number and ages of the annuitants, and the gift annuity rate offered by the charity (most nonprofits follow the rates recommended by the American Council on Gift Annuities (ACGA); for current rates, go to: http://www.acga-web.org/giftrates.html). These annuity rates typically range between 2% and 9% based on the age of the annuitant.

A portion of each annuity payment to the annuitant may be tax-free; depending on the type of property contributed (cash or publicly traded securities). The balance of each payment will be taxed as ordinary income or capital gains, or a combination of the two. Donors who itemize deductions can claim a charitable deduction for a portion of the original contribution.

Unlike a charitable remainder trust, the contribution is not held in trust. The non-profit organization is free to use the money immediately.

Like any other planned giving opportunity, the appropriateness of a charitable gift annuity depends on many factors, which are largely personal, and it is best to consult with a tax or financial advisor before starting out. No matter whether you benefit the Alzheimer’s and Dementia Alliance of Wisconsin through an outright gift, a charitable gift annuity, or some other form of gift, however, your financial contribution will help us to continue to provide our services Wisconsin.

If you are interested in learning more about how you can benefit ADAW through a charitable gift annuity or some other form of gift, please contact Kristin Larson at (608)232-3400 (Toll-free: 888.308.6251).
Please contact ADAW at 608.232.3400 to make any corrections to this listing. We are deeply grateful to everyone who has supported our programs and services.

Through our long journey, many people have shone through and you were truly one of those. I offer my sincere thanks for all you do.

—Doug B., Recent recipient of ADAW services
Gala Tasting and Auction, Saturday, April 20, 2013 • 6:30 p.m.  
Nakoma Country Club, Madison  
Tickets: $95/person

Come join the tradition that so many people look forward to every year! Celebrate spring with wine tasting, hors d’oeuvres, live music and live and silent auctions featuring exclusive items. Talk with winemakers from vineyards across the country as well as our own backyard and sample delicious wines, some of which may not be available in our area. Raise a glass knowing you’ll be making the journey easier for those facing Alzheimer’s disease or other dementia.

For more information contact Kristin Larson at 608.310.8780.