Validating aids communication

The definition of validation is “recognizing or affirming the worth of a person, their feelings, and opinions, causing that person to feel valued.” Although we never know exactly what’s in the heart and mind of someone else, especially when they are confused and forgetful, validating can reduce anxiety and frustration and can strengthen our relationships.

Validation does not mean that we have to believe or agree with everything the other person says. It simply asks that we accept and understand that the person’s thoughts and feelings are real and important to them. Even if the person is confused and says something that is incorrect or hurtful, we can still validate by listening to and accepting their reality. Trying to get people with dementia to accept our version of reality doesn’t work. There may be times when they seem to understand, but it is fleeting. They will forget again. This is the nature of dementia.

Find positive ways to communicate with people with dementia by acknowledging their reality and keeping them engaged and active. It can be difficult to know how to be honest without causing more distress or confusion, or how to redirect the person to another activity or discussion. The following suggestions may help:

- Be willing to “step into the person’s shoes” and try to understand his or her reality at that moment.
- Listen and watch for the feelings behind the words to determine wants or needs. Pay attention to the tone of voice, body language, facial expression, etc.
- Name the feelings that you see and help the person feel reassured, comforted, and accepted. (For example, “You seem upset. I’m sorry. I’m here to help.”)
- Use what you know about the person and his or her life story in order to reminisce, distract, or give the person something meaningful to do.
- Keep responses simple and honest without forcing acceptance of your version of reality. Telling white lies can work sometimes for some people but may get you into a difficult situation with questions you can’t answer or expectations you can’t meet. Find creative ways to give honest responses that won’t lead to frustration or confusion. For example, if the person is looking for a deceased parent, truthfully say, “Your mother’s not here right now.” Then try reminiscing. “Tell me about your mother. Did she like to bake? Did you help her? It sounds like you had a lot of fun together.” Using this type of response validates the significance of her mother without lying or expecting the person to deal with the reality of her mother’s death.

For more information about validation or other communication tips, call the Alzheimer’s & Dementia Alliance of Wisconsin at 608-232-3400 or 888-308-6251.
Dear Friends,

As an independent organization incorporated in Wisconsin with a local board of directors, our vision is to enhance the quality of life for persons with dementia, family members, care partners and communities, which we promote through our extensive array of programs and services. We understand the full range of effects this disease has from beginning to end, and the diverse needs of everyone involved. We even have staff that specialize in the rural parts of Wisconsin as we believe everyone should have expert help close at hand. We partner with researchers right here at the Wisconsin Alzheimer’s Disease Research Center at UW-Madison to end this disease once and for all. Most importantly, ADAW promotes key systems changes via the public policy process to make life better. Please see the public policy update on page 9 as we have worked closely with the Speaker’s Task Force on Alzheimer’s & Dementia to advance important changes needed to respond to the growing dementia epidemic in Wisconsin.

None of this would be possible without our highly qualified staff working in a collaborative environment, being supported by an independent board of directors with fiduciary responsibility. That is why it is critical that all financial resources we raise stay in Wisconsin and program decisions be made locally. We are proud that additional counties in Wisconsin currently with limited dementia resources are looking to ADAW to bring new services and hope to their communities.

For those of you keeping up with Alzheimer’s news on a national level, we will soon have many new community-based dementia organizations in which to share and partner across the county. As of January 15, six chapters of the Alzheimer’s Association have announced they are disaffiliating from the national organization in response to significant operational changes they are implementing. These include the New Jersey, New York City, Greater Los Angeles, Orange County, CA, San Diego and Greater Texas chapters. The reasons for leaving the chapter network echo the reasons why we and two others, Alzheimer’s Tennessee and Alzheimer’s North Carolina, left six years ago – in order to focus on locally based services that have a dramatic impact on the lives of families facing dementia.

Today all money we raise stays in Wisconsin, and if you need help, our expert staff is just a phone call away. This newsletter is filled with upcoming program offerings, and we are very busy growing our partnerships to expand on our expertise as we can’t do it all. It is a very challenging, and exciting, time.

We value your participation and look forward to seeing you soon and I hope you will continue to share the important programs and services we are providing.

Sincerely,

Paul Rusk, Executive Director
New Friends:
EDUCATING THE NEXT GENERATION OF HEALTH PROFESSIONALS

This year’s New Friends is up and running!Jointly sponsored by the Wisconsin Alzheimer’s Institute (WAI) and the Alzheimer’s & Dementia Alliance of Wisconsin (ADAW), this program brings together health professional students at the University of Wisconsin-Madison with “mentors” who have mild cognitive impairment, early-stage Alzheimer’s or a related dementia to meet one-to-one on an informal basis outside of the clinical setting. New Friends is also a research study that measures students’ knowledge and attitudes about dementia and the well-being of the mentors.

Through shared activities and conversations, New Friends provides an opportunity for students to learn from mentors and their families as they share their experiences with dementia. It also provides an opportunity for mentors and their families to voice concerns regarding their care and to contribute to the training of future physicians, psychiatrists, neurologists, nurses, social workers, physical and occupational therapists and pharmacists.

Each year, New Friends runs from October through April. Program staff from WAI and ADAW match each mentor with a student based on information provided on their personal profiles. The mentor and the student agree to meet at least once a month. Meetings and activities are determined by the mentor and the student. Some past activities have included:

- Going for coffee and/or dinner
- Seeing a movie
- Working on a craft together or sharing a hobby
- Playing games or going to sports events
- Attending a concert
- Visiting a museum
- Going to the farmer’s market
- Taking a walk
- Visiting over shared photographs
- Volunteering together

BENEFITS OF NEW FRIENDS AS DESCRIBED BY THE MENTORS:

“Developing a positive, happy relationship with the “new friend”.

“Helping a medical student learn more about my dementia and being respected for my knowledge of who I am and what I am losing and how I am coping with it.”

BENEFITS OF THIS PROGRAM AS DESCRIBED BY THE STUDENTS:

“This experience changed my perception of people with mild cognitive impairment. I have realized how high-functioning these individuals can be and also how many aspects of their life can be affected.”

“It kept me motivated when I got overwhelmed by the science/anatomy/physiology of medicine. I was able to think about my experiences with my mentor and consider medicine from a more human perspective.”

“This program helps you gain firsthand perspective into someone’s life from different stages in the Alzheimer’s disease process. I think it also benefits the person and their well-being and enjoyment in participating in a novel activity.”

If you are interested in being a mentor in the October 2016 New Friends program, please call Pat Wilson at the Alzheimer’s & Dementia Alliance of Wisconsin at 608-232-3406 or email patricia.wilson@alzwisc.org.
HAVE YOU HEARD ABOUT OUR MANY SUPPORT GROUPS?

Join ADAW in a caring and understanding environment where you can ask questions and get straight answers from people who have been there. Learn creative and caring problem-solving techniques, get informed about helpful resources, and hear about advances in research and advocacy. Discover you are not alone in the way you feel! You may find that you can help others who are at a point where you’ve already been. Remember, laughter, taking care of yourself, and planning for the future are essential to well-being.

“The support I have been given by the Alzheimer’s & Dementia Alliance of WI, and especially the Men’s Support Group meetings, over the past four or five years have been very helpful and sincerely appreciated.”

– Howard S.

There are many support groups, at various times and locations.

To find one that works best for you or a loved one, visit www.alzwisc.org or call 608.232.3400 or 888.308.6251.

Upcoming Programs

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

MEMORY CAFÉS: A Memory Café is a social gathering place where individuals with memory loss, mild cognitive impairment, early Alzheimer’s, or other dementias, can come together. There are currently nine 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. Our brain may not seem as sharp as it once was but not all memory glitches signify the start of a progressive disease like Alzheimer’s. With growing awareness of the importance of having memory disorders diagnosed early, come learn what is normal for our brains as we age, how our memories work, and what we can do if we are concerned for ourselves or others.

UNDERSTANDING ALZHEIMER’S & DEMENTIA: What is the difference between Alzheimer’s disease & dementia? In this program you will learn the answer to that question as well as what causes dementia and receive practical things you can do, whether you are concerned about yourself, a loved one, or are just interested in helping others who are impacted by memory challenges.

BOOST YOUR BRAIN HEALTH: Tips to reduce your risk of Alzheimer’s and dementia. Current research indicates that lifestyle choices have significant impact on long term brain health. In this program you will learn how the brain works, tips on improving your brain health and how to lower your risk of developing dementia. This program features information about current research, scientifically-rooted nutritional and lifestyle advice as well as fun brain teasers and take home material.

DEMENTIA FRIENDLY COMMUNITY: The number of people living with Alzheimer’s disease in our state is growing and communities are mobilizing to better understand and support their local citizens. The majority of us will know someone with dementia in our lifetime. In this program you will learn how to better recognize a person with memory or thinking impairments and to better understand what businesses and community members can do to serve and support people struggling with cognitive challenges. Find out what is happening in your community and learn how you can make a difference.

FEBRUARY 2016

MADISON MEMORY CAFÉ
Monday, February 15
1:00-3:00 p.m.
Warner Park Community Center
1625 Northport Dr., Madison

FAMILY DYNAMICS IN THE DEMENTIA JOURNEY
Discover ways dementia impacts families and the value of recognizing and accepting each person’s strengths and weaknesses as caregivers.

Tuesday, February 16
10:30 a.m. – 12:00 p.m.
Health & Human Services Building, Room #1001
303 W. Chapel Street, Dodgeville

SAUK CITY MEMORY CAFÉ
Thursday, February 18
9:30-11:00 a.m.
Sauk Prairie Community Center, Café Connections
730 Monroe St., Sauk City
SOLOMON CARTER FULLER EVENT: A COMMUNITY DISCUSSION ABOUT ALZHEIMER’S DISEASE BY DR. CONSUELO WILKINS

In commemoration of Black History Month, join us in celebrating Dr. Carter Fuller, the first African American psychiatrist, at our 6th annual Solomon Carter Fuller Event. This free community event will feature keynote speaker, Dr. Consuelo Wilkins, Associate Professor of Medicine, Vanderbilt University School of Medicine and Meharry Medical College, who will address Alzheimer’s disease and its effects in the Black community. A reception and Q&A will follow Dr. Wilkins’ talk. No registration required.

Friday, February 19
6:00 p.m.
Fountain of Life Covenant Church
633 W. Badger Road, Madison

SOLOMON CARTER FULLER MEMORY SCREENING DAY

Get your questions answered at this free community memory screening event featuring workshops on caregiving for dementia and elder financial abuse. Both workshops feature great tips for caregivers, family members and individuals with dementia. Worried about your memory? Sign up for a free memory screening. Time slots begin at 11:30 am. To secure your spot, call 608.232.3400. Walk-ins are welcome.

Saturday, February 20
Urban League of Greater Madison
2222 S. Park St., Madison
9:00 – 10:00 a.m.
Caregiving Panel Discussion

10:00 – 11:00 a.m.
Elder Financial Abuse with Barbara Boustead, Mary’s Daughter LLC

11:30 a.m. – 3:00 p.m.
Memory Screenings

IS IT TIME FOR FACILITY CARE?

Review things to consider when making the decision to move to facility care.

Tuesday, February 23
5:30-6:30 p.m.

UNDERSTANDING & RESPONDING TO BEHAVIOR CHANGES

Understand reasons why behavior changes occur and get problem-solving tips to help prevent and cope.

Tuesday, February 23
5:30-7:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage

PORTAGE MEMORY CAFÉ

Wednesday, February 24
1:00-3:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage

RICHLAND CENTER MEMORY CAFÉ

Thursday, February 25
9:30-11:30 a.m.
Woodman Senior Center
1050 Orange St., Richland Center

SINSINAWA MEMORY CAFÉ * - NEW!

Thursday, February 25
1:00 – 2:30 p.m.
Sinsinawa Mound Center
585 County Road Z, Sinsinawa, WI
*Affiliated with ADAW. Contact Coni LaBarbera, Pastoral Minister Sinsinawa Dominicans, Inc., at 608.748.4411 Ext. 188 or clabarbera@sinsinawa.org

DEFOREST MEMORY CAFÉ*

Friday, February 26
1:00 – 2:30 p.m.
DeForest Area Community and Senior Center
505 N. Main Street, DeForest
*Affiliated with ADAW. Hosted by the DeForest Area Community and Senior Center. Contact 608.846.9469 for more information

YOUNG ONSET MEMORY CAFÉ (65 AND UNDER)**

** Please contact ADAW at 608.232.3400 prior to participating.

Saturday, February 27
11:30 a.m. - 1:30 p.m.
Alzheimer’s & Dementia Alliance of WI 2nd Floor Conference Room
517 N. Segoe Rd., Madison

MARCH

DODGEVILLE MEMORY CAFÉ

Wednesday, March 2
1:00-3:00 p.m.
Stonefield Apartments Community Rm
407 East Madison Street, Dodgeville

MIDDLETON MEMORY CAFÉ

Friday, March 4
9:30-11:30 a.m.
Captain Bill’s Restaurant
2701 Century Harbor Rd., Middleton

SUN PRAIRIE MEMORY CAFÉ*

Thursday, March 10
9:30 - 11:00 a.m.
The Sunshine Place
1632 W. Main Street, Suite 200, Sun Prairie
*Affiliated with ADAW. Hosted by the Colonial Club Senior Center. Call 608.837.4611 for more information

UNDERSTANDING ALZHEIMER’S DISEASE, DEMENTIA AND MEMORY LOSS WORKSHOP FEATURING TEEPA SNOW

Teepa Snow, occupational therapist and dementia education specialist, will present “Dementia 360: Seeing It from All Directions” and “Why do they do that? Understanding Symptoms and Behaviors™.”

See dementia from a wide variety of perspectives that will help you develop programs and services that meet the needs of all those affected by the disease. Learn ways to increase the quality of care by addressing dementia-related issues from the point of view of the individuals.
with and without dementia, family members, caregiving and other facility staff.

Thursday, March 10
8:30 a.m. – 3:00 p.m.
Southwest Wisconsin Technical College, Fred Lenz Conference Room
1800 Bronson Blvd., Fennimore
Registration fee: *$25.00 (includes breakfast & lunch; no refunds).
Pre-registration required; no walk-ins.
Seating capacity: 190; early registration encouraged. Make checks payable to: Alzheimer’s & Dementia Alliance.
Send registration forms to:
ADRC
P.O. Box 383, Lancaster, WI 53813

*Scholarships for family caregivers and respite available. Arrangements for respite must be made by March 1, 2016. Contact Becky DeBuhr, 608.723.4288, for more information.

UNDERSTANDING ALZHEIMER’S DISEASE, DEMENTIA AND MEMORY LOSS WORKSHOP FEATURING TEEPA SNOW
Teepa will present “What Is Special About Spousal Caregiving: Changing Roles and Relationships” and “Learning the Art of Being an Advocate™.”
Learners will better understand what is happening when someone has dementia; recognize the need to change expectations, care, and plans as the condition progresses; how to use more positive engagement opportunities to foster the well-being of all involved; ways to cope with stress and more.

Friday, March 11
8:30 a.m. – 3:00 p.m.
Oakwood Village- University Woods
6205 Mineral Point Rd., Madison
Registration fee: *$35.00 (includes breakfast & lunch; no refunds).
Pre-registration required; no walk-ins.
Seating capacity: 150; early registration encouraged. Make checks payable to: Alzheimer’s & Dementia Alliance;

Send registration forms to:
ADAW
517 N. Segoe Rd., Suite 301
Madison, WI 53705

Limited funding is available for family caregivers living in Dane County, including scholarships to attend and funding for respite care. Call 608.232.3400 for information.

COMMUNICATION TIPS AND STRATEGIES
Learn ways to effectively and compassionately communicate with someone who has dementia.

Monday, March 14
5:30 – 7:00 p.m.
Hawthorne Library
2707 E. Washington Ave., Madison

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

MADISON MEMORY CAFÉ
Monday, March 21
1:00-3:00 p.m.
Warner Park Community Center
1625 Northport Dr., Madison

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

RICHLAND CENTER MEMORY CAFÉ
Thursday, March 24
9:30-11:30 a.m.
Woodman Senior Center
1050 Orange St., Richland Center

DEFOREST MEMORY CAFÉ*
Friday, March 25
1:00 - 2:30 p.m.
DeForest Area Community and Senior Center
505 N. Main Street, DeForest
*Affiliated with ADAW. Hosted by the DeForest Area Community and Senior Center. Contact 608.846.9469 for more information.

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

Saturday, March 26
11:30 a.m. -1:30 p.m.
Alzheimer’s & Dementia Alliance of WI 2nd Floor Conference Room
517 N. Segoe Rd., Madison

ALZHEIMER’S AND DEMENTIA: FIRST STEPS FOR FAMILIES
Learn how dementia-related diseases affect the person diagnosed and important tools and supports available for family caregivers.

Tuesday, March 29
5:30-7:00 p.m.
Sauk Prairie Hospital
260 26th St, Prairie du Sac

SINSINAWA MEMORY CAFÉ *
Thursday, March 31
1:00 – 2:30 p.m.
Sinsinawa Mound Center
585 County Road Z, Sinsinawa, WI
*Affiliated with ADAW. Contact Coni LaBarbera, Pastoral Minister Sinsinawa Dominicans, Inc., at 608.748.4411 Ext. 188 or clabarbera@sinsinawa.org

APRIL

MIDDLETON MEMORY CAFÉ
Friday, April 1
9:30-11:30 a.m.
Captain Bill’s Restaurant
2701 Century Harbor Rd., Middleton

DODGEVILLE MEMORY CAFÉ
Wednesday, April 6
1:00- 3:00 p.m.
Stonefield Apartments Community Rm
407 East Madison Street, Dodgeville

POWERFUL TOOLS FOR CAREGIVING CLASS
“Taking Care of You: Powerful Tools for...
Caregiving” is six-session class for anyone interested in improving their caregiving skills. This class is designed for anyone who regularly helps a friend or loved one cope with stroke, memory loss, Parkinson’s, or any other long-term illness, disease or disability. This program helps family caregivers reduce stress, improve self-confidence, better communicate feelings, balance their lives, increase their ability to make tough decisions and locate helpful resources. If you are interested in learning more about or attending this class, please contact Deanna Truedson, 608-843-3402 or Ruth Rotramel, 608-723-6113. If you need someone to care for your loved one so you can attend classes, we can help. Transportation assistance may also be available.

Fridays, April 8-May 13, 2016
9:30-11:30 am
Mineral Point City Hall
137 High Street, Mineral Point

ALZHEIMER’S & DEMENTIA: FIRST STEPS FOR FAMILIES
Learn about dementia-related diseases, what families can do, and resources to help.

Wednesday, April 13
3:00 - 4:00 p.m.
Crawford County Administration Building
225 North Beaumont Road, Prairie du Chien

SUN PRAIRIE MEMORY CAFE
Thursday, April 14
9:30 - 11:00 a.m.
The Sunshine Place
1632 W. Main Street, Suite 200, Sun Prairie
*Affiliated with ADAW. Hosted by the Colonial Club Senior Center. Call 608.837.4611 for more information

MADISON MEMORY CAFE
Monday, April 18
1:00-3:00 p.m.
Warner Park Community Center
1625 Northport Dr., Madison

SAUK CITY MEMORY CAFE
Thursday, April 21
9:30-11:00 a.m.
Sauk Prairie Community Center, Cafe Connections
730 Monroe St., Sauk City

DEFOREST MEMORY CAFE*
Friday, April 22
1:00 - 2:30 p.m.
DeForest Area Community and Senior Center
505 N. Main Street, DeForest
*Affiliated with ADAW. Hosted by the DeForest Area Community and Senior Center. Contact 608.846.9469 for more information

YOUNG ONSET MEMORY CAFE (65 AND UNDER)**
**Please contact ADAW at 608.232.3400 prior to participating.
Saturday, April 23
11:30 a.m. -1:30 p.m.
Alzheimer’s & Dementia Alliance of WI
2nd Floor Conference Room
517 N. Segoe Rd., Madison

ALZHEIMER’S & DEMENTIA: FIRST STEPS FOR FAMILIES
Learn about dementia-related diseases, what families can do, and resources to help.

Tuesday, April 26
1:00 – 2:30 p.m.
Colonial Club
301 Blankenheim Ln., Sun Prairie

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

Tuesday, April 26
5:30-7:00 p.m.
Columbus Community Hospital
1515 Park Ave., Columbus

PORTAGE MEMORY CAFE
Wednesday, April 27
1:00-3:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage

RICHLAND CENTER MEMORY CAFE
Thursday, April 28
9:30-11:30 a.m.
Woodman Senior Center
1050 Orange St., Richland Center

SINSINAWA MEMORY CAFE*
Thursday, April 28
1:00 – 2:30 p.m.
Sinsinawa Mound Center
585 County Road Z, Sinsinawa, WI
*Affiliated with ADAW. Contact Coni LaBarbera, Pastoral Minister Sinsinawa Dominicans, Inc., at 608.748.4411 Ext. 188 or clabarbera@sinsinawa.org

MAY

BOOST YOUR BRAIN HEALTH
Monday, May 2
1:00 -2:00 p.m.
Mount Horeb Library
105 Perimeter Rd, Mt Horeb

LEGAL & FINANCIAL PLANNING SEMINAR
A workshop for families that provides an overview of key legal and financial issues to consider for loved ones with memory loss, Alzheimer’s disease or another dementia. ADAW is offering two opportunities, one in Middleton and another in Darlington. See details below. Registration required by calling 608.232.3400

Darlington Legal & Financial Planning Seminar with Attorney Paul Schmidt, Boardman & Clark, LLP
May 3
5:30 – 7:30 p.m.
Town Bank
15815 WI-81, Darlington

Middleton Legal & Financial Planning Seminar (two parts) with Attorney Wayne Wilson, Wilson Law Group
May 3 and May 10
5:30 – 7:30 p.m.
Middleton Senior Center
7448 Hubbard Ave., Middleton

Continued on page 8
DODGEVILLE MEMORY CAFÉ  
Wednesday, May 4  
1:00 - 3:00 p.m.  
Stonefield Apartments Community Rm  
407 East Madison Street, Dodgeville

MIDDLETOWN MEMORY CAFÉ  
Friday, May 6  
9:30 - 11:30 a.m.  
Captain Bill’s Restaurant  
2701 Century Harbor Rd., Middleton

UNDERSTANDING AND RESPONDING TO BEHAVIOR CHANGES  
Understand reasons why behavior changes occur and get problem-solving tips to help prevent and cope with them.  
Monday, May 9  
5:30 - 7:00 p.m.  
Alicia Ashman Library  
733 N. High Point Rd., Madison

COMMUNICATION TIPS & STRATEGIES  
Learn ways to effectively and compassionately communicate with someone who has dementia.  
Tuesday, May 10  
5:30 - 6:30 p.m.  
The Richland Hospital, Pippin 3  
333 E Second St., Richland Center

SUN PRAIRIE MEMORY CAFÉ*  
Thursday, May 12  
9:30 - 11:00 a.m.  
The Sunshine Place  
1632 W. Main Street, Suite 200, Sun Prairie  
*Affiliated with ADAW. Hosted by the Colonial Club Senior Center. Call 608.837.4611 for more information

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

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

CROSSING BRIDGES  
A four-week educational discussion group for people with mild memory impairment and their families. The overall focus is to promote positive well-being while living with cognitive changes. Potential participants need to schedule an in-person interview as part of the registration process before classes begin.  
Two sessions to choose from:  
Thursdays - Beginning May 2016  
9:00 - 11:30 a.m.  
Monroe Clinic  
If you are interested in this program, contact Deanna Truedson, 608.843.3402 or deanna.truedson@alzwisc.org.  
Coming in June 2016  
Alzheimer’s & Dementia Alliance of Wisconsin 517 N. Segoe Road, Madison  
Call Pat Wilson at 608-232-3406

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

SINSINAWA MEMORY CAFÉ *  
Thursday, May 26  
1:00 - 2:30 p.m.  
Sinsinawa Mound Center  
585 County Road Z, Sinsinawa, WI  
*Affiliated with ADAW. Contact Coni LaBarbera, Pastoral Minister Sinsinawa Dominicans, Inc., at 608.748.4411 Ext. 188 or clabarbera@sinsinawa.org

DEFOREST MEMORY CAFÉ*  
Friday, May 27  
1:00 - 2:30 p.m.  
DeForest Area Community and Senior Center  
505 N. Main Street, DeForest  
*Affiliated with ADAW. Hosted by the DeForest Area Community and Senior Center. Contact 608.846.9469 for more information

YOUNG ONSET MEMORY CAFÉ (65 AND UNDER)**  
**Please contact ADAW at 608.232.3400 prior to participating.  
Saturday, May 28  
11:30 a.m. - 1:30 p.m.  
Alzheimer’s & Dementia Alliance of WI  
2nd Floor Conference Room  
517 N. Segoe Rd., Madison

SAVE THE DATE  
SAVE THE DATES FOR 2016 FUNDRAISING EVENTS  
Join us at one of these events. We’re also looking for volunteers to help with planning. Contact Ingrid Kundinger, Development Director, for more information.

20TH ANNUAL MILLION DOLLAR SHOOTOUT CHARITY GOLF OUTING  
Monday, August 1, 2016  
Maple Bluff Country Club

2016 ANNUAL ALZHEIMER’S WALKS  
Monroe, Green County  
September 10  
Portage, Columbia/Marquette County  
September 11  
Baraboo, Sauk County  
September 17  
Madison, Dane County AND Lancaster, Grant County  
September 24  
Richland Center, Richland County  
September 25  
Dodgeville, Iowa County  
October 1
Diversity Update

6th Annual Solomon Carter Fuller Screening Day

By Charlie Daniel, Diversity Coordinator

On February 19 and 20, 2016 we will be celebrating our 6th annual Solomon Carter Fuller Screening Day. 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 1900’s. Dr. Fuller worked closely with Dr. Alois Alzheimer, the namesake of Alzheimer’s disease. I always thought the disease should have been named the Alzheimer’s-Fuller disease.

This screening day is always held in February in order to celebrate Black History Month and to recognize the accomplishments of African Americans. The Carter Fuller Screening Day is one of our most successful when it comes to screening African Americans for cognitive impairment. We are not only able to conduct memory screens, but also introduce African Americans to the R word, research, because this word is such a taboo in our community. Through this event, we are able to introduce the community to researchers from the Wisconsin Alzheimer’s Disease Research Center.

For the last six years I have been working with a group of talent and culturally component young women and men. This group includes Shirley Alexander, Dianne McMaury, Emanuel Scarbrough, Jewelline Wiggins, Rev. David Smith, Candace McDowell, Pam Bracey, Joan Pritchett, Lula Jones, Rev. Charles McNair, Mrs. Alberto McNair, Aaron Perry, Dr. Carey Gleason, Dr. Dorothy Edwards, Fabu Carter and Ornella Hills.

This year we are pleased to have Dr. Consuelo Wilkins as our special guest. She will be speaking on the importance of research and advocacy.

Advocacy Update

by Rob Gundermann, Public Policy Director

SPEAKERS TASK FORCE ON ALZHEIMER’S AND DEMENTIA WRAPS UP WORK

The Speaker’s Task Force on Dementia finished holding public hearings and on January 20 released a package of bills aimed at improving care and quality of life for people with dementia and their families. The package includes the creation of mobile dementia crisis teams to treat issues in place; funding for respite for family caregivers; funding for Alzheimer’s research at the University of Wisconsin Alzheimer’s Disease Research Center; dementia-specific training for legal professionals and a proposal to increase awareness of programs and resources already available to help families dealing with dementia. The Task Force has also proposed a bill requiring families to be notified of FDA black box warnings for antipsychotic medications before they are administered; created a new requirement under Silver Alert requiring the Department of Transportation to perform a license review for people who have valid driving licenses and have a Silver Alert issued for them. Lastly the Task Force proposed a bill to create a certification program that would allow Certified Nursing Assistants to become Certified Dementia Specialists.

We’re tremendously excited to see such a bold package of legislation being proposed by the Task Force. If all of these bills become law we will see dramatic improvements in the care provided for people with dementia and their families as well as their quality of life.

The Alliance wishes to thank Speaker Vos, Chair Rohrkaste and Vice Chair Hesselbein as well as the rest of the Task Force members for including the ADAW in the process, listening to our views and working so closely with us to draft legislation that will improve the lives of those with dementia as well as their families. This was our goal when the process began and we believe the legislation drafted by the Task Force meets this goal. During the press conference, Representative Rohr cascade echoed ADAW’s key theme when he said, “Although there is currently no cure for dementia, there is still hope.”

The first hearings on the bills will be held in late January. We will have more to report in the next edition of our newsletter.
TRIBUTES & MEMORIALS
10-9-2015 to 1-21-2016

IN HONOR OF:

HAROLD BLOTNER
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GINNY SCHWARTZ
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John & Kathy Rausch

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Teresa Voss

PAMELA SNYDER
Geoff Snyder
Megan Snyder
Steven Snyder
In the Fall 2015 newsletter, a gift made in memory of Roberta Brown by Don Brown was not included. We apologize for the oversight. Please contact the 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.

Giving Update

Giving to support the Alzheimer’s & Dementia Alliance of Wisconsin (ADAW) can take many forms—from sending a donation in response to an annual appeal letter to forming a team and fundraising for the Alzheimer’s Walk. Each and every donation is important to the work we do, allowing ADAW staff to present 369 education programs, host 164 support group meetings and respond to 2,168 helpline calls and 581 in-depth care consultations, reaching more than 24,900 people last year alone. As always, 100% of every donation stays in Wisconsin.

As you plan your giving for 2016, you may want to consider some other options, like those outlined below. Some of these opportunities may provide tax benefits to you. Please consult your tax advisor to learn more.

- Last December, Congress passed a permanent extension of the IRA charitable rollover. Individuals age 70 1/2 and older may transfer up to $100,000 from their IRA to a qualified public charity, like ADAW. The transfer will be made free of federal income tax and the gift qualifies for the donor’s required minimum distribution (RMD) for the year.
- You can make a gift using appreciated stocks, bonds, securities or mutual funds held long term. Call 608.232.3400 to receive instructions to share with your advisor to start the process.
- Leave a specific dollar amount or a percentage of your assets in your will to ADAW. Here is sample bequest language you can take to your professional 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 or its successor organization, located in Madison, Wisconsin to support activities in Wisconsin. EIN: 39-1679333.”

- Name ADAW as the beneficiary of your IRA, pension plan or existing life insurance policy. Or consider purchasing a new life insurance policy and name ADAW as the beneficiary.
- Remember deceased loved ones and friends with memorial gifts to the ADAW and encourage friends and family members to do the same. Tributes can be sent directly to ADAW at 517 N. Segoe Rd., #301, Madison WI 53705 and we will notify designated family members when tributes are received.

However you choose to give, know that every gift is truly appreciated and makes a difference. To learn more, call ADAW’s development director, Ingrid Kundinger at 608.232.3410.

Thank you!
The Alzheimer’s & Dementia Alliance of Wisconsin invites you to please join us for

AN EVENING TO Remember

FRIDAY, APRIL 1, 2016

Presented by The Alzheimer’s & Dementia Alliance of Wisconsin
at The Edgewater, Madison

For more information, visit www.alzwisc.org
To order tickets or to receive an invitation, please call 888-308-6251 or 608-232-3400