Loss of independence presents daily challenges and difficult decisions

Independence is the freedom from the control, influence, support, aid, or the like, of others. For most of us, personal independence is expressed through everyday tasks such as driving, working, enjoying hobbies and personal interests, deciding what medications to take, paying bills and investing money, making appointments, planning trips and social outings, and even just going for a walk. A dementia diagnosis leads to the loss of this independence.

“Can you even begin to imagine what that feels like? The utter loss of control? The loss of control over who will drive, who is in charge of the remote, where to go for dinner... those (very real) struggles pale in comparison to the reality of the loss of abilities a person living with dementia experiences,” said Pat Wilson, Alzheimer’s & Dementia Alliance of Wisconsin (ADAW) Family Support Coordinator.

A dementia diagnosis causes the loss of ability to handle everyday responsibilities such as food preparation, housekeeping, laundry, managing finances, shopping, using a telephone, or managing medications.

A dementia diagnosis also brings the need to tackle one of the hardest aspects of a loss of independence - driving. Participants of ADAW programs have described the possibility of giving up driving as one of the hardest things about having cognitive impairment. At ADAW’s early stage program, Crossing Bridges, some
participants shared they began limiting their driving as soon as they were diagnosed. But the final decision to stop driving entirely can be difficult to make. ADAW facilitators discuss how cognitive impairment can impact a person’s ability to drive; and that sometimes a person may not be aware her/his driving is impaired. That’s why it’s necessary to have family and friends we trust tell us when it is time to limit or stop driving.

These aspects of loss of independence are difficult and emotional, to say the least. So what can care partners do to help?

Wilson advises starting with compassion for what your loved one is going through. Realizing the dementia journey will strip the person of their dignity, independence and self-confidence at some point in the dementia journey will help the caregiver remember to respond to the person with dementia from a basis of compassion. After starting from this foundation of compassion, it is helpful to establish routines for the person with dementia.

“Having a routine is one of the best memory prompts. Patterns of structure become an aid to memory and help a person with dementia feel secure and less anxious,” Wilson said.

Routines include:

- Keep a diary or notepad to write down daily tasks and activities;
- Use a bulletin board to post visual reminders;
- Put labels on objects stating what they are and what they are used for;
- Post reminders to lock doors and windows and other safety necessities;
- Consistently use address books and place a list of important numbers by the phone;
- Log phone calls and conversations;
- Make use of technology. For instance, consider setting up electronic prompt services such as texts or reminders in your phone’s calendar.

These products and services may be helpful:

- Wear global positioning services (GPS) devices or alarms that can summon help if needed;
- Use clocks with date displays in every room - frequent reminders of the day, date and time are likely to increase orientation;
- Read daily news to provide a reminder for the day of the week;
- Connect with local organizations or businesses that provide meal delivery or offer assistance with home chores.

ADAW staff is available to offer support and information on issues or situations related to loss of independence or other topics. Call toll-free 888-308-6251 or visit alzwisc.org for more information.
Dear Friends,

The Alzheimer’s & Dementia Alliance of Wisconsin’s mission - to support individuals, families, and professionals impacted by Alzheimer’s disease and other dementias – guides our future planning and the development of programs. There is an estimated 110,000 people living with Alzheimer’s in Wisconsin with projections showing that number could grow to 130,000 by 2025. In an effort to address the increasing need for services, ADAW has expanded our service area, with funding through the Administration on Community Living, to include Adams, Green Lake, Juneau, and Waushara counties. With a growing aging population and few resources in these areas, we are excited to partner with the five remarkable aging unit directors to provide support.

Vital to our ability to offer and expand our programs and services is the generosity of donors like you. I want to thank those who made year end contributions to ADAW. We are grateful for the support. Your gift helps fund numerous support groups, our eight Memory Cafés, with more coming soon, and the wide variety of education and early stage programs mentioned in this newsletter.

Although there is not yet a cure, as an agency we work to promote the advancement of scientific research to better diagnose, treat and ultimately eliminate Alzheimer’s disease.

You may have heard the news; Pfizer is discontinuing research in the Alzheimer’s and Parkinson’s area. As the world’s largest pharmaceutical manufacturer, this news is a blow to Alzheimer’s research. Public Policy Director Rob Gundermann has lobbied to increase funding for research and will continue to do so to ensure Alzheimer’s research keeps moving forward.

In the meantime, we’ll continue our partnership with the Wisconsin Alzheimer’s Disease Research Center. 2018 marks the 8th Annual Solomon Carter Fuller Community Discussion on Alzheimer’s and Memory Screening Day. The event aims to raise awareness of Alzheimer’s disease and increase participation in research in the African American community. All events are free and open to the public. I invite you to join us as we welcome Dr. Cerise Elliott, National Institute on Aging, as she presents “Advancing Health Disparities Research in the African American Community”. For more information on the two-day event see page 4.

Also take note of the upcoming Understanding Alzheimer’s Disease, Dementia and Memory Loss workshop. The day-long workshop is held each March bringing innovative and respected dementia professionals together to share information and new concepts in their field. New this year - breakout sessions designed for both family caregivers and professionals. See mail panel for details.

We are excited to be able to provide our programs and services to more Wisconsinites and to continue our advocacy efforts state-wide. You can reach us toll-free, 888.308.6251, anywhere in Wisconsin.

We are your partner along the journey.

Sincerely,

Paul Rusk

Executive Director
ADAW welcomes new staff

Melissa Theisen, Development Director

Theisen comes to ADAW following a dedicated career in Communications and Development. Most recently she was Executive Director of the Mount Horeb Chamber of Commerce. For nearly 15 years, she helped develop one of Wisconsin’s most charming small towns. She spent time in publishing, working for Wisconsin Trails Magazine and Madison Magazine. A native of Montello, WI, Theisen attended the University of Wisconsin - Whitewater. Her first job brought her to Madison where she has lived for the past 25 years. In her free time, she enjoys exploring what the city and state has to offer including state parks, the Green Bay Packers, area festivals and taking care of her two dogs; Cash, a border collie, and Grace, a Yorkshire terrier.

Melissa has a personal connection to dementia through her childhood best friend’s mother, who was like a second mother to her growing up. When her friend’s mother developed Alzheimer’s disease, Theisen said it was heartbreaking to watch, and she largely felt helpless. She wishes she knew about ADAW at the time. “As I learn more about ADAW and its programs and services, I wonder if I could have been more helpful,” she said.

8th Annual Solomon Carter Fuller Community Discussion on Alzheimer’s Disease and Memory Screening Day

Friday, February 16, 2018
7:00 – 8:30 p.m.
Advancing Health Disparities Research in the African American Community
A community discussion about dementia and Alzheimer’s disease featuring Dr. Cerise Elliott.
Fountain of Life Covenant Church
633 W. Badger Road
Madison, Wisconsin

Saturday, February 17, 2018
9:00 a.m. – 3:00 p.m.
Caregiver Workshop, Healthy Cooking Demonstration and Confidential Memory Screenings
To schedule a free memory screening call 608.232.3400. Walk-in appointments available until 2:15 p.m.
The Village on Park
2300 S. Park Street
Madison, Wisconsin

All events are free and open to the public. Visit adrc.wisc.edu/events for details or call Fabu Carter, 608.256.1901, ext. 11685.

Visit us online at adrc.wisc.edu/events
Advocacy Update

Rob Gundermann, Public Policy Director
The Assembly Committee on Mental Health held a hearing December 12 on the following dementia and caregiver related bills:

- Assembly Bill 628: Requires the Department of Transportation to be notified when a Silver Alert is issued to assess the need for a license review.
- Assembly Bill 629: Allows Wisconsin courts to communicate with courts in other states concerning guardianship.
- Assembly Bill 630: Creation of a certification program allowing CNAs to go through additional training to become Certified Dementia Care Specialists.
- Assembly Bill 631: Creation of a non-refundable individual income tax credit for certain expenses incurred by a family caregiver to assist a qualified family member.
- Assembly Bill 632: Alzheimer’s awareness grants aimed at increasing awareness in rural and underserved portions of our state.
- Assembly Bill 633: Establish a Palliative Care Council within the Department of Health Services (DHS). Under the bill, DHS would create a statewide palliative care consumer and professional information and education program and would require information and resources regarding palliative care be available online.

The Committee held an executive session January 9 voting on all bills with the exception of Assembly Bill 633. Of the bills up for vote, all passed out committee unanimously with the exception of Assembly Bill 630; the dementia specialist certification bill.

ADAW believes the creation of the voluntary certification program for dementia specialists is important. Having well trained staff in care settings is crucial in providing quality care. We are disappointed to see the bill not pass out of committee. If you feel as strongly as we do about the importance of dementia training for care staff, we encourage you to contact your local representatives. To learn more visit: https://docs.legis.wisconsin.gov/2017/related(records/assembly/mental_health/1417975

We are thankful to Representative Paul Tittl (R-Manitowac) for his support and for giving these bills a public hearing and to Assistant Minority Leader Dianne Hesselbein (D-Middleton) for co-sponsoring the Dementia Specialist Certification bill. We are pleased to see the bills pass out of committee. They now advance to the Assembly Floor for final vote.

The Senate Committee on Workforce Development, Military Affairs and Senior Issues held a hearing January 10. The committee took up Senate companion bills to AB 629, 631, 632, 633, and SB 552 (relating to supported decision-making agreements). The Senate bill numbers are Senate Bill 527 - grants for Alzheimer’s disease and dementia awareness and making an appropriation; Senate Bill 548 - establishing a palliative care council; Senate Bill 518 - uniform adult guardianship jurisdiction; and Senate Bill 528 - creating a non-refundable individual income tax credit for certain expenses incurred by a family caregiver to assist a qualified family member.

The Committee will hold an executive session in the coming weeks to vote on whether to move these bills out of committee. I have enjoyed working with the authors of the bills and appreciate having been given the opportunity to provide my insight. I testified in favor of all these bills in both hearings and will continue to advocate for their passage. Thank you for your continued support.
New staff continued

Continued on page 4

While she familiarizes herself with ADAQ programs, Theisen said she is excited to plan a celebration for the 20th Anniversary of the Dane County Alzheimer’s Walk. She’s also looking forward to the Columbia/ Marquette County Alzheimer’s Walk and connecting with old friends in her hometown.

"I love what I do, it motivates me to get up in the morning and I look to every new day as a fascinating challenge. It is so rewarding to see an event come to life as planned, and sharing in the moment with a team of like-minded people who have been working many hours to make it happen!

I plan to strengthen the personal relationships ADAQ currently has and build new ones in order to help support the individuals, families and professionals impacted by Alzheimer’s", she said. “I’m ready to roll-up my sleeves, dig in and get my hands dirty!”

Melissa can be reached at 608.232.3410 or melissa.theisen@alzwisc.org.

Nancy Thacker, outreach specialist serving Adams and Juneau Counties

We are pleased to welcome Nancy Thacker to our growing team of outreach specialists. Thacker will be responsible for expanding outreach services in Adams and Juneau County. We are grateful to have her expertise and are excited to develop new partnerships in these counties.

Nancy has a Master’s Degree in Social Work and has worked in the social work field for more than 25 years. She has a passion for helping and supporting older adults. Her previous work focused on aging and senior services. Nancy has worked in a variety of settings including social service outreach, medical and nursing homes, and independent housing for Seniors.

Most recently, Thacker has been a volunteer at the ADRC in Juneau County and was the Volunteer Ombudsman for a nursing home in Mauston. She is excited to be working for ADAQ and looks forward to raising Alzheimer’s and dementia awareness in her area.

Thacker lives in Mauston with her husband and an energetic Sheltie. In her spare time she enjoys walks, cooking and baking, writing, reading, and listening to music.

Nancy can be reached at 608.516.6248 or nancy.thacker@alzwisc.org.

ACROSTIC POEMS

An acrostic is a poem where the first letter of each line spell out a word or phrase.

No need to rhyme or worry about the rhythm. Just have fun.

At the Platteville Memory Café in January, participants wrote the poem at right.

Mother thinks music is magic
Exciting emotions give us energy
Mystery how the five of us motored merrily
Older you get the “oddler” others are
Recent records help us remember
Yesterday I was young in years
Country schools gave comfort and conversation through the centuries
A fun activity to talk about the age of our ancestors
Fans and family have fun with sports
Enjoy the evening (of your life) reminiscing about Europe
Development Updates

2018 Alzheimer's Walks Announced!

The 2018 ADAW Alzheimer’s Walks are scheduled! Mark your calendar for this year’s walks and start forming your teams today. The Alzheimer’s Walks are a big undertaking with seven walks planned in just four weeks. We couldn’t pull this off without the help of dedicated staff, hundreds of passionate volunteers, and our hard-working walk committees.

If you are interested in volunteering, contact Melissa Theisen, 608.232.3410 or melissa.theisen@alzwisc.org. Volunteer your time to make a difference. There is a wide variety of volunteer needs - something for everyone.

2018 WALK SCHEDULE

Green County Alzheimer’s Walk
Monroe- September 8

Columbia/Marquette Co. Alzheimer’s Walk
Portage - September 9

Sauk County Alzheimer’s Walk
Baraboo - September 15

Iowa County Alzheimer’s Walk
Dodgeville- September 22

Richland County Alzheimer’s Walk
Richland Center - September 23

Grant County Alzheimer’s Walk
Lancaster - September 29

Dane County Alzheimer’s Walk
Madison - September 29

2018 marks 20th Anniversary of the Dane County Alzheimer’s Walk

The Alzheimer’s & Dementia Alliance of Wisconsin invites you to

SAVE the DATE for

Spring Fundraiser
May 20, 2018

Hosted by
Vivian & Willie Larkin
at The Legend at Bergamont, Oregon, WI

For more information visit alzwisc.org or call 888.308.6251 or 608.232.3400.

SAVE THE DATE
22nd Annual Million Dollar Shootout™
Monday, August 13, 2018
Maple Bluff Country Club

For details call
608.232.3400 or visit 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

The majority of programs listed are offered often (some monthly and some weekly) across fifteen 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.

* Memory Café affiliated with Alzheimer’s & Dementia Alliance of Wisconsin.

FEBRUARY 2018

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

Monday, February 12
5:30 – 7:00 p.m.
Hawthorne Public Library
2707 E. Washington Ave., Madison

MT HO Reb MEMORY CAFÉ *
Tuesday, February 13
1:00 – 2:30 p.m.
Immanuel Lutheran Church
310 W. Main St., Mt Horeb
Contact: 608.437.8733

PLATTEVILLE MEMORY CAFÉ
Wednesday, February 14
1:00 – 2:30 p.m.
Park Place Community Room
1015 N. Elm St., Platteville
Sponsored by Park Place Senior Living.

SAUK CITY MEMORY CAFÉ
Thursday, February 15
9:30 – 11:00 a.m.
Sauk Prairie Community Center
Café Connections
730 Monroe St., Sauk City

SOLOMON CARTER FULLER EVENTS
See page 4 for details.

COMMUNITY DISCUSSION ON ALZHEIMER’S DISEASE
Friday, February 16
7:00 – 8:30 p.m.
Fountain of Life Covenant Church
633 W. Badger Rd., Madison

MEMORY SCREENING DAY
Saturday, February 17
9:00 a.m. – 3:00 p.m.
The Village on Park
2300 S. Park St., Madison
Call ADAW, 608.232.3400, to schedule a screening.

RICHLAND CENTER MEMORY CAFÉ
Thursday, February 22
9:30 – 11:30 a.m.
Woodman Senior Center
1050 N. Orange St., Richland Center

SINSINAWA MOUND MEMORY CAFÉ *
Thursday, February 22
1:00 – 2:30 p.m.
585 County Rd. Z, Sinsinawa
Contact: Coni LaBarbera,
608.748.4411 x 188.

Continued on page 9
DEFOREST MEMORY CAFÉ *
Friday, February 23
1:00 – 2:30 p.m.
DeForest Area Community and Senior Center
505 N. Main St., DeForest
Contact: 608.846.9469

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

SATURDAY, FEBRUARY 24
12:30 – 2:00 p.m.
ADAW - 2nd Floor Conf. Room
517 N. Segoe Rd., Madison

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

Tuesday, February 27
5:30 – 7:00 p.m.
Columbia County ADRC
2652 Murphy Rd., Portage

PORTAGE MEMORY CAFÉ
Wednesday, February 28
1:00 – 3:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage

MARCH 2018

WAUNAKEE MEMORY CAFÉ *
Thursday, March 1
9:30 – 11:00 a.m.
Steepleschase Condominiums Clubhouse
5636 Conway Glen, Waunakee
Contact: 608.849.8385

MIDDLETON MEMORY CAFÉ
Friday, March 2
9:30 – 11:30 a.m.
Captain Bill’s Restaurant
2701 Century Harbor Rd.
Middleton

THE CAREGIVING JOURNEY:
MIDDLE-STAGE DEMENTIA
Wednesdays, March 7 - 28
ADAW Madison Office
An education program offering caregivers the opportunity to learn and practice strategies through presentation, group discussion and role playing. Participants will gain insight into strengths and challenges as caregivers; enhance coping skills related to caregiving responsibilities; and develop an individualized plan of care.
An informational interview and registration is required. Contact Pat Wilson, 608.232.3406, for details.

WESTFIELD MEMORY CAFÉ
Wednesday, March 7
10:00 a.m. – 12:00 p.m.
Westfield Village Hall
124 E. 3rd St., Westfield
In partnership with the ADRC serving Adams, Green Lake, Marquette & Waushara Counties.

DODGEVILLE MEMORY CAFÉ
Wednesday, March 7
1:00 – 2:30 p.m.
Stonefield Apartments Community Room
407 E. Madison St., Dodgeville

SUN PRAIRIE MEMORY CAFÉ *
Thursday, March 8
9:30 – 11:00 a.m.
Colonial Club Senior Center
301 Blankenheim Ln., Sun Prairie
Contact: 608.837.4611

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

Monday, March 12
5:30 – 7:00 p.m.
Middleton Public Library
7425 Hubbard Ave., Middleton

MT HOREB MEMORY CAFÉ *
Tuesday, March 13
1:00 – 2:30 p.m.
Immanuel Lutheran Church
310 W. Main St., Mt Horeb
Contact: 608.437.8733

PLATTEVILLE MEMORY CAFÉ
Wednesday, March 14
1:00 – 2:30 p.m.
Park Place Community Room
1015 N. Elm St., Platteville
Sponsored by Park Place SL

SAUK CITY MEMORY CAFÉ
Thursday, March 15
9:30 – 11:00 a.m.
Sauk Prairie Community Center
Café Connections
730 Monroe St., Sauk City

ANNUAL UNDERSTANDING ALZHEIMER’S DISEASE, DEMENTIA & MEMORY LOSS WORKSHOP
For family caregivers and professionals
See mail panel for details.

Thursday, March 15
8:30 a.m. – 3:30 p.m.
Southwest WI Technical College
Fred Lenz Conference Room
1800 Bronson Blvd., Fennimore

RCHLAND CENTER MEMORY CAFÉ
Thursday, March 22
9:30 – 11:30 a.m.
Woodman Senior Center
1050 N. Orange St.
Richland Center

DEFOREST MEMORY CAFÉ *
Friday, March 23
1:00 – 2:30 p.m.
DeForest Area Community and Senior Center
505 N. Main St., DeForest
Contact: 608.846.9469

Continued on page 10

Alzheimer’s & Dementia Alliance of Wisconsin • 9
YOUNG ONSET MEMORY CAFÉ (65 AND UNDER) **
**Please contact ADAW, 608.232.3400, prior to participating.

Saturday, March 24
12:30 – 2:00 p.m.
ADAW - 2nd Floor Conf. Room
517 N. Segoe Rd., Madison

SAFETY AT HOME
Get tips to help you and your loved one stay safely and independently in your own home.

Tuesday, March 27
5:30 – 7:00 p.m.
Reedsburg Public Library
370 Vine St., Reedsburg

PORTAGE MEMORY CAFÉ
Wednesday, March 28
1:00 – 3:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage

SINSINAWA MOUND MEMORY CAFÉ *
Thursday, March 29
1:00 – 2:30 p.m.
585 County Rd. Z, Sinsinawa
Contact: Coni LaBarbera, 608.748.4411 x 188.

APRIL 2018

WESTFIELD MEMORY CAFÉ
Wednesday, April 4
10:00 a.m. – 12:00 p.m.
Westfield Village Hall
124 E. 3rd St., Westfield
In partnership with the ADRC serving Adams, Green Lake, Marquette & Waushara Counties.

DODGEVILLE MEMORY CAFÉ
Wednesday, April 4
1:00 – 2:30 p.m.
Stonefield Apartments
Community Room
407 E. Madison St., Dodgeville

WAUNAKEE MEMORY CAFÉ *
Thursday, April 5
9:30 – 11:00 a.m.
Steepleschase Condominiums
Clubhouse 5636 Conway Glen
Waunakee
Contact: 608.849.8385

MIDDLETON MEMORY CAFÉ
Friday, April 6
9:30 – 11:30 a.m.
Captain Bill’s Restaurant
2701 Century Harbor Rd.
Middleton

ALZHEIMER’S & DEMENTIA: RESOURCES AND SUPPORTS AT EACH STAGE
Understand memory loss, cognitive impairment and dementias, what to do if concerned and resources and supports available.

Monday, April 9
5:30 – 7:00 p.m.
Hawthorne Public Library
2707 E. Washington Ave.
Madison

MT HOREB MEMORY CAFÉ *
Tuesday, April 10
1:00 – 2:30 p.m.
Immanuel Lutheran Church
310 W. Main St., Mt Horeb
Contact: 608.437.8733

DEMENTIA QUESTIONS?
ASK THE EXPERTS
Tuesday, April 10
6:00 - 8:00 p.m.
The Walker House
1 Water St., Mineral Point
Contact Rachel Olson, 608.232.3403, for details.

PLATTEVILLE MEMORY CAFÉ
Wednesday, April 11
1:00 – 2:30 p.m.
Park Place Community Room
1015 N. Elm St., Platteville
Sponsored by Park Place SL.

SUN PRAIRIE MEMORY CAFÉ *
Thursday, April 12
9:30 – 11:00 a.m.
Colonial Club Senior Center
301 Blankenheim Ln., Sun Prairie
Contact: 608.837.4611

BOOST YOUR BRAIN HEALTH
Learn how the brain works; receive tips on improving your brain health and ways to lower your risk of developing dementia.

Tuesday, April 17
3:30 – 4:30 p.m.
Tender Reflections
4897 Innovation Dr., DeForest

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

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

Tuesday, April 24
5:30 – 7:00 p.m.
Portage Public Library
253 W, Edgewater St., Portage

LEGAL AND FINANCIAL PLANNING SEMINAR
A general overview of legal and financial issues to consider for loved ones with Alzheimer’s disease or another dementia.

Tuesday, April 24
6:00 - 8:00 p.m.
Beloit Public Library
605 Eclipse Blvd., Beloit
Presenter: Attorney Wayne Wilson, Wilson Law Group
Registration requested. Call 888.308.6251 toll-free to RSVP.

Continued on page 11
PORTAGE MEMORY CAFÉ
Wednesday, April 25
1:00 – 3:00 p.m.
Portage Public Library
253 W. Edgewater St., Portage

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

SINSINAWA MOUND
MEMORY CAFÉ *
Thursday, April 26
1:00 – 2:30 p.m.
585 County Rd. Z, Sinsinawa
Contact: Coni LaBarbera,
608.748.4411 x 188.

DEFOREST MEMORY CAFÉ *
Friday, April 27
1:00 – 2:30 p.m.
DeForest Area Community and
Senior Center
505 N. Main St., DeForest
Contact: 608.846.9469

YOUNG ONSET MEMORY
CAFÉ (65 AND UNDER) **
**Please contact ADAW,
608.232.3400, prior to attending.
Saturday, April 28
12:30 – 2:00 p.m.
ADAW - 2nd Floor Conf. Room
517 N. Segoe Rd., Madison

MAY 2018

WESTFIELD MEMORY CAFÉ
Wednesday, May 2
10:00 a.m. – 12:00 p.m.
Westfield Village Hall
124 E. 3rd St., Westfield
In partnership with the ADRC
serving Adams, Green Lake,
Marquette & Waushara Counties.

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

WAUNAKEE MEMORY CAFÉ *
Thursday, May 3
9:30 – 11:00 a.m.
Steeplechase Condominiums
Clubhouse
5636 Conway Glen, Waunakee
Contact: 608.849.8385

MIDDLETON MEMORY CAFÉ
Friday, May 4
9:30 – 11:30 a.m.
Captain Bill’s Restaurant
2701 Century Harbor Rd.
Middleton

MT HO Reb MEMORY CAFÉ *
Tuesday, May 8
1:00 – 2:30 p.m.
Immanuel Lutheran Church
310 W. Main St., Mt Horeb
Contact: 608.437.8733

CROSSING BRIDGES
Monday, April 16 and Monday, April 23
ADAW Madison Office
Crossing Bridges is an educational discussion group for people
who have mild memory loss, are in the early stages of Alzheimer’s
disease or a related dementia, along with a primary care partner.
The overall philosophy of the group is to promote a fulfilled life
while living with cognitive change.
Crossing Bridges can help people learn coping skills, enhance
family communication, and receive guidance toward developing
future plans.
An interview is required before participating in the group. Contact
Pat Wilson, Family Support Coordinator, at 608.232.3406 or
patricia.wilson@alzwisc.org for more information.
Third party events benefit ADAW

Cheers! Ales for Alzheimer’s end 2017 with a bang!

We finished the 2017 calendar year with what is becoming one of the most successful fundraisers for ADAW, Ales for Alzheimer’s. The second annual event was held November 9 at Wisconsin Brewing Company in Verona.

Hosted by Lynn Holley, Sara Alvarado and Jim Imhoff, the event raised more than $45,000!

The happy hour beer tasting included a silent auction, food and prizes, and a commemorative pint glass for attendees.

Both Lynn Holley, Holley Real Estate Group, and Sara Alvarado, Alvarado Real Estate Group, have personal connections to Alzheimer’s disease; Holley as the caregiver to her husband, who is living with Alzheimer’s disease and Alvarado whose mother has Alzheimer’s disease.

We are grateful for their dedication to supporting ADAW and for raising awareness for a disease that is often isolating.

They are already planning for this year. Mark your calendars for October 25, 2018. Watch for more details coming soon.

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Strike Out Alz

Bowling Fundraiser

Saturday, April 21
Dogger’s Bar & Lanes
109 N. Scott St., Wautoma

9 Pin Tap & Raffle
$20 per person - includes 3 games
Bowling shifts at 3:00 PM & 6:00 PM
Adults only

Register by calling Dogger’s at (920) 787-3436 after March 1.

Proceeds benefit the Alzheimer’s & Dementia Alliance.

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St. Patrick’s

Alzheimer’s Benefit

Thursday March 15
11:00 a.m. - 8:00 p.m.
Fitz’s on the Lake
W11602 Hwy V, Lodi

Dinner cost $11.99
w/ Live Music by Mike Ashworth
Raffles, Fun and Shenanigans Galore!

Raffle drawing at 7 PM - tickets $5 ea.; need not be present to win
10% of food sales and raffle proceeds benefit ADAW
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