Many of us will feel lonely occasionally. Being alone every once in a while can be beneficial. It may provide an opportunity for self-reflection and awareness. However, research suggests that social isolation and loneliness can be harmful.

**Four shocking statistics behind social isolation**
1. Lacking social connections can damage a person’s health as much as smoking 15 cigarettes a day.
2. Loneliness can increase one’s risk of developing certain diseases, such as dementia.
3. Social isolation and loneliness presents one of the biggest health and social care challenges of the 21st century, increasing one’s risk of dying by 29 percent.
4. Half a million of older people do not see or speak to anyone for more than six days a week.

**How loneliness affects people with dementia**
People affected by dementia have a higher risk of being socially isolated and lonely than other social groups. This issue is therefore of great importance, especially to Alzheimer’s Society.

Over a third (35 percent) of people with dementia that we spoke to as part of our Turning Up the Volume report said they have felt lonely recently.

A third of people with dementia said they had lost friends following a diagnosis. The reasons for this were manifold.

Some people reported that their friends moved to new neighborhoods, sheltered accommodation or a care home as they were getting older and required more assistance. But the stigma around dementia also resulted in people affected by condition to become more isolated.

**Tackling Loneliness in People Living with Dementia**

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From the Director

Dear Friends,

It is incredible how much has changed in our world since our last newsletter. I hope this finds each of you safe and well and having not experienced the devastating impact of the pandemic. As we have all had to make adjustments to our life, the ADAW has needed to adjust as well. Prior to the pandemic, our services were all provided in person. Along with much of the world the ADAW pivoted to offering our services virtually and to having our employees work remotely from home.

Over the past four months, the need that people have had for the ADAW has only grown. Caregivers of loved ones with Dementia are remarkably familiar with how isolating the experience can be. The pandemic served to amplify that isolation. Many were unable to rely on help from outside the home for a period of time, many were unable (and still are) to see their family member or friend at the Assisted Living or Memory Care facility. To help combat this isolation, the ADAW responded by first starting our support groups again via Zoom. We made sure people knew that our Specialists were still just a phone call away. Those phones became a busy lifeline and a way that we were still able to provide the much-needed guidance and support to people to help them to find their new normal.

Four months in, we are now offering a variety of our education programs virtually as well. We have partnered with Agrace Hospice to bring a program, “Grief in the time of COVID.” A partnership with the Madison Museum of Contemporary Art also grew to include Art for All and the Dodgeville County ADRC Dementia Specialist, which has allowed us to restart the Arts Memory Cafe through Zoom.

During this time of physical distancing and needing to keep those most vulnerable safe, we are blessed to have a way virtually to provide social and educational experiences as well as a supportive space. That being said, we are as anxious as you for the time that we may all meet again around a table. Until that time, stay safe and stay connected with each other.

All of our best from the staff at the ADAW,

Jennifer Bauer, Executive Director

Research from Alzheimer’s Society suggests that some people living with dementia have poor experiences when coming into contact with people outside their immediate social circle. This can make them want to withdraw from society.

Feeling lonely as a caregiver

Caregivers of people with dementia also experience social isolation and loneliness.

Currently three in five family carers say caring for someone with dementia has impacted their own health.

63 percent of carers say they have had no or not enough support.

More than half of all caregivers who support someone with dementia for 20 hours or more a week said they felt lonely recently.

Online support groups can help with loneliness

ADAW provides online support groups to help encourage caregivers to participate in a safe social space.

Participants can use their voice to share concerns and stories with a Dementia Outreach Specialist and others on the caregiver journey.

Ideas can be shared online about how to become more engaged in at-home activities.

With Nursing Homes on Lockdown, Stay Connected

Social restrictions during the COVID-19 pandemic can be especially hard for people who can’t visit loved ones with Alzheimer’s disease who are in nursing homes. Despite an easing of restrictions, the U.S. Centers for Medicare and Medicaid Services say nursing homes shouldn’t allow outside visitors until the last phase of its reopening guidelines.

“One of the hardest parts of the COVID-19 pandemic for families who have relatives with Alzheimer’s disease living in a care setting is not being able to see their loved ones in person,” said Jennifer Reeder, director of educational and social services for the Alzheimer’s Foundation of America.

“Many nursing homes are likely to continue limiting or prohibiting outside visitors, given how fast COVID-19 can spread and the high risks to seniors with underlying health conditions,” Reeder added. However, there are several ways families can stay connected from afar, she said in a foundation news release.

Use technology.

Video chat platforms like FaceTime, Zoom or Skype allow you to see and talk with your loved one. Many care facilities provide this type of service, so ask if it’s available. Phone calls, emails and letters are also good ways to keep in touch.

Send a care package.

Drop off some of your loved one’s favorite snacks, trinkets and other fun items to give them comfort, improve their mood and reduce stress or anxiety. Check with the care center first to find out if any items are prohibited for health reasons.

Share photos.

Some care centers regularly send pictures of their residents to loved ones and also invite families to send photos in return. Sending residents family photos can help trigger memories.

Get updates.

Ask the staff for regular updates on your loved one. If she or he requires physical or occupational therapy, or personal care services such as nail clipping, find out how these services are being provided or what alternatives are in place.

Ask about activity programs.

Music, art, dance/movement, crafts and exercise programs can help keep your loved one engaged and active.

In addition, all care facilities are required to have plans to monitor and prevent infections and should be able to provide you with information about these measures if you ask.

By Robert Preidt, HealthDay Reporter

Programs on alzwisc.org
The Annual Alzheimer’s Walk will be virtual this year with a special Facebook presentation throughout September. Starting now, the Alzheimer’s & Dementia Alliance of Wisconsin is hosting #WalkWednesdays on facebook.com/theADAW for where participants can share their support of walking for Alzheimer’s and dementia.

Due to the Coronavirus pandemic, this year’s walks will not be at locations as before. Instead, walkers are encouraged to “Walk Your Way”. Wherever they feel the most safe and comfortable. This walk could be at home, at a neighborhood park or wherever exercise can be enjoyed.

These walks are an amazing show of community support for people who are impacted by Alzheimer’s disease or other forms of dementia. Many walk participants share the same sentiments as Larry Schmeiser, the 2019 Dane County Alzheimer’s Walk Honorary Chair, “We want to bring a needed attention to this disease. It’s journey worth noting for our loved ones.”

Registration is now open for the eight county Alzheimer’s Walk. Please visit the website support.alzwisc.org to sign up. Individuals, teams and families are encouraged to walk. Funds raised for each of the Alzheimer’s Walks circles back into the community to provide free programs, education, services and resources from the Alzheimer’s & Dementia Alliance of Wisconsin.

Visit alzwisc.org/alzheimers-walks to watch special presentation videos and hear the live announcements of the fundraising Top Teams from Jennifer Bauer, Executive Director of ADAW.

CELEBRATE YOUR WALK. Download this sign and tag I’m an #AlzWalker on your social media. alzwisc.org/alzheimers-walks

REGISTER TO WALK support.alzwisc.org

OUR FACEBOOK PAGE facebook.com/theADAW

WALK REGISTRATION FORM alzwisc.org/alzheimers-walk

SPECIAL PRESENTATIONS alzwisc.org/alzheimers-walk

YOUR DONATION CIRCLES BACK. Your funds continue:
- Care Consultations
- Support Groups
- Educational Programs
- Advocacy
- Memory Cafes

Rally up Your Loved Ones • Improve Your Health • Help Your Community
To register click here alzwisc.org/alzheimers-walks
UPCOMING PROGRAMS
July - September, 2020

Dementia Outreach Specialists are working remotely to provide you and individuals impacted with Alzheimer’s or other dementias effective skills and strategies that can enhance both of your lives. Programs are free and open to the public.

DAANE COUNTY
To participate contact 608-661-0463
Noreen.Kralapp@alzwisc.org

MEN’S ONLINE CAREGIVER SUPPORT GROUP (online)
Monthly on the 1st & 3rd Tuesday 1:00-2:00pm
To participate contact Jeff Hamm jhamm@wisc.edu

ADULT CHILD CAREGIVER SUPPORT GROUP (online)
Monthly on the 1st & 3rd Wed. 6:30-8:00pm

DANE COUNTY CAREGIVER SUPPORT GROUP (online)
Weekly on Thursdays 1:00-2:30pm

MEETING OF MINDS (online)
Weekly on Tuesdays 10:00-11:30am

DIVERSITY SUPPORT
To participate contact 608-204-9789
Barbara.Mckinney@alzwisc.org

ONLINE DIVERSITY SERIES
Monthly online programs geared for the African American community.

BRAIN HEALTH MATTERS
(online) Guest: Dr. Bouges, MD
Thursday, July 30 1:00-2:30pm

ADAMS & JUNEAU COUNTIES
To participate contact 608-316-6248
Nancy.Thacker@alzwisc.org

COMMUNICATION TIPS & STRATEGIES (online)
Wednesday, July 22 1:30-3:00pm (RSVP by July 14th)

ADAMS CAREGIVER SUPPORT GROUP
Monthly on the 1st Thursdays Aug. 6, Sep. 3, Oct. 1 1:00-2:30pm
Burt Morris Park 400 Elm Street, Adams

CRAWFORD, GRANT, IOWA, LAFAYETTE COUNTIES
To participate contact 608-723-4288
Heather.Moore@alzwisc.org

CRAWFORD COUNTY CAREGIVER SUPPORT GROUP (online)
Tuesdays, August 4 & 18
Tuesdays, September 15 & 29
10:00-11:00am

GRANT COUNTY CAREGIVER SUPPORT GROUP (online)
Thursdays, August 6 & 20
Thursdays, September 10 & 24
1:00-2:00pm

UNDERSTANDING ALZHEIMER’S & DEMENTIA (online)
Wednesday, August 5 & 19 1:00-2:30pm

UNDERSTANDING & RESPONDING TO BEHAVIOR CHANGES (online)
Wednesdays, September 9 & 23 1:00-2:30pm

COLUMBIA, SAUK, RICHLAND COUNTIES
To participate contact 608-742-9055
Janet.Wiegel@alzwisc.org

PORTAGE CAREGIVER SUPPORT GROUP (online)
Monthly on the 1st Monday 1:00-2:30pm

COLUMBUS CAREGIVER SUPPORT GROUP (online)
Monthly on the 2nd Thursday 10:00-11:30am

REEDSBURG CAREGIVER SUPPORT GROUP (online)
Monthly on the 3rd Wednesday 12:00-1:30pm

SPRING GREEN CAREGIVER SUPPORT GROUP (online)
Monthly on the 4th Monday 1:00-2:30pm

HOME SAFETY (online)
Thursday, August 27 1:00-2:30pm

END OF LIFE (online)
Thursday, September 24 1:00-2:30pm

GREEN LAKE, MARQUETTE & WAUSHARA COUNTIES
Call 920-294-4100 or email kristine.Biesenthal@alzwisc.org
For phone or video care consultations or in-person by appointment.

GREEN & ROCK COUNTIES
To participate contact 608-843-3544
Teena.Monk-gerber@alzwisc.org

IS IT TIME FOR FACILITY CARE?
Monday, July 27 1:00-2:30pm (RSVP by July 20th)

COMMUNICATION & EMOTIONS IN LATE STAGE OF DEMENTIA (online)
Monday, August 10 1:00-2:30pm (RSVP by Aug. 3)

UNDERSTANDING BEHAVIOR CHANGES IN DEMENTIA (online)
Monday, September 21 1:00-2:30pm (RSVP by Sept. 14)

BELoit CAREGIVER SUPPORT GROUP
Monthly on 1st Wednesdays Aug. 5, Sep. 2, Oct. 7 9:30-11:00am
Beloit Public Library 605 Eclipse Blvd., Beloit

FAMILY DYNAMICS IN THE DEMENTIA JOURNEY (online)
Monday, October 5 1:00-2:30pm (RSVP by Sept. 28)

HAVE QUESTIONS OR CONCERNS, WE’RE HERE FOR YOU.
8:30-4:30pm 888-308-6251 support@alzwisc.org

VISIT ALZWISC.ORG IN THE FUTURE FOR MORE PROGRAMS

CLICK ON UNDERLINED LINKS!

Dementia Outreach Specialists are working remotely to provide you and individuals impacted with Alzheimer’s or other dementias effective skills and strategies that can enhance both of your lives. Programs are free and open to the public.
Dear Friends,

Change happens when inspired people take action. It is clear that the time for change is upon us. People in our communities, our state and nation are no longer willing to tolerate the racism that unfortunately permeates our society. We are among them.

The Alzheimer’s & Dementia Alliance of Wisconsin cares deeply about equity for all. It is who we are, personally and professionally. The people we serve are among the most vulnerable: those diagnosed with Alzheimer’s and other dementias, their families, and caregivers. Included are those at the highest risk of the disease, African Americans. We strive to meet the needs of all who seek our services, wherever they are on their journey.

To fully meet the needs of African American people living with dementia, we are asking ourselves what we can do to be part of the solution at this monumental time in history. We have joined the public outcry and will continue to speak out against racism. We will also vigorously walk the talk in how we approach our daily lives and responsibilities here at the Alliance.

One of our major endeavors, which we have the honor to assist in organizing each year, is the Solomon Carter Fuller Brain Health Day. Under the leadership of Barbara McKinney, ADAW Diversity Coordinator, and the African-American Community Advisory Board, and in partnership with the Wisconsin Alzheimer’s Disease Research Center at UW, we hold this annual event which builds awareness of Alzheimer’s in the African-American community.

The day recognizes Solomon Carter Fuller, an African American who was the grandson of former Virginia slaves. He received medical degrees in pathology and psychiatry in the United States, and, in 1904, traveled to Munich, Germany to work with psychiatrist Dr. Alois Alzheimer. Upon returning to the United States, Dr. Fuller published some of the first papers in English on “presenile dementia,” which would later be referred to as Alzheimer’s disease. He was a pioneer in Alzheimer’s disease research. We celebrate Dr. Fuller for his significant contribution to furthering the understanding of Alzheimer’s disease and are committed to building on his groundbreaking work.

As we move forward, expect us to do more as we reach out to our entire community to ensure that we are inclusive, fair, and just in all we do. We must all work together to overcome the systemic racism that exists in our society. We cannot have a sustainable society without equity for African Americans and all people of color.

Thank you for your support of the Alzheimer’s & Dementia Alliance of Wisconsin.

The ADAW Staff and Board of Directors

For resources, support and online programs to assist you on your journey contact:

Barbara McKinney, 608-204-9789 or Barbara.McKinney@alzwisc.org

To unsubscribe from this email list, please click on the “unsubscribe” link at the bottom of this email.

WE SUPPORT EQUITY AND EQUALITY.

CLICK ON UNDERLINED LINKS!
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Joanne & Samuel
Wallendal

JERRY WARD
Executive Agenda

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Ron & Cindy Klinge

KAREN WINKLIN
Chester & Barbara Caine

BARBARA WOLFSON
Nancy & Richard
Peidelstein

Reed III
Lawrence & Mary Anne
LOIS VERNON
Karen & Steve
CHESTER & BARBARA CAINE
KAREN WINKLIN
Chester & Barbara Caine

JERRY WARD
Executive Agenda

FERN WHITCHER
Ron & Cindy Klinge

KAREN WINKLIN
Chester & Barbara Caine

BARBARA WOLFSON
Nancy & Richard
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The next time you review your estate plans, consider remembering ADAW. Money received is used to support families coping with Alzheimer’s disease. Support may be in the form of support groups, care consultations, being a community resource, and hosting educational services in 15 counties.

For details to include us in your trust call 608-232-3400 or email Jennifer.Bauer@alzwisc.org.

Visit www.alzwisc.org/ways-to-give for more ways you can make a difference.

Give Later: Wills & Trusts
Kudos to the Campion Family

We are super thankful for Rendezvous Paddle & Sports, Charlotte Hoffman and the Campion Champion’s walk team for their Meat, basket and 50/50 raffle over the fourth of July. They raised $1,713 for the Columbia & Marquette County Alzheimer’s Walk!

ALZ WALKS FUNDRAISERS

Papa Murphy’s in Monroe
Wednesday, August 12 • 11am-8pm
122 8th St., Monroe
Percent of proceeds goes to Green Co. Walk

Monk’s Bar & Grill in Middleton
Sunday, August 16 • 4-9pm
8313 Murphy Dr., Middleton
20% of food purchase to Dane Co Walk

Pizza Hut in Richland Center
Tuesday, August 25 • 5-8pm
719 E HWY 14, Richland Center
10% of food purchase to Richland Co Walk

THANK YOU

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