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Working with young-onset dementia: It's okay to ask for help

It is estimated that as many as 640,000 Americans have young-onset dementia, which means having symptoms of dementia prior to age sixty-five. People affected by young-onset dementia are often in their prime working years, and the first signs of cognitive changes may be recognized on the job. These changes, however, do not necessarily mean the end of employment.

One of the objectives of the Alzheimer's & Dementia Alliance of Wisconsin (ADAW) is to help people with a dementia-type disease continue living active and engaged lives. ADAW convened a work group of people diagnosed with young-onset dementia who were still in the workforce or who had left because of the diagnosis. This group provided suggestions to help others successfully navigate the challenges of continued employment with a dementia diagnosis.

- It's okay to ask for help was one of the best pieces of advice this group offered. Alzheimer's disease, the most common form of young-onset dementia, is considered a disability and is covered under the American with Disabilities Act. This means an employer is obligated to conduct an interview with the employee to discuss ways the employee can remain in his or her position.
- The employee and supervisor, along with a Human Resource staff person, should evaluate current strengths. Identify what aspects of the job are done well and where assistance might be helpful. Finding common ground on how

Alzheimer's & Dementia Alliance of Wisconsin (ADAW)

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608.232.3400 or
888.308.6251 toll-free
www.alzwisc.org
support@alzwisc.org

Grant/Richland Regional Office

8820 Hwy 35/61 S
Lancaster, WI 53813
608.723.4288 or
888.308.6251 toll-free

Columbia/Sauk Regional Office

2825 Hunters Trail
Portage, WI 53901
608.742.9055 or
888.308.6251 toll-free

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to address the most pressing needs will lead to greater success in the long run. The goal is to agree to a change in responsibilities in the job based on the person's strengths and re-assign the areas of weakness to other colleagues.

- Discuss what reasonable accommodations would help the employee be successful on the job. The human resources office or employee assistance program can be valuable in identifying resources and assist in planning for the future. One of the most basic is adjusting the work schedule to accommodate the employee's most productive time of day. This may mean a change to fewer work hours. It's also important to look at the work environment. Too much noise or a work space that is too open may cause distractions.
- Is the employee open to natural supports? Colleagues doing similar work can become the mentor, providing support when confusion arises; offering cues about timelines on projects; discussing daily tasks or even partnering up for meetings. In some cases, employees divide responsibilities based on individual strengths. For example a truck driver with young-onset dementia is no longer able to drive so instead he loads and unloads the truck while a colleague drives.
- Would assistive technologies be appropriate and welcome? These are products or equipment that can be used to maintain or improve functional capabilities. Certain computer functions and software programs can be used for reminders or to set start and end times for specific tasks. Keep in mind that the person who is not comfortable with computers may not benefit from these types of programs.
- Cognitive abilities can vary within each day and change from day to day. What works for one person may not work for the next. It is important to hold frequent evaluations, especially early on.

While various types of dementia may affect individuals in different ways, the person with young-onset dementia is often high functioning and retains many skills and abilities from years of employment experience. While the employee may have difficulty remembering new things or may need memory aids to track time and tasks, their vast knowledge of an organization's mission and services are valuable.

For more information on how to support people with dementia in the workplace or our early stage programs call **608.232.3400** or **888.308.6251**, toll free in Wisconsin, or email support@alzwissc.org.

ADAW created a series of five guides designed to help employers support and retain employees diagnosed with young-onset dementia, available for download at <http://alzwissc.org/In%20the%20workplace.html>



From the director

Dear Friends,

At a recent meeting of our vibrant men's support group, a newer member wondered how all dollars raised could stay in Wisconsin when donations go to a post office box in Washington, D.C. Several members immediately said that means the money doesn't support the Alzheimer's & Dementia Alliance of Wisconsin. Keeping dollars local to support Wisconsin families is exactly why we chose to become an independent, Wisconsin-based organization in late 2009, disaffiliating from the national association. Dozens of former chapters nationwide have subsequently followed our early lead.

When making charitable contributions, the organization's name means everything, and sound-alike names can cause significant confusion. If it doesn't say Alzheimer's & Dementia Alliance of Wisconsin (ADAW) with a Madison address (or sometimes Lancaster or Portage, where we have regional offices), it isn't us and we receive no benefit.

When you make a donation or include ADAW in your estate plans, please keep all of the following in mind:

- Every dollar you give stays local, helping you, your family, and those you know and care about who are affected by any form of dementia. This newsletter is filled with information on direct service programs so you can see your dollars at work each and every day.
- Designated research dollars go directly to the dedicated research scientists at the Wisconsin Alzheimer's Disease Research Center at UW-Madison.
- We don't use your charitable donations to support massive expenses associated with national advertising campaigns or direct mail marketing, and we never share your name or address with other organizations or companies.
- We advocate nationally and statewide for funding for direct care support and dementia research. We are proud of our record of public policy successes spanning nearly twenty years.
- Our well-regarded programs have been developed over many years by Wisconsin dementia experts, and we use ongoing evaluation techniques to ensure we meet the needs of the thousands of families we serve.
- We help folks throughout the state via our toll-free number, and our efforts to serve Wisconsin through local dementia coalitions are being recognized nationally. We are busy preparing to expand direct services to the greater Beloit area and Adams, Juneau, Marquette, Green Lake and Waushara counties.

I hope these points provide you with the confidence and knowledge needed so you are assured all donations received are used wisely to benefit your local community.

For over thirty years, ADAW has been serving families in the best ways possible as we work for a cure or more effective treatments. Your contributions help us do even more so we collectively can ensure individuals with dementia and care partners have the assistance they need and deserve along the journey.

Sincerely,

A handwritten signature in black ink that reads "Paul Rusk".

Paul Rusk, *Executive Director*

Diversity Update



Top photo: Community Advisory Board Planning Committee pictured with Dr. Keith Whitfield.

Bottom photo: Caregiver panel sharing their stories at the Memory Screening event.

ADAW extends a special thank you to the planning committee and community advisory board for making the 7th Annual Solomon Carter Fuller Community Conversation on Alzheimer's Disease another huge success. Over 100 people attended the Friday night lecture by Dr. Keith Whitfield, Provost of Wayne State University and noted expert on aging, which focused on Alzheimer's disease and healthy cognitive aging among African American men. Dr. Whitfield addressed the impact of life stress on cognitive and physical well-being and emphasized the importance of taking care of you as the caregiver.

The theme continued at Saturday's Memory

Screening event as Keretha Cash, Jewelline Wiggins and Reverend Alex Gee shared their stories of caring for a parent with dementia during a panel discussion. They stressed the need to take time away from caregiving responsibilities. In addition, panelists talked about accepting what other siblings are willing and able to do for an aging parent and the importance of cultural competency in care facilities, illustrating the importance of sharing a loved one's life story with caregivers in a professional setting so care can be tailored to specific needs based on experiences.

The event is held each February in honor of Black History Month and celebrates Dr. Solomon Carter Fuller, a pioneer in Alzheimer's disease research and the first African American psychiatrist.

ADAW will have an official outreach office in Beloit soon! We recently signed a lease for office space in downtown Beloit, in the former Chester's Department Store, replacing our office in the Merrill Community Center, which closed last fall. We're excited about the opportunity this gives us to provide services to local families. Watch for open house details coming soon.

WAYS TO GIVE

Monetary Donations

Send gifts to Alzheimer's & Dementia Alliance, 517 N. Segoe Road #301, Madison, Wisconsin 53705 or donate online at alzwisc.org.

Appreciated Securities

Donate using appreciated stocks, bonds, securities or mutual funds held long term. Congress has made permanent IRA charitable rollover. Individuals 70 ½ and older may transfer up to \$100,000 from their IRA to ADAW. The transfer is free of federal income taxes and the gift qualifies for the donor's required minimum distribution (RMD) for the year.

Bequests

By remembering ADAW in your will, you can have a significant impact on improving the quality of life for others in Wisconsin impacted by dementia.

You can also name ADAW as the beneficiary of your IRA, pension plan or existing life insurance policy.

Memorials

Remember deceased loved ones through memorial gifts. Gifts can be sent directly to ADAW and we will notify family members when memorials and tributes are received.

However you choose to give, your gift is truly appreciated. To learn more, call ADAW's Development Director, Ingrid Kunding at 608.232-3410.

Notes from Outreach Staff

We continue to see attendance increase at the Memory Cafés in Platteville and Sinsinawa Mound. Participants have enjoyed music and memories, making homemade bread, exploring our heritage and even had a visit from Santa and Mrs. Claus. Over the summer and fall months, we hope to explore local attractions. If you haven't attended, I encourage you to get connected to a Memory Café!

Education is an important component to successful caregiving. In the last several months I've offered community education programs throughout my service area - reaching out to the communities of Boscobel and Cuba City. I'll be presenting Understanding & Responding to Behavior Changes on Wednesday, May 24 in Dickeyville and on Wednesday, June 21 in Prairie du Chien. (See program calendar for details.) In October, 2017 I will be back in Boscobel discussing how to plan for the holidays.



Health fairs are often the first place people go to seek information and by attending these fairs, I am able to connect with individuals and care partners to share information about ADAW's local programs and services, including the many support groups we offer and the network of memory diagnostic clinics across Wisconsin. We are fortunate to have two memory diagnostic clinics close by, the Southwest Health Memory Diagnostic Clinic in Platteville and the Richland Area Geriatric Assessment Clinic in Richland Center. Staff at these clinics are experts in differentiating the various types of dementia, a best-practice standard in the state of Wisconsin. This helps families get on the best path for their specific situation. ADAW works alongside to support the person receiving the diagnosis and the care partners, sharing our county-specific local resource guides offering dementia-specific information.

As a member of the Grant County Interdisciplinary Team, I collaborate with other agencies to bring programs and speakers to Grant County like ADAW's informative Legal & Financial Planning Seminar. On a quarterly basis, I am connecting with other lead agencies in the area of elder abuse (physical, emotional, or financial.) This is often a confusing and difficult area to navigate, but ADAW can help care partners get the appropriate support.

Through area Dementia Friendly Community (DFC) efforts, I was able to assist in training Walgreens in Platteville and Prairie du Chien in becoming dementia friendly. Over the last few years I provided training to Lancaster City Police, Grant County Sheriff's Department and on-going training to Dominican Sisters-Sinsinawa. Whitney Thompson, Dementia Care Specialist with the ADRC, and I co-facilitated the training of Platteville City Police Department. This is an on-going grassroots initiative. I'm also working on similar efforts in Crawford and Richland counties. Watch for future updates!

My work with the Grant County Dementia Care Network, a group of Grant County professionals, aims to build an educated community poised to support people with dementia and their families through information, assistance, and direct services. The Dementia Care Network is instrumental in planning the Grant County Alzheimer's Walk and the annual Understanding Alzheimer's Disease, Dementia and Memory Loss Workshop in Fennimore. In the past 18 years, the workshop informed over 2000 professionals and family caregivers from the surrounding areas on dementia-relevant topics.

Becky DeBuhr, *Outreach Specialist*

Serving Crawford, Grant and Richland counties. Though Becky primarily works out of our satellite office in Lancaster, she holds office hours on Tuesdays at the Richland Center ADRC and Richland Area Geriatric Assessment Clinic.

Advocacy Update



We are listening to you!

When we ask what is most important to you in terms of policy, the two items cited the most are respite and research. I'm pleased to report we are making progress on both issues. In 2010, Governor Doyle provided seed funding for the University of Wisconsin to apply to become a federally funded Alzheimer's Research Center which led to the creation of the Wisconsin Alzheimer's Disease Research Center (W-ADRC) at UW-Madison. ADAW collected letters from Wisconsin's Congressional Delegation in support of the original application as well as the reauthorization application. Governor Walker in this budget has added an additional \$100,000 for the W-ADRC to perform additional research aimed at discovering new treatments and ultimately a cure for Alzheimer's disease. We very much appreciate the Governor including this

funding in the State Budget bill.

On the respite front, we were able to pass a bill that increased funding for the Alzheimer's Family Caregiver Support Program (AFCSP) in Wisconsin by \$1,000,000. That increase is the largest increase the program has received since its creation in 1985 but it is not enough. In Dane County a waiting list for this important respite funding has already started as of late April. It's important to us that family caregivers are able to take care of themselves as well as the person for whom they provide care. AFCSP allows caregivers to have some time to take care of themselves so they don't get ill or burn out as a result of their caregiving duties.

We are also asking the State to create a new tax credit for caregivers. Family caregivers provide a benefit to the State by delaying facility care, and we are asking lawmakers to recognize that benefit by providing a tax credit targeted for those caregivers. I have been working for several years to educate legislators both in Wisconsin and in Washington D.C. about the benefit and the necessity of incentivizing home care over facility care for both the economy and families coping with dementia.

We recognize that nursing homes and community-based residential facilities provide a vital service and there are situations where facility care may be a better option than home care, especially in the later stages of the disease, but this should not be the only option for families. We want to ensure that families have the supports needed to care for someone in the home whenever that is possible and in the best interest of both the person with dementia and their caregivers.

If these issues are important to you, I advise you to contact your State Representative and State Senator urging them to support funding for research and respite for family caregivers. When communicating with your legislators, either in person or in writing, please remind them of the need to incentivize home care over facility care and remind them that this is in the best interests of people with dementia, their families and our economy.

Lastly I want to thank you for your support. Without you, we wouldn't be able to advocate on behalf of your loved ones.

Rob Gundermann, *Public Policy Director*

Staff Departures



Outreach Coordinator Deanna Truedson is leaving the Alzheimer's & Dementia Alliance of Wisconsin at the end of the month. Deanna has been with ADAW for over 16 years and her impact on this agency is beyond measure, from working with community partners to establishing the Grant County Dementia Care Network and the Green County Caregiver Group to starting Memory Cafes and everything in between. While the majority of her time is focused on Green, Lafayette and Iowa counties, her influence has been felt through all the communities ADAW serves. Deanna helped launch the region's first Alzheimer's Walks, known then as Memory Walks, and the state's first Memory Café, both in Sauk County. She managed the National Family Caregiver Support Program for Lafayette County; supervised ADAW's county outreach specialist; assisted with grant development; led the development of the annual Understanding Alzheimer's Disease workshops in Fennimore and Monroe, bringing

well-known dementia speakers to rural communities, and expanding ADAW's educational offerings beyond urban settings to other parts of the state.

Her compassion and dementia knowledge have helped countless families manage the challenges of their dementia journeys. We wish Deanna the best of luck as she pursues new experiences in her career.



Diversity Coordinator Charlie Daniel is leaving ADAW after more than seven years working to raise awareness of Alzheimer's disease and dementia among African Americans and connecting families with the research programs at the Wisconsin Alzheimer's Disease Research Center (W-ADRC) at UW-Madison. Charlie encouraged families to talk about their experiences and connected caregivers with resources that can make the journey a little easier. She was instrumental in organizing the first Solomon Carter Fuller Memory Screening Day, now in its eighth year, and developed two vibrant community advisory boards, in

Beloit and Madison, which continue to assist with community outreach and plan annual outreach events like the Solomon Carter Fuller and the Regina Prude events. She will assist with the establishment and staffing of the new Beloit office through June before taking a new position with Safe Communities as their new falls prevention and drug poisoning program coordinator.

She is a tireless advocate for improving the health and well being of people in our community and will continue to do so in her new position. Thank you, Ms. Charlie, for all you've done for individuals impacted by Alzheimer's or other dementias and for your vast contributions to ADAW. You will be missed!

Beyond

Beyond the pain,
Healing begins.
Beyond the tears
There is Joy.
Beyond the confusion,
There is Understanding.
Beyond the turmoil,
Tranquility Awaits.
Beyond the Grief,
Acceptance Frees us
Beyond this moment,
Inspiration Guides us.

Written by Dean Farber. Dean had young-onset Alzheimer's/Lewy Body dementia and participated in a number of ADAW programs with his wife Melody. Dean passed away January 3, 2017.

Development Updates

Alzheimer's Walk Season has begun!



Like "opening day" at baseball stadiums across the country, ADAW has our own special season, "walk season," and it has officially started! It is always an

exciting and busy time of year. The Alzheimer's Walks are important to ADAW for many reasons:

- Alzheimer's Walks bring communities together to support people impacted by Alzheimer's disease and other forms of dementia.
- Alzheimer's Walks allow people to share their stories and raise awareness; helping others and in some cases, helping their own healing.
- Alzheimer's Walks are ADAW's largest fundraiser. All dollars raised at our Alzheimer's Walks stay in Wisconsin allowing us to provide support to people impacted by Alzheimer's disease and other forms of dementia through care consultations, family meetings, caregiver support groups, Memory Cafés and other early stage programs, family education presentations, and so much more - all supported by generous donations.

What's new with Alzheimer's Walks in 2017?

- Updated Walk-specific websites that are more user and mobile friendly.
- Children's T-shirts as part of the Fundraising Rewards Program.
- A "Support the Journey" option that allows you to decline your earned incentive prizes permitting the cost of those prizes to support ADAW's mission.

Have you participated in or supported an Alzheimer's Walk before? Thank you! We hope you'll join us again.

New to the Alzheimer's Walks? Join us, we'd love to have you! There are many opportunities for involvement including: join a planning committee, form a team, walk as an individual, support someone else's efforts with a donation, or volunteer at the event.

Visit alzwisc.org for more information on how you can get involved!

STEP FORWARD GIVE HOPE Alzheimer's Walk 2017

Step Forward. Give Hope. Join one of our seven area Alzheimer's Walks to support individuals and families impacted by dementia in Wisconsin.

- 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

\$1,000,000 SHOOTOUT

Take a swing at a million dollars

Join the Alzheimer's & Dementia Alliance of Wisconsin on Monday, August 14 for the 21st annual Million Dollar Shootout charity golf outing to support local programs and services.

NBC15 Sports Director Mike "Jocko" Jacques returns to emcee the day-long event at Maple Bluff County Club overlooking Lake Mendota in Madison. It is a perfect opportunity to golf 18 holes at one of Madison's most historic landmarks. In addition to a challenging course, golfers will enjoy lunch, dinner, a silent auction, an award presentation and an opportunity for one lucky golfer to take a swing at winning \$1,000,000.



Silent auction items include a pair of round-trip Southwest Airline tickets, a hand-made quilt, numerous local golf packages, to name a few.

All dollars raised stay in Wisconsin. Early Bird rates end Friday, July 7. To register, visit alzwissc.org or call **608.232.3400**.

SAVE THE DATE

A promotional poster for Panera Bread's Fundraising Night. The poster features the Panera Bread logo on the left. The main text reads "FUNDRAISING NIGHT" in large, bold, serif letters, with a fork icon integrated into the letter "N". Below this, it says "Support ALZHEIMER'S & DEMENTIA ALLIANCE OF WISCONSIN" in bold, sans-serif font. The date and time are "Wednesday, May 24 4:00 - 8:00 p.m.". The location is "at the Panera Bread bakery-cafe 2627 E Springs Drive Madison, WI 53704". At the bottom, it says "Sponsored by the Oak Park Place team for the 2017 Dane County Alzheimer's Walk." The entire poster is enclosed in a dark blue border.

Panera BREAD

FUNDRAISING NIGHT

Support
ALZHEIMER'S & DEMENTIA ALLIANCE OF WISCONSIN

Wednesday, May 24
4:00 - 8:00 p.m.

at the Panera Bread bakery-cafe
**2627 E Springs Drive
Madison, WI 53704**

Sponsored by the Oak Park Place team for the 2017 Dane County Alzheimer's Walk.

You make the difference!

There's something new in this quarter's newsletter, a **giving envelope**. Gifts from individuals like you make it possible for ADAW to offer the programs and services outlined in this newsletter free of charge. Last year alone, ADAW had more than 23,400 points of service with individuals, including 2,234 helpline calls and 757 personal one-on-one meetings with families. Every day, we help people understand the effects of dementia and plan for the future. We are often called when people are in crisis and have nowhere else to turn.

Please make a donation today so ADAW can continue to be the partner people count on at every stage of the dementia journey.

Have a third-party fundraiser you'd like us to promote? Contact Ingrid Kunding, 608.232.3410 or ingrid.kunding@alzwisc.org. We can share it on our Facebook page, Alzheimer's Walk websites, print and e-newsletters if time permits.

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.

* Cafe affiliated with Alzheimer's & Dementia Alliance of Wisconsin.

MAY 2017

DEMENTIA QUESTIONS: ASK THE EXPERTS

Dr. Aaron Dunn, SSM Health, presents an overview of Alzheimer's & other dementias followed by a caregiver panel. Questions encouraged.

Tuesday, May 16

6:00 - 8:00 p.m.

Quality Inn

1345 Business Park Rd., Mineral Point

Free. Call the ADRC Iowa Co. office,

608.930.9835, to RSVP or to inquire about respite. Offered in partnership with ADRC of Iowa Co., ADAW and Alzheimer's Association.

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 Ave., Dickeyville

Contact Becky DeBuhr,

608.723.4288, for details.

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

Contact: Coni LaBarbera, Pastoral

Minister, Sinsinawa Dominicans, Inc.,

608.748.4411 Ext. 188.

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DEFOREST MEMORY CAFÉ ***Friday, May 26**

1:00 – 2:30 p.m.

DeForest Area Community and Senior Center

505 N. Main St., DeForest

Contact: DeForest Area

Community and Senior Center,

608.846.9469.**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

JUNE 2017**WAUNAKEE MEMORY CAFÉ *****Thursday, June 1**

9:30 – 11:00 a.m.

Steeplechase Condominiums Clubhouse

5636 Conway Glen, Waunakee

Hosted by Dementia Friendly

Waunakee and Waunakee Senior

Center. Call **608.849.8385.****MIDDLETON MEMORY CAFÉ****Friday, June 2**

9:30 – 11:30 a.m.

Captain Bill's Restaurant

2701 Century Harbor Rd.

Middleton

WESTFIELD MEMORY CAFÉ**Wednesday, June 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, June 7**

1:00 – 2:30 p.m.

Stonefield Apartments

Community Room

407 E. Madison St., Dodgeville

SUN PRAIRIE MEMORY CAFÉ ***Thursday, June 8**

9:30 – 11:00 a.m.

Colonial Club Senior Center

301 Blankenheim Ln., Sun Prairie

Contact: Colonial Club Senior

Center, **608.837.4611.****ALZHEIMER'S & DEMENTIA:****FIRST STEPS FOR FAMILIES**

Learn about dementia-related diseases, what families can do, and resources to help.

Monday, June 12

5:30 – 7:00 p.m.

Monona Public Library

1000 Nichols Rd., Monona

MOUNT HOREB**MEMORY CAFÉ * NEW!****Tuesday, June 13**

1:00 – 2:30 p.m.

Immanuel Lutheran Church

310 W. Main St., Mount Horeb

Contact: Immanuel Lutheran

Church, **608.437.8733.****PLATTEVILLE MEMORY CAFÉ****Wednesday, June 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, June 15**

9:30 – 11:00 a.m.

Sauk Prairie Community Center

Café Connections

730 Monroe St., Sauk City

UNDERSTANDING & RESPONDING TO BEHAVIOR CHANGES

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

Wednesday, June 21

1:00 - 2:00 p.m.

Crawford County

Administration Building

225 N. Beaumont Rd.

Prairie du Chien

Contact: Becky DeBuhr,

608.723.4288, for details.**RICHLAND CENTER MEMORY CAFÉ**

Thursday, June 22

9:30 – 11:30 a.m.

Woodman Senior Center

1050 N. Orange St.

Richland Center

DEFOREST MEMORY CAFÉ ***Friday, June 23**

1:00 – 2:30 p.m.

DeForest Area Community and Senior Center

505 N. Main St., DeForest

Contact: DeForest Area

Community and Senior Center,

608.846.9469.**YOUNG ONSET MEMORY CAFÉ (65 AND UNDER)****

**Please contact ADAW,

608.232.3400, prior to

participating.

Saturday, June 24

11:30 a.m. – 1:30 p.m.

Alzheimer's & Dementia Alliance of Wisconsin

2nd Floor Conference Room

517 N. Segoe Rd., Madison

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PORTAGE MEMORY CAFÉ**Wednesday, June 28**

1:00 – 3:00 p.m.
 Portage Public Library
 253 W. Edgewater St., Portage

SINSINAWA MOUND**MEMORY CAFÉ *****Thursday, June 29**

1:00 – 2:30 p.m.
 585 County Rd. Z, Sinsinawa
 Contact: Coni LaBarbera, Pastoral
 Minister, Sinsinawa Dominicans,
 Inc., **608.748.4411 Ext. 188.**

JULY 2017**WESTFIELD MEMORY CAFÉ****Wednesday, July 5**

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, July 5**

1:00 – 2:30 p.m.
 Stonefield Apartments
 Community Room
 407 E. Madison St. Dodgeville

WAUNAKEE MEMORY CAFÉ ***Thursday, July 6**

9:30 – 11:00 a.m.
 Steeplechase Condominiums
 Clubhouse
 5636 Conway Glen, Waunakee
 Hosted by Dementia Friendly
 Waunakee and Waunakee Senior
 Center. Call **608.849.8385.**

MIDDLETON MEMORY CAFÉ**Friday, July 7**

9:30 – 11:30 a.m.
 Captain Bill's Restaurant
 2701 Century Harbor Rd.
 Middleton

**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.

Monday, July 10

5:30 – 7:00 p.m.
 Alicia Ashman Library
 733 N. High Point Rd., Madison

**MOUNT HOREB
MEMORY CAFÉ *****Tuesday, July 11**

1:00 – 2:30 p.m.
 Immanuel Lutheran Church
 310 W. Main St., Mount Horeb
 Contact: Immanuel Lutheran
 Church, **608.437.8733.**

PLATTEVILLE MEMORY CAFÉ**Wednesday, July 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, July 13**

9:30 – 11:00 a.m.
 Colonial Club Senior Center
 301 Blankenheim Ln., Sun Prairie
 Contact: Colonial Club Senior
 Center, **608.837.4611.**

SAUK CITY MEMORY CAFÉ**Thursday, July 20**

9:30 – 11:00 a.m.
 Sauk Prairie Community Center
 Café Connections
 730 Monroe St., Sauk City

**YOUNG ONSET MEMORY
CAFÉ (65 AND UNDER)****

**Please contact ADAW,
608.232.3400, prior to
 participating.

Saturday, July 22

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

PORTAGE MEMORY CAFÉ**Wednesday, July 26**

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. *Offered twice:*

Wednesday, July 26

10:00 a.m. at Stoughton Hospital
 Bryant Health Education Center A
 900 Ridge St., Stoughton

6:00 p.m. at Stoughton Library
 304 S. 4th St., Stoughton

**RICHLAND CENTER
MEMORY CAFÉ****Thursday, July 27**

9:30 – 11:30 a.m.
 Woodman Senior Center
 1050 N. Orange St.
 Richland Center

"I like the workshop offerings. I can't always take advantage
 of them now but the ones I have attended have been very
 helpful."

- Family Education Program participant

Continued on page 13

**SINSINAWA MOUND
MEMORY CAFÉ ***

Thursday, July 27

1:00 – 2:30 p.m.

585 County Rd. Z, Sinsinawa

Contact: Coni LaBarbera, Pastoral
Minister, Sinsinawa Dominicans,
Inc., **608.748.4411 Ext. 188.**

DEFOREST MEMORY CAFÉ *
Friday, July 28

1:00 – 2:30 p.m.

DeForest Area Community and
Senior Center

505 N. Main St., DeForest

Contact: DeForest Area
Community and Senior Center,
608.846.9469.

AUGUST 2017

WESTFIELD MEMORY CAFÉ
Wednesday, August 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, August 2

1:00 – 2:30 p.m.

Stonefield Apartments

Community Room

407 E. Madison St., Dodgeville

WAUNAKEE MEMORY CAFÉ *
Thursday, August 3

9:30 – 11:00 a.m.

Steeplechase Condominiums
Clubhouse

5636 Conway Glen, Waunakee

Hosted by Dementia Friendly
Waunakee and Waunakee Senior
Center. Call **608.849.8385.**

MIDDLETON MEMORY CAFÉ
Friday, August 4

9:30 – 11:30 a.m.

Captain Bill's Restaurant

2701 Century Harbor Rd.

Middleton

**MOUNT HOREB
MEMORY CAFÉ ***

Tuesday, August 8

1:00 – 2:30 p.m.

Immanuel Lutheran Church

310 W. Main St., Mount Horeb

Contact Immanuel Lutheran
Church, **608.437.8733.**

PLATTEVILLE MEMORY CAFÉ
Wednesday, August 9

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, August 10

9:30 – 11:00 a.m.

Colonial Club Senior Center

301 Blankenheim Ln., Sun Prairie

Contact: Colonial Club Senior
Center, **608.837.4611.**

**IS IT TIME FOR FACILITY
CARE?**

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

Monday, August 14

5:30 – 7:00 p.m.

Monona Public Library

1000 Nichols Rd., Monona

SAUK CITY MEMORY CAFÉ
Thursday, August 17

9:30 – 11:00 a.m.

Sauk Prairie Community Center

Café Connections

730 Monroe St., Sauk City

PORTAGE MEMORY CAFÉ
Wednesday, August 23

1:00 – 3:00 p.m.

Portage Public Library

253 W. Edgewater St., Portage

**RICHLAND CENTER
MEMORY CAFÉ**

Thursday, August 24

9:30 – 11:30 a.m.

Woodman Senior Center

1050 N. Orange St.

Richland Center

DEFOREST MEMORY CAFÉ *
Friday, August 25

1:00 – 2:30 p.m.

DeForest Area Community and
Senior Center

505 N. Main St., DeForest

Contact: DeForest Area
Community and Senior Center,
608.846.9469.

**YOUNG ONSET MEMORY
CAFÉ (65 AND UNDER)****

**Please contact ADAW,
608.232.3400, prior to
participating.

Saturday, August 26

11:30 a.m. – 1:30 p.m.

Alzheimer's & Dementia Alliance
of Wisconsin

2nd Floor Conference Room

517 N. Segoe Rd., Madison

**SINSINAWA MOUND
MEMORY CAFÉ ***

Thursday, August 31

1:00 – 2:30 p.m.

585 County Rd. Z, Sinsinawa

Contact: Coni LaBarbera, Pastoral
Minister Sinsinawa Dominicans,
Inc., **608.748.4411 Ext. 188.**

Volunteer Spotlight

Alyssa Gosbee Stang, marketing consultant and UW Madison lecturer, has been assisting ADAW with branding and marketing. Alyssa has a family connection to Alzheimer's disease and has been instrumental in helping us with our expansion into new areas of Wisconsin. We are grateful for her willingness to meet with our leadership team and facilitate an ADAW staff retreat. We look forward to working with Alyssa on future projects and appreciate her vast experience as we move forward as an organization.

In Memoriam: Trish Vradenburg 1946 - 2017



Left to right: Rob Gundermann, George and Trish Vradenburg, Speaker Paul Ryan, John Dwyer, Pauk Rusk and Carol Koby.

We are saddened by the sudden loss of a tremendous Alzheimer's advocate, Trish Vradenburg. Trish, and her husband George, invested a great deal of their own time and money to fund Alzheimer's initiatives across the country and around the world, raising millions of dollars for Alzheimer's research and advocacy. Trish had been a family caregiver for her mother, Bea, before she and George started the national advocacy organization USAgainstAlzheimer's.

We will greatly miss her Alzheimer's advocacy efforts and her infectious smile. Last September, Trish and George joined ADAW when we met with Speaker Paul Ryan in Washington DC as part of USAgainstAlzheimer's legislative advocacy summit. More recently, Trish and George joined Public Policy Director Rob Gundermann for an interview with ADAW Board Member Carol Koby on her radio program All About Living. We wish George and his family the best at this difficult time.

Lois, diagnosed with young-onset mild cognitive impairment and a participant in our Meeting of Minds group, shared this beautifully written poem

To my Meeting of Minds Friends

Why - why not?

Complicated – simple

Darkness – stars

Empty – full

Sad – happy

Tired – alert

Old in some ways – young at heart

Cold – warm

Cry – laugh

You and me – friends

Thank you for your gifts for these past months.

- December 2016

Time For Us Camp

A great camp opportunity for teens, 10 - 18 years of age, who have a loved one with Alzheimer's disease, Parkinson's, Post-Traumatic Stress Disorder, or similar Memory/cognitive challenges, to connect with peers in similar situations. While most of each day is spent on fun camp activities - ropes challenge, tower climbing, canoeing, water sports, field sports - a portion of the time focuses on an understanding of Alzheimer's and memory challenges.

Sunday, June 11 - Friday, June 16, 2017
Bethel Horizons Camp
4601 County Rd. ZZ, Dodgeville

For more information contact forMemory, **608.935.5834**, or visit **alzwissc.org**.

TRIBUTES & MEMORIALS 1-21-2017 to 4-19-2017

IN HONOR OF:

GREGG O'BRIEN

Virginia O'Brien

IN MEMORY OF:

WILLIAM BECKER

Four Winds Skilled
Nursing & Rehab

JULIE BRUNNER

Marcia Doll
Rose Mary & Terrance
Jackson

BESS BUSALACCHI

Margaret M Carini
Vito F Pennacchio

JOHN J JERRY CARROLL

Kathleen Rahn

WILLIAM (BILL) CENCIC

Helen Ladwig

DONALD CREEDY

Sue Carter
Ann & Tom Conway
Sandra & Roger Creedy
Barbara & Reggie
Gauger
Valerie & James Hanson
Barbara Karlen
Teresa Kaufman
Jill Mason
Megan Reading
Gilbert Richardson
Wendy & William
Roerber
Joann E Schrage

EILEEN CROSSMAN

Moravian Church

JOAN DEANS

Audrey & Robert
Braucher

LOUISE DVORCAK

Mary C Ott

DEAN FABER

Karen Brewer
Candace & Thomas Hurt
Dottie H Johnson

Melody Moore
Gail & Norman
Stalarow
Patricia E Stevens

CY FEINER

Patty & Rick Snyder

GLADYS FLEISHAUER

Carol Fleishauer

FRANCIS LOUISE FOSTER

Thomas N Anderson
Tammy & Glenn Thomas
Costie
Betty & Thomas Flynn
Connie & Michael
Holzinger
Rita Mitchell
Georgia & Scott
Roeming

MELVIN GENSKOW

Chris & Brad Hougaard

NICKOLAS GEORGE

Susanna & Sean
Murphy
Elizabeth Sylvester

GERALDINE HANICK

Grace & David Hinzman

VERONICA HARROP

Suzanne Brooks
Rita & Louie Spahn

SHIRLEY HELLER

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Beth Kurth
Bernadine & Vincent
Limmex
Mary & Roger Phillipps
Louise & Charles Price
Trisha Rehlinger

Sharon & William
Riddiough
Sue Sheets
Carla Simmons
Travis Simmons
Bernadine J Smith
Linda & Gerald
Unbehaun
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JANICE HUGHES

Sandy Eby
Cindy & Richard Purves

CHARLES E. JACOBSON

Marlene & Thomas
Beattie
Fern & Ronald
Christianson
Communications Data
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Dell Dickens
Diane & R. Timothy
Ebenreiter
John Fochesato
Sharon Helstad
Ronald Hummitzsch
Ardis & Charles
Jacobson
Mary & Robert Johnson
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Shawn & Eric King
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Shannon P Trebus

CAROL JORGENSEN

Herbert W Jorgensen

TERENCE LADWIG

James Hermanson

Ingrid & Jason
Kundinger
Paula Wermich

OLIVIA LIPARI

Nanci Shingledecker

MARGRET ANN MARTIN

Barbara & Leon Keer

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Culbertson
Sally Derrwaldt
Diane Dolan
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Barbara L Estervig
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Janesville Senior Center
Choristers
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Virginia Nitz
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Schoenherr
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Darlene & Robert
Zimmerman

ARLENE MOBERG

Jean A Frank
Rose & James
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ART MORSCHAUSER

Don Morschauser

TOM MURPHY

Deborah & Gary
Schoonover

MARCIA PETERSON

Todd Peterson

GLENN PICKART

Elaine McGhee

JUNE & KEITH PICKEL

Penny Droessler

LARRY SCHLINKERT

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Ferry
Beverly Haag
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Robert J Reinhardt
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Sharon & Guenther Ruch
Barb Schlinkert
Kathleen & Lynn
Schoenfeld
Carol L Zimmerman

DR. SHERMAN SIEVERS

Wendi Marien

FLORENCE SMITH

Claudette & Jerome
Braun
Virginia & Wade
Newkirk
Betty Wiesshoff

MARGARET STEEVENS

Al Steevens

SHARON TORRENS

John Torrens

TILLIA BARTILDIA WALDOFSKY

Abby Suckow

JOHN WILK

Donna & John Winter

DORA ZEMAN

Judy Omata

In the Winter 2017
Newsletter, a gift
made in memory of
John C Jenkins by
Lynn and Ceri Jenkins
was not included.
We apologize for the
oversight.



517 N. Segoe Road, Suite 301
Madison, WI 53705
608.232.3400

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888.308.6251

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Alzheimer's & Dementia Alliance of Wisconsin Day at the Duck Pond



SUNDAY, JULY 23RD 1:05 PM

IMPORTANT DETAILS

PROMOS: Hats can be picked up at Fan Services located behind the Festival Foods Grill

\$2 of every ticket sold will go back to ADAW

Pick up your tickets at Will Call Windows

TO PURCHASE TICKETS

Go to MallardsBaseball.com
Click Buy Tickets in upper right corner
In Promotions Box, enter Promo Code:
ADAW

Follow the steps to purchase tickets
*Online orders include \$1.50/ticket fee

If you have any questions on purchasing tickets, please contact Michael at 608-246-4277 or michael@mallardsbaseball.com.
The Duck Pond at Warner Park ★ 2920 N. Sherman Ave ★ Madison, WI 53704 ★ ph. 608-246-4277 ★ MallardsBaseball.com