Is it time for facility care?

Most families want to keep a loved one with Alzheimer’s disease or other forms of dementia at home for as long as possible. One of the most common questions families ask is “when do I know it’s time for facility care?” If you are pondering this question, chances are it is probably the right time. Rarely do people say they moved a loved one too soon. The answer is different for everyone.

As you begin your decision-making process, look at your loved one’s current living environment. Reviewing these areas may provide you with some clear signals of whether a move is necessary.

**Safety.** Are accidents with household appliances happening or becoming more likely to happen, like burning food on the stove? Has it become more difficult to navigate at home? Is the possibility of falls increasing?

**Personal hygiene and care needs.** Is bathing becoming less common? What about issues of incontinence or difficulty using the toilet? Is laundry done regularly or are the same clothes being worn without washing? What about personal care tasks like dressing and grooming? Can tasks still be managed by the person?

**Behavior.** Is the person leaving home and getting lost? Has he or she become more agitated, suspicious or angry? Does the home environment seem more confusing?

Continued on page 2
**Nutrition.** Are you seeing signs of dehydration or weight loss? Are healthy meals cooked and eaten or is your loved one forgetting to eat? Is eating and/or swallowing difficult?

**Socialization.** Does the person have enough to do during the day? Is the person sleeping all of the time or sitting in front of the TV?

What about you as the caregiver? Too often, caregivers underestimate the impact of caregiving tasks and the importance of their own wellbeing.

**Time and energy.** Are you taking on more and more tasks every day, like bill paying and helping with personal cares? Are you feeling exhausted at the end of the day and/or not sleeping at night?

**Family conflict.** Do you feel you’re missing out on important family activities because of caregiving responsibilities? Is there disagreement on how to provide care for your loved one?

**Health issues.** Are you experiencing your own health-related issues due to caregiver stress and responsibilities, like depression or anxiety? Are you more irritable than normal?

**Financial concerns.** Are you frequently missing work? Are your caregiving responsibilities putting a strain on your own budget? Do you have concerns about how you will pay for care as needs change?

It is important to keep caregiving responsibilities in perspective. You can only do what you can do and comparing one person’s abilities to another serves no purpose. Writing down answers to each of these questions may better define your specific situation. It may also identify the point at which a move is right for both you and your loved one. Maybe a move is not right at the moment but you could benefit from companion care for your loved one, to help take on some of the responsibilities.

The caregiving journey can be as different as the effects of dementia is on each individual. What is right for one family may not be right for you. Join us on Monday, March 13 from 5:30 – 7 p.m. for our family education program, *Is it Time for Facility Care?*, which will be held in ADAW’s 2nd floor conference room, 517 N. Segoe Rd., Madison. If you need more guidance or want to discuss your specific circumstances, give ADAW a call at 608.232.3400 or toll free in Wisconsin at 888.308.6251 or send an email to support@alzwisc.org.
Dear Friends,

As we enter the New Year, I have a special request for everyone reading this newsletter. All of you have connected with the Alzheimer’s & Dementia Alliance of Wisconsin in some way. Some of you have called or emailed us for assistance. Some of you attended one of the hundreds of educational programs we offer in numerous counties. Or perhaps your physician referred you to us. We are here to serve you in numerous ways, and we are most grateful to have you among our thousands of friends.

Unfortunately, there are hundreds and hundreds of people who would benefit greatly from the local programs and we offer – friends, neighbors, and relatives. My special ask for 2017 is for all of you to help us spread the word about our agency and how we can help so that no one faces the dementia journey by themselves.

There are numerous ways you can encourage people to connection with ADAW staff. You can personally deliver our materials to someone needing assistance as an introduction to what we have to offer. If you use a computer, you could sit down with your friend and review our website with them. You could say “I’m planning to attend the program on dementia next week, how about if I pick you up and we go together? I’m thinking the new information would be very important to have.”

Whatever you do, please know that making that first call or attending that first program is often the hardest step, and the effort you put forth to make a connection to one of ADAW’s professionals can be a lifesaver for your friend or relative. Every week we hear “I wish we had gotten to you sooner.” We really do enhance quality of life at the ADAW, and we need all of you to spread our message. As an agency that uses every dollar wisely we don’t have the funds for massive advertising campaigns and find that word of mouth is our best form of advertising.

Last week I heard from an old friend who said she carefully reads our quarterly newsletter and she remarked at how much we are able to do as a small agency. She said she has paid particular attention since our disaffiliation in 2009. She was especially pleased we were able to keep our professional program staff and innovative programs along with our emphasis on public policy. As you review this newsletter and all that we have to offer, I’m sure you will be impressed too.

Sincerely,

Paul Rusk, Executive Director

P.S. It is not too late to make your year-end gift. We know how busy the holidays can be. Please feel free to send us a check or go on line to make a contribution. You can’t deduct your gift until the 2017 tax year, but 100% of the dollars received will stay in Wisconsin, making everything that you read about in this newsletter possible. We are most grateful for each and every contribution.
Diversity Update

Expert on aging among African Americans to speak at 7th Annual Solomon Carter Fuller event

Keith Whitfield, PhD will present “Mind Over Matter: Healthy Cognitive Aging with an Emphasis on African American Men,” at the 7th Annual Solomon Carter Fuller Community Discussion about Alzheimer’s Disease and Memory Screening Day. An expert on aging among African Americans, Whitfield has published 200 articles, books, and book chapters on cognition, health, and individual development and aging.

The event begins at 6:30 p.m. on Friday, February 24 at Mt. Zion Baptist Church, 2019 Fisher St, Madison, Wisconsin. Whitfield’s talk will be followed by a community discussion about Alzheimer’s disease and a reception. This event is free and open to the public.

The Alzheimer’s disease education weekend continues on Saturday, February 25 with the 7th Annual Solomon Carter Fuller Memory Screening Day. A daylong schedule of educational workshops for people affect by Alzheimer’s disease or other forms of dementia and free, confidential memory screenings will begin at 9:00 a.m. at the Urban League of Greater Madison, 2222 South Park Street, Madison, Wisconsin. Members of the public can schedule a memory screening appointment by calling 608-232-3400 or toll-free 888-308-6251. Walk-in appointments are also available until 2:15 p.m.

Whitfield is provost of Wayne State University in Detroit, Michigan. Previously, he was vice provost for academic affairs at Duke University, and held appointments as professor in the Department of Psychology and Neuroscience, research professor in the Department of Geriatric Medicine at Duke University Medical Center, and senior fellow at the Center for the Study of Aging and Human Development. He also was the co-director of the Center on Biobehavioral Health Disparities Research.

“We want people to talk about Alzheimer’s disease, whether they are caring for a family member or friend with the disease or are simply worried about their own memory,” said Charlie Daniel, Diversity Coordinator with ADAW. “We want people to know that it’s okay to say ‘I need help caring for grandma’ and know that there are programs and services available. Having this conversation will hopefully encourage people to start talking.”

Alzheimer’s disease is often referred to as the silent epidemic among African Americans, affecting almost twice as many people as whites; yet they are less likely to be diagnosed or are diagnosed during the later stages of the disease. ADAW is working to raise awareness of the issues associated with this and other types of dementia and make connections to programs and services designed to support families as they care for loved ones at all stages of the journey.

According to Administration on Aging, Alzheimer’s disease is the fourth leading cause of death among African American elders, possibly due to the higher incidence of heart disease, diabetes and high blood pressure, all of which are risk factors for dementia.

“Recognizing the difference between healthy, normal aging and cognitive impairment can be empowering because if it is caught early enough, there are medications that can address some of the symptoms,” said Daniel. “Caregivers can also learn ways to support loved ones that can help minimize stress and lead to a better quality of life for families. This disease should not be faced alone.”
HAVE YOU HEARD ABOUT OUR MANY SUPPORT GROUPS?

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

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

–Howard S.

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

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

Upcoming Programs

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

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

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 2017

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

ALZHEIMER’S AND DEMENTIA: Question & Answer
Monday, February 13
Learn about dementia and its effects on the person and family. Have your questions answered by experienced ADAW staff.
1:00 – 2:30 p.m.
Alzheimer’s & Dementia Alliance of Wisconsin, 2nd floor conference room
517 N. Segoe Rd., Madison

Continued on page 6
INTRODUCTION TO ALZHEIMER’S & DEMENTIA
Learn the basics of Alzheimer’s and other forms of dementia along with the changing needs and approaches to use as Alzheimer’s disease progresses.
Wednesday, February 15
6:00 – 7:30 p.m.
Boscobel Care & Rehab, 207 Parker St., Boscobel
No fee. RSVP to 608-375-6342

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

MADISON MEMORY CAFÉ *
Monday, February 20
1:00 – 3:00 p.m.
Warner Park Community Center
1625 Northport Dr., Madison
* In partnership with North/Eastside Senior Coalition.

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

RICHLAND CENTER MEMORY CAFÉ
Thursday, February 23
9:30 – 11:30 a.m.
Woodman Senior Center
1050 N. Orange St., Richland Center

WE ALL FORGET: Is it normal aging or should I be concerned?
Thursday, February 23
10:30 – 11:30 a.m.
Sauk Prairie Community Center - Monroe Street Rm
730 Monroe St., Sauk City

SINSINAWA MOUND MEMORY CAFÉ *
Thursday, February 23
1:00 – 2:30 p.m.
585 County Rd. Z, Sinsinawa
* Affiliated with ADAW. Contact Coni LaBarbera, Pastoral Minister Sinsinawa Dominicans, Inc., at 608.748.4411 Ext. 188 for more information.

DEFOREST MEMORY CAFÉ *
Friday, February 24
1:00 – 2:30 p.m.
DeForest Area Community and Senior Center
505 N. Main St., DeForest
* Affiliated with ADAW. Hosted by the DeForest Area Community and Senior Center. Contact 608.846.9469 for more information.

SOLOMON CARTER FULLER COMMUNITY CONVERSATION ON ALZHEIMER’S DISEASE AND MEMORY SCREENING EVENT
This two-part event is presented during Black History Month to celebrate Dr. Solomon Carter Fuller, a pioneer in Alzheimer’s disease research and the first African American psychiatrist.
Community Discussion about Alzheimer’s Disease
Friday, February 24, 2017
6:30 p.m. – “Mind Over Matter: Healthy Cognitive Aging with an Emphasis on African American Men” public talk by Keith Whitfield, PhD, provost of Wayne State University, followed by audience Q&A.
7:45 p.m. – Reception
Mt. Zion Baptist Church
2019 Fisher St, Madison
This event is free and open to the public.

Alzheimer’s Caregiver Workshops & Confidential Memory Screenings
Saturday, February 25, 2017
9:00 a.m. – Caregiving panel discussion
10:00 a.m. – Caregiver workshops on dementia and mental illness
9:00 a.m. – 3:00 p.m. – Memory screenings.
Please call 608.232.3400 to schedule an appointment. Last walk-in appointment at 2:15 p.m.
Urban League of Great Madison, 2222 South Park Street, Madison
This event is free and open to the public.

YOUNG ONSET MEMORY CAFÉ (65 AND UNDER)**
**Please contact ADAW, 608.232.3400, prior to participating.
Saturday, February 24
11:30 a.m. – 1:30 p.m.
Alzheimer’s & Dementia Alliance of Wisconsin
2nd Floor Conference Room, 517 N. Segoe Rd., Madison

MARCH 2017
WESTFIELD MEMORY CAFÉ *
Wednesday, March 1
10:00 a.m. – 12:00 p.m.
Westfield Village Hall
124 E. 3rd St., Westfield
* In partnership with the Aging & Disability Resource Center serving Adams, Green Lake, Marquette, and Waushara Counties.

DODGEVILLE MEMORY CAFÉ
Wednesday, March 1
1:00 – 2:30 p.m.
Stonefield Apartments Community Room
407 E. Madison St., Dodgeville
WAUNAKEE MEMORY CAFÉ *
Thursday, March 2
9:30 – 11:00 a.m.
Steeplechase Condominiums
Clubhouse 5636 Conway
Glen, Waunakee
* Affiliated with ADAW. Hosted by Dementia Friendly Waunakee and Waunakee Senior Center. Contact 608.849.8385 for more information.

MIDDLETON MEMORY CAFÉ
Friday, March 3
9:30 – 11:30 a.m.
Captain Bill’s Restaurant
2701 Century Harbor Rd., Middleton

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

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

IS IT TIME FOR FACILITY CARE?
Review things to consider when making the decision to move to facility care.
Monday, March 13
5:30 – 7:00 p.m.
Alzheimer’s & Dementia Alliance of Wisconsin
2nd Floor Conference Room, 517 N. Segoe Rd., Madison

18th ANNUAL UNDERSTANDING ALZHEIMER’S DISEASE, DEMENTIA & MEMORY LOSS WORKSHOP
Annual workshop for professionals and caregivers aimed towards increasing knowledge of Alzheimer’s disease, dementia and memory loss. See last page for details.
Thursday, March 16
8:30 a.m. – 3:00 p.m.
Southwest Wisconsin Technical College
Fred Lenz Conference Center
1800 Bronson Blvd., Fennimore, WI
Presented by the Grant County Dementia Care Network. Contact Becky DeBuhr, 608.723.4288, for more information.

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

MADISON MEMORY CAFÉ *
Monday, March 20
1:00 – 3:00 p.m.
Warner Park Community Center
1625 Northport Dr., Madison
* In partnership with North/Eastside Senior Coalition.

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

RICHLAND CENTER MEMORY CAFÉ
Thursday, March 23
9:30 – 11:30 a.m.
Woodman Senior Center
1050 N. Orange St., Richland Center

DEFOREST MEMORY CAFÉ *
Friday, March 24
1:00 – 2:30 p.m.
DeForest Area Community and Senior Center
505 N. Main St., 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)**
Saturday, March 25
11:30 a.m. – 1:30 p.m.
Alzheimer’s & Dementia Alliance of Wisconsin
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. No fee. Drop in.
Wednesday, March 29
2:00 – 3:00 p.m.
Cuba City -City Hall
108 North Main St, Cuba City

SINSINAWA MOUND MEMORY CAFÉ *
Thursday, March 30
1:00 – 2:30 p.m.
585 County Rd. Z, Sinsinawa
* Affiliated with ADAW. Contact Coni LaBarbera, Pastoral Minister Sinsinawa Dominicans, Inc., at 608.748.4411 Ext. 188 for more information.

Continued on page 8
APRIL 2017

WE ALL FORGET: Is it normal aging or should I be concerned?
Tuesday, April 4
1:00 – 2:00 p.m.
Parkside Village Community Room, 6800 Parkside Circle, DeForest

WESTFIELD MEMORY CAFÉ *
Wednesday, April 5
10:00 a.m. – 12:00 p.m.
Westfield Village Hall
124 E. 3rd St., Westfield
* In partnership with the Aging & Disability Resource Center serving Adams, Green Lake, Marquette, and Waushara Counties.

DODGEVILLE MEMORY CAFÉ
Wednesday, April 5
1:00 – 2:30 p.m.
Stonefield Apartments
Community Room
407 E. Madison St., Dodgeville

WAUNAKEE MEMORY CAFÉ *
Thursday, April 6
9:30 – 11:00 a.m.
Steeplechase Condominiums
Clubhouse 5636 Conway Glen, Waunakee
* Affiliated with ADAW. Hosted by Dementia Friendly Waunakee and Waunakee Senior Center. Contact 608.849.8385 for more information.

MIDDLETON MEMORY CAFÉ
Friday, April 7
9:30 – 11:30 a.m.
Captain Bill’s Restaurant
2701 Century Harbor Rd., Middleton

COMMUNICATIONS TIPS AND STRATEGIES
Learn ways to effectively and compassionately communicate with someone who has dementia.
Monday, April 10
5:30 – 7:00 p.m.
Monona Public Library
1000 Nichols Road, Monona

PLATTEVILLE MEMORY CAFÉ
Wednesday, April 12
1:00 – 2:30 p.m.
Park Place Community Room
1015 N. Elm St., Platteville
*Sponsored by Park Place Senior Living.

SUN PRAIRIE MEMORY CAFÉ *
Thursday, April 13
9:30 – 11:00 a.m.
The Sunshine Place
1632 W. Main St., Suite 200,
Sun Prairie
* Affiliated with ADAW. Hosted by the Colonial Club Senior Center. Call 608.837.4611 for more information.

MADISON MEMORY CAFÉ *
Monday, April 17
1:00 – 3:00 p.m.
Warner Park Community Center
1625 Northport Dr., Madison
* In partnership with North/Eastside Senior Coalition.

THE CAREGIVING JOURNEY: MIDDLE STAGE DEMENTIA
An intensive program for family members caring for someone in the middle stage of dementia designed to increase caregiver’s understanding of the effects of dementia; help them gain insight into their own strengths and challenges as caregivers; enhance coping skills related to caregiving responsibilities; and develop an individualized plan of care. Offered in two locations:

Wednesdays, April 19 & 26
9:30 a.m. – 12:00 p.m.
Behring Senior Center
1113 10th St., Monroe

Fridays, April 21 & 28
9:30 – 12:00 p.m.
Health & Human Services Center
Room 1001, 303 West Chapel St., Dodgeville

Pre-registration and an informational interview required prior to attending. Contact Deanna Truedson, 608.843.3402. Developed by ADAW and funded by Bader Philanthropies.

SAUK CITY MEMORY CAFÉ
Thursday, April 20
9:30 – 11:00 a.m.
Sauk Prairie Community Center,
Café Connections
730 Monroe St., Sauk City

LEGAL & FINANCIAL PLANNING SEMINAR
A seminar for families providing an overview of key legal and financial planning issues for older adults. You will learn about basic estate planning, advance directives, wills/trusts, guardianship, funeral pre-planning, medical assistance, long-term care insurance, and ways to pay for care.
Free. Light refreshments and handouts provided. No solicitations will be made. Registration is requested.
Thursday, April 20
5:30 p.m. – 8:00 p.m.
Attorney Wayne Wilson, Wilson Law Group
Community Services Building
221 W. Seminary St., Richland Center
Register by calling ADRC of Eagle Country – Richland Center office at 608.647.4146.

PORTAGE MEMORY CAFÉ
Wednesday, April 26
1:00 – 3:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage

RICHLAND CENTER MEMORY CAFÉ
Thursday, April 27
9:30 – 11:30 a.m.
Woodman Senior Center
1050 N. Orange St., Richland Center

SINSINAWA MOUND MEMORY CAFÉ *
Thursday, April 27
1:00 – 2:30 p.m.
585 County Rd. Z, Sinsinawa
* Affiliated with ADAW. Contact Coni LaBarbera, Pastoral Minister Sinsinawa Dominicans, Inc., at 608.748.4411 Ext. 188 for more information.

DEFOREST MEMORY CAFÉ *
Friday, April 28
1:00 – 2:30 p.m.
DeForest Area Community and Senior Center
505 N. Main St., 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, 608.232.3400, prior to participating.

Saturday, January 28
11:30 a.m. – 1:30 p.m.
Alzheimer’s & Dementia Alliance of Wisconsin
2nd Floor Conference Room, 517 N. Segoe Rd., Madison

MAY 2017

WESTFIELD MEMORY CAFÉ *
Wednesday, May 3
10:00 a.m. – 12:00 p.m.
Westfield Village Hall
124 E. 3rd St., Westfield
* In partnership with the Aging & Disability Resource Center serving Adams, Green Lake, Marquette, and Waushara Counties.

DODGEVILLE MEMORY CAFÉ
Wednesday, May 3
1:00 – 2:30 p.m.
Stonefield Apartments Community Room 407 E. Madison St., Dodgeville

WAUNAKEE MEMORY CAFÉ *
Thursday, May 4
9:30 – 11:00 a.m.
Steeplechase Condominiums Clubhouse 5636 Conway Glen, Waunakee
* Affiliated with ADAW. Hosted by Dementia Friendly Waunakee and Waunakee Senior Center. Contact 608.849.8385 for more information.

MIDDLETON MEMORY CAFÉ
Friday, May 5
9:30 – 11:30 a.m.
Captain Bill’s Restaurant
2701 Century Harbor Rd., Middleton

UNDERSTANDING & RESPONDING TO BEHAVIOR CHANGES
Understand reasons why behavior changes occur and get problem-solving tips to help prevent and cope with them.

Monday, May 8
5:30 – 7:00 p.m.
Alzheimer’s & Dementia Alliance of Wisconsin
2nd Floor Conference Room, 517 N. Segoe Rd., Madison

PLATTEVILLE MEMORY CAFÉ *
Wednesday, May 10
1:00 – 2:30 p.m.
Park Place Community Room
1015 N. Elm St., Platteville
* Sponsored by Park Place Senior Living.

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

LEGAL & FINANCIAL PLANNING SEMINAR
A seminar for families providing an overview of key legal and financial planning issues for older adults. You will learn about basic estate planning, advance directives, wills/trusts, guardianship, funeral pre-planning, medical assistance, long-term care insurance, and ways to pay for care.

Continued on page 10
Free. Light refreshments and handouts provided. No solicitations will be made. Registration is requested.

Thursday, May 11
5:30 – 7:30 p.m.
Attorney Wayne Wilson,
Wilson Law Group
Stoughton Hospital Bryant Center
Health Education Center (lower level)
900 Ridge Street, Stoughton
Contact ADAW at 608.232.3400 to register.

MADISON MEMORY CAFÉ *
Monday, May 15
1:00 – 3:00 p.m.
Warner Park Community Center
1625 Northport Dr., Madison
* In partnership with North/Eastside Senior Coalition.

SAUK CITY MEMORY CAFÉ
Thursday, May 18
9:30 – 11:00 a.m.
Sauk Prairie Community Center,
Café Connections
730 Monroe St., Sauk City

PORTAGE MEMORY CAFÉ
Wednesday, May 24
1:00 – 3:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage

UNDERSTANDING & RESPONDING TO BEHAVIOR CHANGES
Understand reasons why behavior changes occur and get problem-solving tips to help prevent and cope with them.

Wednesday, May 24
5:00 – 6:00 p.m.
Dickeyville Community Center
500 East Avenue, Dickeyville
Contact Becky DeBuhr at 608-723-4288

RICHLAND CENTER MEMORY CAFÉ
Thursday, May 25
9:30 – 11:30 a.m.
Woodman Senior Center
1050 N. Orange St., Richland Center

SINSINAWA MOUND MEMORY CAFÉ *
Thursday, May 25
1:00 – 2:30 p.m.
585 County Rd. Z, Sinsinawa
* Affiliated with ADAW. Contact Coni LaBarbera, Pastoral Minister Sinsinawa Dominicans, Inc., at 608.748.4411 Ext. 188 for more information.

DEFOREST MEMORY CAFÉ *
Friday, May 26
1:00 – 2:30 p.m.
DeForest Area Community and Senior Center
505 N. Main St., 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, 608.232.3400, prior to participating.
Saturday, May 27
11:30 a.m. – 1:30 p.m.
Alzheimer’s & Dementia Alliance of Wisconsin
2nd Floor Conference Room, 517 N. Segoe Rd., Madison

THE CAREGIVING JOURNEY: MIDDLE STAGE DEMENTIA
An intensive program for family members caring for someone in the middle stage of dementia, designed to increase caregiver’s understanding of the effects of dementia; help them gain insight into their own strengths and challenges as caregivers; enhance coping skills related to caregiving responsibilities; and develop an individualized plan of care.

Wednesday, May 3, 10, 17 and 24
9:30 am – 12:00 p.m.
Alzheimer’s & Dementia Alliance of Wisconsin
2nd Floor Conference Room, 517 N. Segoe Rd., Madison

Pre-registration and an informational interview required prior to attending. Contact Pat Wilson at 608-232-3406. Developed by ADAW and funded by Bader Philanthropies.
Staff changes at ADAW

Long-time Family Education Coordinator Danielle Thai left ADAW in January after almost 17 years. She was responsible for developing and scheduling ADAW’s family education program series each year. Thai was instrumental in developing ADAW’s cutting-edge programs for people in the early stages of a dementia disease, such as Crossing Bridges, and launching the first Memory Cafés in Wisconsin in 2012. Since then, cafés have spread across the state. Most recently, she was implementing ADAW’s newest program, the Caregiving Journey: Middle Stage Dementia with Pat Wilson and Becky DeBuhr.

“Danielle is one of the people responsible for developing so many of the programs ADAW is known for,” said Paul Rusk, ADAW’s executive director. “She will be missed for her creativity and the empathy and support she provided to people with dementia and their families.”

Thai will now be working with families through UW Home Health.

Also in January, Naomi Jones began a new position as ADAW’s respite and outreach specialist. Jones is a recent graduate of the Jane Addams College of Social Work at the University of Illinois in Chicago. She holds a master degree in Social Work with a concentration in mental health and a bachelor degree in Human Services and Counselling from Judson University. She has over ten years of experience as a certified nursing assistant (CNA) and specialized training in Alzheimer’s care, hospice care and activities.

“I am passionate about preserving dignity and respect of each individual and I look forward to making some positive connections with families,” said Jones.

Jones will be providing respite care to African American families affected by Alzheimer’s disease or other form of dementia who are participating in a federally funded grant from the Administration on Community Living the State of Wisconsin received in September 2016. This grant compares two caregiver education interventions designed to help caregivers understand the effects of dementia on the person and increase caregiving skills and confidence.

She can be reached at naomi.jones@alzwisc.org or 608.661.0463.
Development Updates

SAVE THE DATES

21st Annual Million Dollar Shootout™

Take a swing at the Million Dollar Shootout Charity Golf Outing and make a difference in the lives of people facing Alzheimer’s disease. Register before July 7 to take advantage of early bird rates! For more information, contact the Alzheimer’s & Dementia Alliance of Wisconsin at 608.232.3400 or visit www.alzwisc.org.

Monday, August 14, 2017
Maple Bluff Country Club
500 Kensington Dr.
Madison

STEP FORWARD
GIVE HOPE
Alzheimer’s Walk 2017

2017 Alzheimer’s Walk Dates

- Green County - Saturday, September 9
  support.alzwisc.org/green
- Columbia/Marquette County - Sunday, September 10
  support.alzwisc.org/columbia
- Sauk County - Saturday, September 16
  support.alzwisc.org/sauk
- Dane County - Saturday, September 23
  support.alzwisc.org/dane
- Grant County - Saturday, September 30
  support.alzwisc.org/grant
- Iowa County - Saturday September 30
  support.alzwisc.org/iowa
- Richland County - Sunday, October 1
  support.alzwisc.org/richland

Interested in being more involved with the Alzheimer’s Walk this year?
Contact Ingrid Kundinger, ingrid.kundinger@alzwisc.org or 608.232.3410 for more information.
THIRD PARTY EVENTS

Naples 15 Night Out
Wednesday, February 22
5:00 – 8:00 p.m.
Naples 15, Butler Plaza LLC, 15 N Butler St., Madison, is having a night out for the Alzheimer’s & Dementia Alliance of Wisconsin. Mention ADAW’s name while ordering your meal and 10% of sales will benefit our organization!

Fuddruckers Dine and Donate Night:
Monday, February 27
5:00 – 9:00 p.m.
Fuddruckers of Middleton is having a Dine and Donate night! Show this flyer when ordering and Fuddruckers will donate 20% of sales to Alzheimer’s & Dementia Alliance of Wisconsin.

Fitz’s St. Patrick’s Day Eve Dinner
Thursday, March 16th
11:00 a.m. – 8:00 p.m.
Fitz’s on the Lake, W11602 Co Rd V, Lodi, is having a St. Patrick’s Day Eve corned beef and cabbage dinner for $9.99 on Thursday, March 16th starting at 11:00 a.m. The music and entertainment starts at 4:00 p.m.

Ten percent of food sales and all raffle proceeds will be donated to ADAW! Raffle tickets are $1. The drawing will be held at 8:00 p.m. You do not need to be present to win the drawing. Sales will benefit our organization!
TRIBUTES & MEMORIALS 10-28-2016 to 1-20-2017

IN HONOR OF:
ANNA STRACENER
Karla Riopelt

IN MEMORY OF:
ALAN R ABEL
Ina Lee Abel
Farm Credit Services of America
Saundra & John Kaminski
Joan & Kenneth Riggs
Helena M Smith

VINCENT BAUM
Rosann Milius

MARIE BEETY
Barbara & Paul Schneider

JEANETTE BIBA
Julie & Robert Biba

WILMER BORDE
Gertrude & Norman Stilson

BESS BUSALACCHI
Diane & Scott Althaus
Angela M Burkard
Patricia & Steve Busalacchi
Ann M Catalano
Mary Ann & Anthony Catalano
Michelle A Catalano
Rosalie & Thomas Doehling
Lou Ann & Randy Duval
Mary & Michael Erato
Marian M Catalano Fidlon
Rita M Flock

LUCILE COENEN
Sallie Cunningham

LILLIAN COOPER
Sonia Carter
Kathy & Terry Kohlman
Anne & Bod Menzies

IMO MAE CORNFORD
Joanne & Clifford Bright
Linda & David Hughes
Ellen & Warren O’Brien
Vicki Thonn

DONALD CREEDY
ACSSS UW Madison

ELDONNA CROOKS
Susan & Randy Crooks

SHARON DAULT
Ellen & Doug Menezes

LOUISE DVORSCAK
Dianna Deering
Lori Deering
Evelyn & William Keaough
Patricia & Dale Kluetz
Jane Turpin

C. PETER ERSKINE
Ellen Cioccio
Paul Grossberg
Alain Joffe
JSM Properties

DEAN FABER
Katya Griffin

EVELYN FESTGE
Judith A Schneider

ROBERT FRANCE
Janet & Cory Wiegel

JOAN GEORGE
Kelly Kraus

NICKOLAS C. GEORGE, SR
Chris Dietzen
Kelly Kraus

WILLIAM HANSEN
Gail & Thomas Hansen

IRMA HARDER
Cheryl Arkin
Kay & David Daley
Lori & Douglas Harder
Barbara & Joseph Ketter
Diane & Robert Mears
Bette L Monskey
Mary & Gary Schultz

TOM HERRIED
Janet & Cory Wiegel

MARLYN HODGES
Janice Newman

JOAN HOFFMAN
Maureen Daugherty

MICHAEL HOLZINGER
Kristin & Jim Kent

LOIS RUSTAD
Paul Rush
Jeffrey M Rustad

PETER KIESCH
Joan & J William Byrd
Community Pharmacy
Cooperative
William Riggert

JUANITA J. LANZ
Cynthia & I Peter Bell
Sandra & Louis Campbell
Karen & Richard
Engelmann
Emogene & Vernon
Frederick
Rachael Friedland Seaman
Janet L Haber
SUSAN L HAGLIN
Margaret & Tim Hoene
Joyce E Peterson Laugen
S & G Leutschwager
Robert Lund
Carol & Robert Mirschak
G & M Mrochek
Mary Jo & John Reichling
Doris Schroeder
Jody Snyder
Rita & Louie Spahn
Sunset Ridge Sunshine Fund
Germain J Utter
Betty & Steven Wilcox

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Janet L Haber

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Mary Halverson

MARGARET MEHARG
Craig Nelson
Phyllis & Harvey Nelson

RONALD NELSON
Mary Doran
Darlee Nelson
Mary & Albert Thompson

DICK NICKERSON
An anonymous donor
Lorraine & James Buege
Lola & Ken Christian
Cherril Feucht
Joyce & Ronald Graff
Randy & Donald Grage
Gerry Griesey

JERRY SLINDE
Bette L Monskey

LUETTA MAXINE SNYDER
Sherrie Peterson

ERNESTO STULZ
Sandra & Charles
Robert Elliott

FRANCIS & JUDY EISNER

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Reflections after 10 years of caregiving for my husband

Kathy Kiesch lost her husband, Peter, on October 6, 2016. Both Kathy and Peter participated in ADAW’s program, including the Young-Onset Caregiver Support Group and the Young-Onset Potluck Memory Café. Kathy shared with us what she learned from her dementia journey. We think this information might be helpful to other caregivers. Thank you, Kathy!

WHAT I LEARNED FROM THIS OPPORTUNITY

1. Make a commitment to take care of yourself. The turning point for me was when I learned that 60% of caregivers die before the person they are taking care of. This prompted me to switch gears and decide that I also mattered.

2. Form strong bonds with others. This takes work. Reach out to friends and family and be honest.

3. Don’t isolate yourself. I forced myself to stay engaged with life and see others.

4. Take time away from dementia and nourish your own soul. This may be as simple as meeting a friend for a cup of coffee or seeing a movie.

5. For me both exercise and meditation were key to my survival. Find out what works for you.

6. I often asked this question of myself. “What would my husband do or expect me to do for him?” What would you expect of your partner, if the roles were reversed? For me this put things in perspective.

7. Know this too will pass and life will go on.

8. Pre-plan the funeral and write the obituary. Do this while you are calm. This pre-planning made it so much smoother for me when my husband passed. I kept a file of ideas for music, readings, the service, etc. I was so glad to have this go-to file on hand.

9. Find the gifts in the situation you find yourself in. My gifts were more compassion, acceptance, surrender, love, patience, strength and the gift of family. Find your gifts.

10. Make a plan and re-evaluate it from time to time. Everyone’s journey is different and only you know when and how to make the tough decisions.

May these suggestions I learned help you on your journey.
Eighteenth Annual Understanding Alzheimer’s Disease, Dementia and Memory Loss Workshop

Thursday, March 16
8:30 a.m. - 3:00 p.m.

Southwest Wisconsin Technical College, Fred Lenz Conference Center 1800 Bronson Blvd., Fennimore, WI

Topics include:

• Understanding behavioral and psychological symptoms of dementia featuring Art Walaszek, M.D., University of Wisconsin School of Medicine and Public Health

• The Sandwich Caregiver: Is our gift for caring for others at multiple levels sabotaging our own future cognitive health? If so, how can we get back on track presented by Suzanne Bottum-Jones, M.A., B.S.N., Director of Product and co-owner of ABAIT, LLC.

• Vascular Dementia: An Advanced Discussion with Nathaniel Chin, M.D., Wisconsin Alzheimer’s Disease Research Center

• Activities for Dementia: the Key to Quality of Life with Suanne Zimmerman, Dementia Specialist Trainer with the Alzheimer’s & Dementia Alliance of Wisconsin

Presenters include: John Tews, Activity Director, Schmitt Woodland Hills and Jodi Fecht, Activity Coordinator, UnityPoint Health – Finley Hospital.”

Registration fee is $25 and includes breakfast & lunch. Pre-registration required and seating is limited to 190 people.

Respite care available. Arrangements must be made by March 1, 2017. Scholarships are available for family caregivers to assist with the registration fee.

Questions? Call the Alzheimer’s & Dementia Alliance at 608.723.4288 or ADRC at 608.723.6113 or toll-free 800.514.0066.