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The value of a good time

We all like to have a good time, enjoy ourselves, socialize with people who make us feel good and with whom we have things in common. This is important for our emotional health but can also be valuable for many other reasons for those diagnosed with a memory or cognitive impairment such as Alzheimer's.

Research tells us that staying socially active and participating in cognitively stimulating activities may slow cognitive decline and improve mood and quality of life. In addition, it simply feels good. Participants of *Meeting of Minds*, a weekly cognitive stimulation program for people in early stages of Alzheimer's disease, other dementias or mild cognitive impairment, recently shared their thoughts on how they benefit from the program.

- We learn from each other. Everyone is a teacher.
- We can relate to others. It offers a connection. It offers trust. We can be ourselves.
- We exchange ideas. We can voice our experiences and opinions here and that is not always possible on the outside.

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Alzheimer's & Dementia Alliance of Wisconsin (ADAW)

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- We laugh a lot. You know that you are going to laugh and it gives you lots of joy. There are belly laughs that carry you for the rest of the day and through the week.
- Coming changes your mood. It makes me feel good. It is stress free. It lightens your mood. It is a positive experience and that does not leave when we walk out the door. We always look forward to the next week's program. It will be a good time.

Care partners of those who participate in *Meeting of Minds* also see the benefits. Here are some of their comments:

"It is the best part of his week and he is very tired after the meeting so he is probably giving as much as he has to give which he doesn't do that often because it is such an effort but he feels so good after."

"It is a joy to see him laughing and enjoying the other people in the group. It is almost like he has found a group of people he can communicate with. They understand each other."

"She looks forward to every meeting, and says that "we laugh a lot". That's priceless! She speaks of her fellow group members as friends and talks about them often at home. All of the ADAW meetings are a huge comfort to her. She knows she is not alone, and her concern for others in the group helps keep her focused on others and not on her own challenges."

The overall goal of *Meeting of Minds* is to empower group participants with practical approaches that help support and promote mental, physical, emotional and social well-being. We exercise minds, bodies and spirits so that participants leave group meetings feeling inspired, optimistic, connected to others and affirmed as whole human beings.

The program includes three basic components that have been demonstrated to help people maintain independence and enjoy daily life, including:

- **Cognitive stimulation activities** and memory enhancement strategies
- **Tai chi-based exercise**, breathing and stress management
- **Creative expression** (For an example of a poem created by participants of Meeting of Minds, 'What is Friendship' in this newsletter.)

For more information about Meeting of Minds, contact Pat Wilson at 608-232-3406.



From the director

Dear Friends,

Our statistical fiscal information for 2014 (July 1, 2013 through June 30, 2014) shows how busy our organization has been: 322 educational programs occurred with nearly 10,000 participants! We responded to 2,840 helpline calls, and our professional staff provided 599 in-depth care consultations. We're here to help each and every person or family impacted by any form of dementia – all you have to do is call us at 1.888.308.6251 or email us at support@alzwisc.org. We have seven highly-regarded dementia experts on our team; four of whom specialize in the counties other than Dane (Becky DeBuhr, Cori Marsh, Deanna Truedson, Janet Wiegel), so you can easily work with a caring professional nearby.

As the only dementia organization in Wisconsin with a registered lobbyist, we push Congress to increase federal research dollars as the best way to end the disease (see the Action Alert article in this newsletter). We were invited to join LEAD, Leaders Engaged on Alzheimer's Disease, an impressive national organization that lobbies Congress for more research dollars as there is no question a serious national crisis is coming if we don't find a cure or prevention soon. On the state level, Public Policy Director, Rob Gundermann secured \$1.5 million in annual state dollars for dementia research at UW-Madison. It was the catalyst for millions in federal money that came next, forming the Wisconsin Alzheimer's Disease Research Center (ADRC) which was recently renewed by the federal government for another five years.

Today, we work closely with the Wisconsin ADRC, and we are proud to be the first Alzheimer's organization in the nation to have a Diversity Specialist, Charlie Daniel included in the original and renewed application. We play a critical role in advancing research by connecting the people we work with, especially persons of color, to local research studies. Currently, we are pushing for more healthy controls to also participate. That means if you are age 45 to 65 and don't have dementia in your family, you can participate in research right here that helps the side of the family that is impacted.

As we enter the holiday season, we hope you will remember us in your year-end charitable giving plans. Nearly 90% of our operating budget comes from individual gifts to support the work that we do with 100% of all dollars raised staying in Wisconsin. Our most recent 990 was filed with the IRS and I'm pleased to report that 80% of all expenditures support programs and services and research at UW-Madison with only 20% going to administration and fundraising costs. Many organizations talk about how dollars are spent, but unless you study the non-profit tax return closely you can't really determine the accuracy of the messaging. We truly pride ourselves on being there to assist you on your journey with Alzheimer's or other dementias.

Best wishes for a happy holiday season.

Sincerely,

Executive Director, Paul Rusk

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.alzwissc.org or call **608.232.3400** or **888.308.6251**.

Upcoming Programs

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

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

WE ALL FORGET: IS IT NORMAL AGING OR SHOULD I BE CONCERNED?: We all forget names occasionally and misplace keys and wallets. In this program, your common questions will be answered. What's normal and what's not normal for our brains as we age? What should we do if we're concerned for ourselves or others?

ALZHEIMER'S & DEMENTIA: WHAT IS IT? WHAT CAN I DO?: This hour-long program will tell you about the basics. What are the causes, warning signs and risk factors? What are practical things you can do whether you are concerned about yourself or a loved one or if you are interested in helping others impacted by dementia? Come to find out!

MAINTAIN BRAIN HEALTH: Take time to attend a session to learn brain health tips regarding nutrition, mental exercise, physical activity and more.

DECEMBER

MADISON MEMORY CAFÉ

Monday, December 15

1:00-3:00 p.m.

Warner Park Community Center
1625 Northport Dr., Madison

END OF LIFE AND DEMENTIA

Monday, December 15

5:30 - 7:00 p.m.

Hawthorne Public Library
2707 E. Washington Ave., Madison

Discuss the critical decisions often faced at end of life and how to cope with grief and guilt.

SAUK CITY MEMORY CAFÉ

Thursday, December 18

9:30-11:00 a.m.

Sauk Prairie Community Center,
Café Connections
730 Monroe St., Sauk City

RICHLAND CENTER MEMORY CAFÉ *rescheduled date

Thursday, December 18

9:30-11:30 a.m.

Woodman Senior Center
1050 N. Orange St., Richland Center

PORTAGE MEMORY CAFÉ

**rescheduled date*

Tuesday, December 23

1:00-3:00 p.m.

Portage Public Library
253 W. Edgewater St., Portage

YOUNG ONSET MEMORY CAFÉ (65 AND UNDER)

*Please contact ADAW at
608.232.3400 prior to participating.*

Saturday, December 27

11:30 a.m. -1:30 p.m.

Alzheimer's and Dementia
Alliance of WI
2nd Floor Conference Room
517 N. Segoe Rd., Madison

JANUARY

MIDDLETON MEMORY CAFÉ

Friday, January 2

9:30-11:30 a.m.

Captain Bill's Restaurant
2701 Century Harbor Rd., Middleton

DODGEVILLE MEMORY CAFÉ

Wednesday, January 7

1:00- 3:00 p.m.

Folklore Village
3210 County Rd. BB, Dodgeville

MADISON MEMORY CAFÉ

Monday, January 12

1:00-3:00 p.m.

Warner Park Community Center
1625 Northport Dr., Madison

IS IT TIME FOR FACILITY CARE?

Monday, January 12

5:30 - 7:00 p.m.

Hawthorne Public Library
2707 E. Washington Ave., Madison
Review things to consider when making
the decision to move to facility care.

SAUK CITY MEMORY CAFÉ

Thursday, January 15

9:30-11:00 a.m.

Sauk Prairie Community Center,
Café Connections
730 Monroe St., Sauk City

RICHLAND CENTER MEMORY CAFÉ

Thursday, January 22

9:30-11:30 a.m.

Woodman Senior Center
1050 N. Orange St., Richland Center

YOUNG ONSET MEMORY CAFÉ (65 AND UNDER)

*Please contact ADAW at
608.232.3400 prior to participating.*

Saturday, January 24

11:30 a.m. -1:30 p.m.

Alzheimer's & Dementia Alliance of WI
2nd Floor Conference Room
517 N. Segoe Rd., Madison

PORTAGE MEMORY CAFÉ

Tuesday, January 28

1:00-3:00 p.m.

Portage Public Library
253 W. Edgewater St., Portage

FEBRUARY

DODGEVILLE MEMORY CAFÉ

Wednesday, February 4

1:00- 3:00 p.m.

Folklore Village
3210 County Rd. BB, Dodgeville

MIDDLETON MEMORY CAFÉ

Friday, February 6

9:30-11:30 a.m.

Captain Bill's Restaurant
2701 Century Harbor Rd., Middleton

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RESPONDING TO ALZHEIMER'S AND RELATED DEMENTIAS: Techniques for Law Enforcement and First Responders

The training program features in-depth instruction to help your department enhance its capacity to handle calls involving people with Alzheimer's disease and related dementias.

As a result of this training, participants will:

- Better understand Alzheimer's disease and related dementias
- Identify the different situations where first responders might encounter persons with Alzheimer's disease
- Distinguish symptoms of Alzheimer's disease from other conditions
- Learn techniques to effectively communicate with persons with Alzheimer's disease to determine the most effective response
- Communicate and collaborate with caregivers
- Engage community resources
- Establish protocols for search-and-rescue specific to this population

Appropriate for public safety administrators, EMS, law enforcement officers, firefighters, EMT, and others from the first responder community. Call 888.308.6251 to schedule this two hour training.

Alzheimer's Walk

We had a great 2014 Alzheimer's Walk season, raising \$297,192. More than 2,000 people attended the seven walks across our nine-county service area. It was great to see so many new faces and teams this year! All proceeds from the Alzheimer's Walks will support programs and services throughout the region. Thank you to all participants, committee members, honorary chairs, donors, volunteers and sponsors for another amazing year!

2014 GREEN COUNTY ALZHEIMER'S WALK

Team raising the most money:

Pleasant View Nursing Home
\$4,890.00

Team with the most walkers:

Monroe Manor with 38

Family team raising the most money:

Ruth's Angels \$2,797.11

1st Place individual raising the most money:

Kari Gray \$1,538.00

2nd Place individual raising the most money:

Larry Coffey \$1,450.00

Number of walkers:

192

Total raised as of 11/20:

\$40,538.11

Thank you to our sponsors

Gold:

Colony Brands, Inc.

Mimi's Team

Silver:

Babler Associates

First National Bank and Trust Company

Monroe Clinic

Monroe Manor Nursing
& Rehabilitation Center

Honorary:

Clarno Lumber & Supply Co.

New Glarus Brewing Co.

2014 COLUMBIA COUNTY ALZHEIMER'S WALK

Team raising the most money:

Bonnet Prairie Lutheran Church
\$5,960.00

Team with the most walkers:

Judy's Gang with 44

Family team raising the most money:

Judy's Gang \$4,570.00

1st Place individual raising the most money:

Marilyn Bubolz \$1,500.00

2nd Place individual raising the most money:

Mary Taylor \$1,500.00

Total number of walkers:

263

Total raised as of 11/20:

\$33,455.00

Thank you to our sponsors

Gold:

AmericanWay Assisted Living

Tivoli at Divine Savior Healthcare

Silver:

Columbia Health Care Center

Ho-Chunk Gaming

Our House Senior Living

The Dump Bar & Grill

Bronze:

BrightStar Care

Bonnet Prairie Lutheran Church

Country Terrace of

Wisconsin Assisted Living

Golden Living Center



2014 GRANT COUNTY ALZHEIMER'S WALK

Team raising the most money:

Johnny's Walkers \$6,545.00

2nd Place team raising the most money:

Team SOC \$2,913.76

1st Place individual raising the most money:

Rosie Errthum \$4,800.00

2nd Place individual raising the most money:

Linda Groeschl \$1,500.00

Total number of walkers:

102

Total raised as of 11/20:

\$21,344.08

Thank you to our sponsors

Gold:

Elderspan Management
Manor Care

Silver:

Grant Regional Health Center

Good Samaritan Society-Fennimore

Our House Senior Living

Southwest Behavioral Services

Bronze:

ADRC of Southwest

Wisconsin-Grant County

Southwest Health Center-Senior
Behavioral Sciences

Honorary:

Biddick, Faherty Inc.

Lancaster Machine & Tool

Rural Route 1 Popcorn

Scenic River Energy Cooperative



2014 SAUK COUNTY ALZHEIMER'S WALK

Team raising the most money:

Reedsburg Area Senior Life Center
\$5,013.59

Team with the most walkers:

Mighty Oaks with 64

Family team raising the most money:

Rockin' Ritas \$1,528.00

1st Place individual raising the most money: Courtney Hamilton \$1,528.00

2nd Place individual raising the most money: John Scott \$1,500.00

Total number of walkers: 248

Total raised as of 11/20:
\$27,236.21

Thank you to our sponsors

Gold:

ElderSpan Management

Silver:

Artisan Senior Living
BrightStar Care
Ho-Chunk Gaming
Maplewood Village
Sauk County Health Care Center
Oak Park Place
Our House Senior Living

Honorary:

Culvers
Home Health United

2014 RICHLAND COUNTY ALZHEIMER'S WALK

Team raising the most money:

Thanks for the Memories \$6,336.00

2nd Place team raising the most money:

Harvest Guest Home \$4,258.83

Team with the most walkers:

Golden Living Center with 31

1st Place individual raising the most money: Mary Lou Tessmer \$4,563.00

2nd Place individual raising the most money: Millie Thiede \$2,713.83

Total number of walkers: 147

Total raised as of 11/20: \$27,578.95

Thank you to our sponsors

Gold:

GoldenLiving Center
Harvest Guest Home

Silver:

Our House Senior Living
Pine Valley Healthcare
& Rehabilitation Center
Schmitt Woodland Hills
The Richland Hospital, Inc.

Honorary:

Ash Creek Plumbing & Heating
Gracious Way
Universal AET
Wertz Plumbing & Heating

2014 DANE COUNTY ALZHEIMER'S WALK

Team raising the most money:

Oak Park Place \$18,952.21

Team with the most walkers:

Oak Park Place with 76

Family team raising the most money:

Team Blotner \$16,813.00

For 5K Run results, visit:

zippyraceresults.com/search.php?ID=4333

Total number of participants: 1,200

Total raised as of 11/20: \$128,148.92

Thank you to our sponsors

Gold:

American Family Insurance
Dean/St. Mary's
Lighthouse of Sun Prairie
Oak Park Place
UW Health

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Silver:

All Saints Assisted Living & Memory Care
Capitol Lakes Retirement
Oakwood Lutheran Senior Ministries

Bronze:

Attic Angel Community
BrightStar Care
Homestead Living
Senior Helpers
Stoughton Hospital
WEA Trust

Honorary:

Aster Retirement Community
Certco
Four Winds Assisted Living
Heritage Monona
Summit Credit Union

2014 IOWA COUNTY ALZHEIMER'S WALK

Team raising the most money:

Walmart \$1,742.00

Team with the most walkers:

Granny's Gang with 32

Family team raising the most money:

Granny's Gang \$1,074.00

1st Place individual raising the most money: Penny Hering \$936.00

2nd Place individual raising the most money: Melinda Homb \$525.00

Total number of participants:

145

Total raised as of 11/20:

\$13,607.38

Thank you to our sponsors

Gold:

ElderSpan Management
Sienna Crest Assisted Living



Silver:

Bloomfield Healthcare & Rehabilitation Center

Bronze:

ADRC of Southwest Wisconsin – Iowa County
Upland Hills Health

Honorary:

Houck Funeral Homes
Ivey's Pharmacy
Universal AET

Million Dollar Shootout Featured Paul Braun & Pat Richter

Not only did this year's Million Dollar Shootout, on August 4 at Maple Bluff Country Club, feature Pat Richter and Paul Braun, it also featured 1.74 inches of rain! Golfers played about nine holes of golf before the skies opened up and weather conditions required play to be cancelled.

Golfers dried off and came inside to enjoy dinner, a silent auction and remarks by former UW Athletic Director Pat Richter, answering questions from the audience about his playing days and offering his insights on prevention of head injuries, from youth football to the NFL.

Paul Braun, best known as commentator

for Wisconsin Badger Hockey, told his Alzheimer's story, which he is currently living with his wife, Karen. Paul spoke of the sheer numbers of people impacted by AD in Wisconsin, likening it to sell-out crowds at Lambeau Field and Miller Park combined. He stressed the importance of supporting caregivers and not being afraid to visit friends and family with Alzheimer's disease. You can watch his full presentation at ADAW's website, by clicking on "Special Events" and then "Million Dollar Shootout."

Thanks to all participants and sponsors, the event raised close to \$40,000. All proceeds stay in Wisconsin to support people facing a dementia-type disease and their care partners.

Platinum: BBjacks

Gold: Catholic Financial Life

Silver: Hooper Corporation
General Heating & Air Conditioning

Cart Sponsor: Group Health Cooperative of South Central WI

Hole Sponsors: Catholic Financial Life
#261 Cross Plains
Wagner Insurance

Putting Green Sponsor: Communications Engineering Company (CEC)

Corporate Sponsors:

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Boardman & Clark, LLP, CEC,
DoubleTree Hotel
McGladrey
NBC 15
Oak Bank
Oak Park Place
W.J. Stern

SILVER ALERT UPDATE: Working for Wisconsin!

Wisconsin's new Silver Alert program launched in August. As a result of this program, when someone with dementia wanders off or becomes lost, a Silver Alert can now be issued. Silver Alerts may be broadcast through television and radio, digital billboards, and lottery display terminals.

Recently, I met with representatives of the Wisconsin Department of Justice to discuss how the program is working and assess what we can do to make it work more smoothly. To date, ten Silver Alerts have been issued, eight of those people have been safely returned home. Seven of the missing individuals drove cars and three individuals were located as a direct result of the Silver Alert program.

It's critical that you maintain a recent picture of your loved one with dementia just in case an alert needs to be issued. The Department of Justice also recommends keeping a picture of the car the person with dementia drives, as well as the year, make and model of the vehicle. It can be difficult to remember things in a stressful situation, so having it ready will ensure that you provide accurate information to those trying to find the missing person. We recommend writing the information down and keeping it somewhere safe where you can easily access it in an emergency.

Another potentially useful tool is a simple cellular phone. Cellular phone technology has advanced to the point where it can be very helpful in locating a missing person. Did you know there are smart phone applications that allow you to track another phone? This could be helpful when looking for a loved one.

Law enforcement can also track the location of a cellular phone. However, law enforcement can only do so if they have permission of the account holder or a court order. If you want law enforcement to have the ability to immediately search for your loved one's phone, we recommend having the account placed in your own name. You can authorize law enforcement to find and track the phone, which would save a great deal of time.

Lastly, please remember that photos of your loved ones with dementia are important no matter where they live. The Department of Justice asked me to remind everyone not to forget to take a picture of your loved one living in assisted living facilities.

Rob Gundermann, Public Policy Director

Creative Expression Exercise from Meeting of Minds

A diagnosis of mild cognitive impairment, Alzheimer's disease or other dementias brings many losses...loss of independence, loss of control over your own life, loss of abilities, and loss of friendship. Take a look inside our Meeting of Minds program:

"What is Friendship?"

A connection

Trust

Supportive

Very forgiving

Laughter

Understanding

We can be ourselves.

We are accepted as we are and it is okay to be corrected once in awhile.

We share things.

There are many, many degrees of friendship.

A friend has the willingness to accept us as we are.

A friend lets us know when we are not right but not too often and only at certain times when it is needed.

Lightens up your mood

It is okay for a friend to kid you especially in sports such as golf, tennis, pool; that is as long as your friend is not better at the sport.

Friends have similar interests.

We count on each other in times of happiness, sadness, trouble and grief.

A friend taps you on the shoulder and gently tells you to shut up.



Action Alert!

As Congress debates how much funding to provide to the National Institutes of Health, it's important that we remind them of how important Alzheimer's research is to all of us coping with this disease. Last year Congress allocated \$566 million for Alzheimer's research, approximately the same amount allocated for the past decade.

We are asking Congress to appropriate an additional \$100 million this year for Alzheimer's disease research, and we need your help. Contact your members of Congress and ask them to support this funding increase. Please write, call or email BOTH of your United States Senators, Senator Tammy Baldwin and Senator Ron Johnson, and your Congressperson in the House of Representatives. Ask them to support an additional \$100 million in Alzheimer's disease research funding. If you write or email, please ask for a response.

For years I've heard Congress tell us that there isn't enough money to adequately fund Alzheimer's research; yet the Obama administration has requested \$6 billion to fight Ebola. As I write this there have been four cases of Ebola in the United States with one fatality, while this year alone approximately 500,000 Americans will die of Alzheimer's. The argument that we don't have the funds available to adequately fund Alzheimer's research rings hollow.

We need a cure and we need better medications to treat the disease. The only way we will achieve these goals is through adequate funding for research and that's what is lacking. I will be meeting with our members of Congress to press them on this issue. Your help would be greatly appreciated.

Rob Gundermann, Public Policy Director

Barbara Ann Thoni 1949-2014

By Paul Rusk

We are sad to note the sudden passing of Barb Thoni in October. Born and raised in Rice Lake, Barb moved to Madison in 1991 to join the Coalition of Wisconsin Aging Groups. Soon after she joined our Board of Directors and served a full decade; in fact, she was on the board when I was hired in 1998. Always a strong advocate for elderly persons and their families, Barb fully supported our name change in 2009 as she keenly understood the critical impact our organization needed to continue having on families and persons with dementia. We will all miss her wonderful sense of humor and tremendous commitment to the elderly in all parts of Wisconsin.

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COMMUNICATION TIPS AND STRATEGIES

Monday, February 9

5:30 - 7:00 p.m.

Goodman South Madison Library
2222 S. Park Street

Learn ways to effectively and compassionately communicate with someone who has dementia.

MADISON MEMORY CAFÉ

Monday, February 16

1:00-3:00 p.m.

Warner Park Community Center
1625 Northport Dr., Madison

SAUK CITY MEMORY CAFÉ

Thursday, February 19

9:30-11:00 a.m.

Sauk Prairie Community Center,
Café Connections
730 Monroe St., Sauk City

PORTAGE MEMORY CAFÉ

Tuesday, February 25

1:00-3:00 p.m.

Portage Public Library
253 W. Edgewater St., Portage

RICHLAND CENTER MEMORY CAFÉ

Thursday, February 26

9:30-11:30 a.m.

Woodman Senior Center
1050 N. Orange St., Richland Center

YOUNG ONSET MEMORY CAFÉ (65 AND UNDER)

Please contact ADAW at 608.232.3400 prior to participating.

Saturday, February 28

11:30 a.m. - 1:30 p.m.

Alzheimer's and Dementia Alliance of WI
2nd Floor Conference Room
517 N. Segoe Rd., Madison

Support ADAW with a Yearend Gift

Did you know 90% of the Alzheimer's & Dementia Alliance of Wisconsin's operating income comes from donations from individuals, special events, fees for service and grants from private organizations?

While we never want to be seen as an organization that constantly has its hand out asking for money, it's important for people to realize the gifts we receive annually are critical to maintaining our day-to-day support of people facing Alzheimer's or another dementia and their care partners. According to ADAW's current financial statements, a whopping 80% of every dollar raised goes directly toward programs and services. On top of that, 100% of donations stay in Wisconsin.

As you plan your yearend giving, please consider making a gift to the ADAW. There are several ways to do so:

MAIL A GIFT:

You can mail a donation directly to ADAW at 517 N. Segoe Rd. #301, Madison WI 53705.

ON-LINE GIVING:

Visit our website, www.alzwisc.org, and click on the "Donate online now!" button at the top of the page. You can make a secure one-time donation via MasterCard or Visa here or set up a monthly recurring donation. The first 100 people to make an online donation before December 31, 2014 will receive their choice of a navy blue baseball cap or a re-usable red insulated grocery bag.

GIFT OF APPRECIATED STOCK:

You can make a gift of appreciated stock you've held for more than 12 months to ADAW and receive the tax benefits of the donation. (Consult your financial advisor regarding your personal circumstances). Visit www.alzwisc.org/donate and click on "gifts of stock" for instructions to share with your broker.

Please take a moment this holiday season to make a gift to ADAW to help guarantee that when people need help—a loved one, friend or maybe even you at some future time—expert staff will be available to answer that call for help.

Research Update

Dean Foundation Conducting Memory-Related Research Studies

Dean Foundation, the non-profit affiliate of Dean Health System is currently conducting two separate clinical research studies related to Alzheimer's disease. The goals of the studies are to help better understand the progression of Alzheimer's disease and to advance potential treatments of the disease. Both healthy seniors and people diagnosed with mild to moderate Alzheimer's are needed for the studies.

STUDY #697, FOR HEALTHY SENIORS

The "Tomorrow study" is for healthy seniors 65-83 years of age. The study seeks to learn more about the genetic risk of developing mild cognitive impairment due to Alzheimer's disease and whether an investigational medication may prove effective in delaying the first symptoms of this condition.

For more information about either study, visit dean.org or call JoAnn at (608) 827-2333.

RESEARCH IN THE NEWS

THE ANTI-AMYLOID TREATMENT IN ASYMPTOMATIC ALZHEIMER'S STUDY (A4 STUDY)

The Wisconsin Alzheimer's Disease Research Center is one of several locations across the country participating in the Anti-Amyloid Treatment in Asymptomatic Alzheimer's study (the "A4 study" for short). The A4 Study is a clinical study for older individuals (65 to 85 years of age) who may be at risk for memory loss due to Alzheimer's disease (AD). The A4 study is investigating a new drug intervention that may reduce the impact of a protein known as "amyloid" or "beta amyloid" forming plaques in the brain. Scientists believe that accumulation of amyloid in the brain may play a key role in the eventual development of AD-related memory loss. The A4 anti-amyloid investigational drug targets amyloid build-up in the brain with the aim of slowing memory loss associated with the development of AD.

The A4 study will enroll 1,000 people nationwide between the ages of 65 through 85 with normal thinking and memory function but with evidence of amyloid plaque buildup in the brain. Up to 30 participants will be enrolled locally. Physicians and researchers will use PET amyloid imaging scans to determine whether a potential participant has evidence of elevated amyloid buildup. Individuals with elevated amyloid on the PET scan will be eligible to become participants in the A4 clinical study. Participants will receive a medication to reduce amyloid or placebo.

If you are interested in participating or learning more about the study, please contact the coordinator, Ben Farral at (608) 256-1901 ext. 11640 or bofarral@medicine.wisc.edu

ALZHEIMER'S DISEASE IN A DISH

From Massachusetts General Hospital, October 12, 2014-
An innovative laboratory culture system has succeeded, for the first time, in reproducing the full course of events underlying the development of Alzheimer's disease. Using the system they developed, investigators from the Genetics and Aging Research Unit at Massachusetts General Hospital (MGH) now provide the first clear evidence supporting the hypothesis that deposition of beta-amyloid plaques in the brain is the first step in a cascade leading to the devastating neurodegenerative disease. They also identify the essential role in that process of an enzyme, inhibition of which could be a therapeutic target.

"This new system – which can be adapted to other neurodegenerative disorders – should revolutionize drug discovery in terms of speed, costs and physiologic relevance to disease," says Rudolph Tanzi, PhD, director of the MGH Genetics and Aging Research Unit and co-senior author of the report receiving advance online publication in *Nature*. "Testing drugs in mouse models that typically have brain deposits of either plaques or tangles, but not both, takes more than a year and is very costly. With our three-dimensional model that recapitulates both plaques and tangles, we now can screen hundreds of thousands of drugs in a matter of months without using animals in a system that is considerably more relevant to the events occurring in the brains of Alzheimer's patients."

For more information, visit

www.massgeneral.org/about/pressrelease.aspx?id=1749

Join a committee

Do you know someone touched by Alzheimer's or dementia? Do you like to make a difference in your community? If you answered yes to either of those questions, you may want to consider joining one of ADAW's committees.

THE FIRST FUNDRAISER of the year, An Evening to Remember, takes place in the spring. We're excited for to celebrate five years as an independent organization and 30 years in the community at this year's event. There are many things that this committee works on including securing sponsors, selling tickets, gathering silent and live auction items, and helping coordinate all other aspects of the event.

THE SECOND FUNDRAISER, Million Dollar Shootout Charity Golf Outing, is set to take place in August. The golf committee will begin meeting once a month in March to plan this extraordinary day of events, gather sponsors and in-kind donations, invite guests, help spread the word and more.

We wrap up the year with our **LARGEST FUNDRAISING EVENT**, Alzheimer's Walk. With walks in seven counties – Columbia, Dane, Grant, Green, Iowa, Richland and Sauk – you can find one that is close to you. Meetings will begin in the spring with Alzheimer's Walks taking place throughout September and October. The Alzheimer's Walk committees spend time planning what happens on walk day including securing food, finding honorary chairs to speak, looking for entertainment, and so much more.

Our organization is not possible without the support of both our volunteers and fundraising events. We would love to hear from you if you are interested in joining a committee. Please email Director of Development, Kristin Larson, at kristin.larson@alzwisc.org.

TRIBUTES & MEMORIALS 5-08-2014 to 11-12-2014

The following gifts were received in memory or in honor of the individuals listed in bold.

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Our staff snapped a picture with Charolette Mathews when she dropped off her memorial contribution. We love when families come in to see us!

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5th Anniversary of Solomon Carter Fuller Memory Screening Day

ADAW celebrates the 5th Anniversary of Solomon Carter Fuller Memory Screening Day! To celebrate, there will be a two-day event. Open to the public! Locations TBD.

Friday, February 27: Dr. Goldie Byrd will speak with reception to follow

Saturday, February 28: Memory screenings available (schedule an appointment today!)

Dr. Solomon Carter Fuller was the first Black psychiatrist in the United States and played a key role in the development of psychiatry in the 1900s. Dr. Carter Fuller worked closely with Dr. Alois Alzheimer, the namesake of Alzheimer's disease. Sponsored by:



For more information about this event, please contact Charlie Daniel, Alzheimer's and Dementia Alliance of Wisconsin: 608.204.9789