

## Calling for Help: First Step Toward Coping with Dementia's Onset

By Nancy J. Dapper

Our society will soon confront a public health challenge unlike any we have ever known as the baby boom generation reaches the age of greatest risk of developing Alzheimer's disease. The Alzheimer's Association is preparing for that challenge and ready to help millions of families who will be touched by the disease.

A recent Gallup poll found that 1 in 10 Americans said they had a family member with Alzheimer's disease. One in three said they knew someone with the disease. Consider what the response to such a poll might be in the year 2030, when the youngest members of the baby boom generation reach age 65. They will account for

20 percent of the population rather than 12 percent as is the case today. More telling will be the increase in the number of people living beyond 85 years—the fastest growing segment of the population. Today there are about 5 million of these oldest elders; by 2030 that number will nearly double.

In October the Chapter began a targeted campaign called *Make the First Call* to reach out and connect with families in our state who are living with the disease. We developed some eye-catching public information materials, including a poster that can easily be displayed in public buildings. Rural counties were especially interested in the materials. In just the



Photo: Charles Smokaitis

last few months we have had nearly 80 calls in response to these materials.

Our message is simple—help is available. One simple phone call to the Alzheimer's Association is the first step to finding out about the array of services and resources available in the community. Last year the Western and Central Washington State Chapter responded to 3,600 callers. Together

*Continued on page 6.*

## Becoming An Advocate: We Each Have a Story

By Gene Muren

When you hear the term "advocate" what does it mean to you? Some think of it as closely linked to the legal system as when a lawyer represents a client before the court. Or you might think more generally, that it simply means taking up or pleading the cause of another. As a caregiver for a loved one with Alzheimer's disease, I see an even broader meaning.

Like many of you, I became an advocate fighting against the ravages

of Alzheimer's before I had a good understanding of the disease. Long before we learned the cause of my wife's symptoms, I began to assist her with daily tasks. At first it was as simple as completing her sentences and balancing her checkbook. But as the disease progressed, her needs increased and became more complex; my role as an advocate became a part of daily living—it is what I do for Debbie.

As a caregiver-advocate, I take up Debbie's cause every day. With the cognitive decline that is the insidious feature of the disease, there is a spiral of adversity that only ends when one

succumbs to this terminal disease. It is the role of the caregiver-advocate to make each day meaningful, and as stress free as possible, for our loved one.

Reflecting on the broader definition of advocate—one who pleads a cause—there is more to be done. All of us who care about the impact of Alzheimer's disease on loved ones, families, and friends must become advocates to find a cure and better treatments for the disease. Each in his or her own way has an important role in the fight. One might volunteer to be an ombudsman and advocate for people living in

*Continued on page 4.*

## Executive Director's Message

### 2005 Initiatives Promote Good Outlook for 2006



Nancy J. Dapper, Executive Director

Our Chapter had a good year in 2005. The four Memory Walks raised a record amount of money thanks to the hard work and commitment of many volunteers and walkers. We had notable success with our advocacy efforts in Olympia paving the way for the coming year. And, we received additional funding for 2006 from Aging and Disability Services (ADS) of Seattle/King County that will allow us to expand services to underserved communities.

We have chosen a theme of *connecting and reaching out* to guide us in the coming year. We will be emphasizing the need to grow our community of volunteers in 2006, and we need your help to make the coming year a real success. Please see the article by Linda Whiteside on the benefits of volunteering.

Alzheimer's disease strikes without regard for race, gender, or economic status. In an odd way it creates a common bond among very diverse people. Who could watch the frail elders in Louisiana and Mississippi in the midst of the hurricanes and not be

moved? Anyone who has experience with dementia could imagine how terrifying it must have been for them. We had the opportunity to *connect and reach out* by sending Rowena Rye, Helpline Director, to Mississippi. Make sure to read her article about her experience.

A number of research studies have documented disparities in access to health care for different racial and ethnic groups. We know that too few people in the Latino and African American communities of Washington participate in Chapter programs. We are going to do something about it by *connecting and reaching out* to partners in the communities we serve. The ADS grant will initiate a partnership with Sea Mar Community Health Centers to help us find ways to reach and serve the Latino families living with dementia. The grant will also support a forum to address the needs of African American caregivers by bringing together organizations that serve this population. See the article by Patricia Hunter.

If we are successful in *connecting and reaching out*, we will have an even stronger voice in our advocacy efforts. How can it be that one in ten people at age 65 has Alzheimer's disease, yet public policy officials don't see this as a priority issue? I want to personally invite anyone who wants to help make life better for people and families living with dementia to join us on February 6th in Olympia. We will visit with our elected officials to make sure they know about the issues facing families in our State. Imagine what we could accomplish this year if we *connect and reach out* to all those families touched by the disease. I hope you will join us this year. ●

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Nancy J. Dapper, Patricia Hunter,  
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## Grant Broadens Programs for Latinos, African-Americans

By Patricia Hunter, MSW

Because of a generous grant from Aging and Disability Services (ADS) of Seattle/King County, the Chapter will be able to expand services in 2006 in King County for caregivers of people with dementia.

A new program—*El Portal Northwest*—will be available for Latino families and caregivers to help them care for loved ones with dementia. This program was designed in partnership with Sea Mar Community Health Centers, a community-based organization committed to providing quality, comprehensive, health and human services to diverse communities and specializing in service to Latinos.

The fundamental mission of *El Portal Northwest* is to improve access to care by providing culturally competent, bilingual, outreach and education regarding Alzheimer's disease and dementia. The grant will enable us to adapt the well tested *Connections* care consultation program to the needs of Latino caregivers and to provide personalized care planning and referrals to support services and respite care. The grant provides for cross-training of staff and volunteers in both agencies, and for the addition of a bicultural/bilingual staff person who will oversee the implementation of *El Portal Northwest*.

The ADS grant will permit the Chapter to enhance support for African American caregivers. The highlight will be an interactive education forum for family caregivers

that will offer detailed information about Alzheimer's disease, available community resources, practical tools for caregiving strategies, and steps that caregivers can take to optimize their own health. Along with others who share a common cultural heritage and bond, caregivers will learn important techniques such as tapping into the strengths of the person with dementia and their own community to address caregiving challenges. The forum's planning committee includes representatives from local health and human services leaders in the African American community and from the Chapter. The forum will be held in the Autumn of 2006. If you are interested in participating in this event, please contact Rowena Rye, Director Community Resources at (206) 363-5500.

We are looking forward to the New Year and are excited about enhancing services to increase awareness about the challenges of Alzheimer's disease and to improve access to care for both families and individuals. Please stay tuned for upcoming announcements regarding the details of these services. ●

## Links and Resources

**Sea Mar Community Health Center**  
www.seamar.org or call  
(206) 788-3201

**African American Elders Program, King County**  
Margaret Boddie  
Call (206) 328-5639 or email  
margaretb@ccsww.org

**Seattle King County Aging and Disability Services**  
http://www.cityofseattle.net/human-services/ads/  
or call (206) 684-0660

**Connections Care Consultation Program, Alzheimer's Association**  
For more information and access call 206.363.5500 or  
neta.wenbergl@alz.org

**Alzheimer's Association African American Caregiver Support Groups**

**Seattle Group-** Held the 1st Saturday of each month 11:00 a.m.  
12:30 p.m. Providence Medical Center, 500 17th Avenue South, Casey Room in Seattle. Contact Letitia London (206) 772-1082.

**Tacoma Group-** NEW! Held the 2nd Thursday of each month 6:30 p.m. - 8:00 p.m. Warner Street Church of Christ, 3362 South 54th Street, in Tacoma. Contact Randy



## Save the Date:

May 22, 2006

All day at the Bell Harbor Conference Center in Seattle

Teepa Snow returns to keynote the conference. When you see this

dynamic occupational therapist in action, you're bound to feel a renewed sense of commitment and inspiration in your caregiving work.

**"An Advocate"** *Continued from page 1.*

nursing homes. Someone else might encourage a letter writing campaign to support legislative action on funding for Alzheimer's research. Another person may take up the cause of Medicaid rules and how they affect families living with dementia. The point to understand is that there is so much to do and caring people are needed to join the cause. As long as we have love and compassion for one another, we can put our inherent talents to the task of finding a cause and cure for this disease.

As a child in junior high school I remember being administered a sugar cube with the new polio vaccine. In my lifetime we have seen the polio virus almost wiped out. I have hope that someday the same will happen to Alzheimer's disease. Not only will the cause be found, but so will the cure so that future generations do not have to endure the pain of watching a loved one succumb to this terminal and dreadful illness.

A close friend in my support group recently reminded me that caring for your afflicted loved one first, and then for yourself, is being an active advocate. When the venue is your own home addressing the challenges of your daily walk with AD, there is no greater cause and need than to address the adversity right where you are. I know from personal experience that this is more than a fulltime job. Being a caregiver drains the emotional and physical reserves of the strongest among us. Every caregiver is on the advocacy front lines fighting the cause in the most personal committed manner imaginable. There is no greater commitment or challenge

than that of the caregiver who advocates every hour of every day for a loved one with the disease.

Just as years of research and scientific discovery led to a cure for polio, we need to have such a breakthrough in the field of Alzheimer's disease. When desire and opportunity come together, advocacy can accomplish many victories. Collectively we can advocate to educate others about the disease, to share our personal experiences and loss, and to encourage local, state and federal politicians to support research funding. We must insist on health care and social services policies that make each day better for individuals and families struggling with Alzheimer's disease. If you have been touched by this disease and are able to help, I encourage you to become a public advocate for the cause of Alzheimer's disease. Contact the Western and Central Washington Chapter of the Alzheimer's Association to help them achieve their vision of "a world without Alzheimer's."●



**Join Us!**

alzheimer's  association  
the compassion to care, the leadership to conquer

**Date:** February 6th, 2006  
**Time:** 10:00 a.m. – 12:00 p.m.  
**Place:** House Office Building,  
Hearing Room C, Olympia

**alzheimer's advocacy day**

Speak out about Alzheimer's  
Call today to participate.  
● Carpool available  
● Advocacy prep at 10:00 a.m.

Contact person: Patricia Hunter  
E-mail: [patricia.hunter@alz.org](mailto:patricia.hunter@alz.org)  
Phone: (206) 363-5500  
or (800) 848-7097

**Please pre-register by February 3, 2006**

**University of Washington  
Early Stage Memory  
Loss Study**

The University of Washington is conducting a study to learn the benefits of participating in Early Stage Memory Loss Seminars.

Seminars are held in King, Pierce, Kitsap and Snohomish Counties and conducted by the Alzheimer's Association Western and Central Washington State Chapter.

If you are interested in learning more about this study and the seminar, please call Amy Moore, the study coordinator. You may still participate in the seminar even if you do not join the study.

(206) 616-5550 or toll free,  
1(866) 292-4464

## Outreach after Katrina on the Mississippi Scene

By Rowena Rye



Last October our national office issued a ‘Call to Action’, asking for volunteers to help with Hurricane Katrina relief efforts in Louisiana and Mississippi. I was fortunate to have been chosen to be part of the first team to go to Mississippi. I began my trip with a bit of apprehension wondering what I would find and whether I could be helpful. I knew from news accounts that thousands of Gulf Coast survivors had been evacuated inland to stay with family or friends. Some of the most vulnerable victims of the hurricane—those living in nursing homes or assisted living facilities—had been transferred to other facilities.

Both families and care facilities were struggling to meet the needs of people with dementia who had survived the trauma of evacuation; in some cases, relocating several times before finally settling into a new environment. In the initial days following the devastation of Katrina, there were cases of older adults in shelters without identification, and unable to tell anyone who they were, or where they lived. Some care facilities were stretched well beyond their capacities as they struggled to care for evacuees. Not only did they have their own residents who needed care, but many of their staff had lost their own homes and were living temporarily at the

facilities. At some facilities, people were literally sleeping in hallways for a time.

Many families who had evacuated loved ones threatened by the advance of Katrina quickly became overwhelmed by the demands of taking care of a family member with dementia. Imagine what it must have been like for someone with dementia to have been suddenly removed from familiar surroundings and daily routines.

Teams in both Mississippi and Louisiana provided community outreach and education to first responders, professional care providers and family caregivers to help them to better understand and cope with the special concerns related to caring for evacuees and others with dementia. In addition, the Alzheimer’s Association provided free registration in the Safe Return Program to people with dementia in both states.

I had the opportunity to work with the first Alzheimer’s Association Disaster Relief Team deployed to Mississippi, and had three incredible teammates: Stephanie Rohlf’s-Young, Outreach Director with the St. Louis Chapter; Claire Day, Support Group Facilitator for the Delaware Valley Chapter in Philadelphia; and Beth Kallmyer. Beth is Associate Director of Client Services with our national office in Chicago, and coordinated the Mississippi Teams, spending the week prior to the first team’s deployment in Mississippi assessing needs and arranging accommodations and other logistics related to our work.

It was delightful working with the Mississippi Chapter staff, Barb Dobrosky, Chere Stegall, Patty Dunn and Amy Shute. They made us feel welcome with their warmth and hospitality through challenging times.

Special thanks to Nancy Dapper and Patricia Hunter for their encouragement and support of my work, to Nancy Bissell, and volunteers Barbara Green and Sheila Morrison who kept our Helpline running smoothly in my absence. And, heartfelt thanks to all staff and to our Board of Directors who supported disaster relief efforts to our sister chapters with their good will and generous donations. ●

## Katrina’s Warning to All: Make a Disaster Plan Now

By Neta L. Wenberg

Of the several horrid disasters that the world has endured during the past year, the Gulf Coast hurricanes made the biggest impact on me. Maybe it was the many pictures of frail elders who suffered so badly during the hurricanes and their aftermath. I see people just like them every day, and I cannot help but to wonder what would happen if we had a major earthquake here.

Now is the time to develop a disaster plan for your family and friends. Earthquakes, in particular, do not give any warning. Do you know what you would do if basic services such as water, electricity, and phones were disrupted? The lesson from the hurricanes is that you need to be prepared to survive for some days, maybe even as long as one week, because emergency workers may not be able to get to you quickly.

Here is some advice about how to be ready for disasters. First, develop a plan. A written plan is a good way for all family members to contribute to the effort and will insure that all contingencies are addressed. A good

*Continued on page 6.*

**“Katrina’s Warning”** *Continued from page 5.*

disaster plan should include the following components:

- Name a contact person who lives outside your geographic area. When there is a natural disaster it is sometimes easier to make long distance than local phone calls. Family members in the disaster area should call the contact person to check in. The contact person will serve as the communication center for the rest of the family.
- Decide on a place to meet for those living in the disaster area.
- Stock up on supplies (water, food, batteries) to last one week.
- Make sure you have a working flashlight and a battery powered radio.
- Have plenty of sanitary supplies such as incontinence goods, latex gloves, and cleaning and disinfecting products.
- Keep a supply of medications (stored in plastic zip-locked bags) and spare pairs of eye glasses.
- Have copies of medical information, Social Security and/or Medicare card, and insurance in a safe and handy place.

Even with the best plan, it is possible that you and your loved one with dementia could be separated. We recommend that you register your loved one with *Safe Return*, a program of the Alzheimer’s Association. The identification bracelet will let people know to call the Association for help in reuniting you and your loved one.

For more information about disaster planning call your local Red Cross office or visit their web site at [www.redcross.org](http://www.redcross.org). ●

**“Calling for Help”** *Continued from page 1.*

with our national association, we’re staffed around the clock and can provide assistance in 140 languages.

The Chapter provides information about the disease and its progression, coping with difficult behaviors, and signs of caregiver stress. In addition, the staff is very well-informed about community resources including options for home based care, specialized facility care, and respite services. There are nearly 100 support groups available for caregivers that provide peer support for those caring for loved ones with dementia. The Chapter also has information about current research results and about opportunities for participating in ongoing scientific studies.

We believe that early diagnosis and prompt intervention are important. The Chapter can direct you to physicians and clinics that are specialized in diagnosing Alzheimer’s disease. With early diagnosis people can begin treatment and participate in planning for the future.

Alzheimer’s is a difficult disease for families to handle. If you know of a family who is struggling with this disease, share this newsletter with them and urge them to call us. Don’t struggle alone. Make the First Call to the Alzheimer’s Association today. ●

**Make the First Call**  
 In Western, Central Washington  
 (206) 363-5500 1(800) 848-7097

**Alzheimer’s Learning Institute Program Schedule**  
**Surviving the Symptoms: A Guide for Families**

**Overlake Hospital at Bellevue Community College North Campus**

10700 Northup Way, Bellevue  
 6–9 pm, Tues/February 21, 2006

**Northwest Hospital Gero-Psych**

Lindsey Gould Auditorium  
 1550 North 115th St., Seattle  
 10 am–1 pm, Sat/March 18, 2006

**Group Health Medical Center**

10452 Silverdale Way NW, Silverdale  
 6–9 pm Tues/April 18, 2006

*Space is limited so please register early. Call 1(800) 848-7097.*

**Other Programming**

These programs are open to the public. Call local contact person to make reservations. Questions may be directed to either the Alzheimer’s Association or to local venue.

**Maintain Your Brain**

Northshore Senior Center  
 10201 East Riverside Dr, Rm 203, Bothell  
 10–11:30 am, Mon/Feb. 23  
 Susy Favaro (425) 486-4564

**Maintain Your Brain**

Taiwanese Community Center  
 4307 University Place, University Place  
 10:30–11:30 am, Wed/Feb. 22  
 Grace Hong (206) 244-1261

**Journey Through Memory Loss**

United Methodist Church  
 401 E. Spruce, Montesano  
 7–9pm Thurs/Feb. 23  
 Jeanine Stone (360) 249-5178

**Journey Through Memory Loss**

Aegis of Issaquah  
 780 NW Juniper St., Issaquah  
 6-7:30 pm Tues/Feb. 2  
 Neil Edwards (425) 392-8100

## Dementia Care is Challenging—and is Changing

By Patricia Hunter, MSW

The Alzheimer's Association *Foundations of Dementia Care* training program is a vital component of the new, national Campaign for Quality Residential Care, which has earned the support of health care providers, consumers of dementia care, and public policy officials. More than half of nursing home residents have some form of dementia. Their quality of life is directly related to the relationships they have with their direct-care providers and especially with the nursing assistants and aides who spend the most time with the residents. Our goal is to improve the quality of life for people living with dementia. The new *Foundations of Dementia Care* training is designed to do just that.

The *Foundations of Dementia Care* training stresses the importance of developing personal relationships between the care provider and the person with dementia. This approach increases the care provider's understanding of the needs of the individual and helps the care provider to understand various behaviors. Care providers who understand both Alzheimer's symptoms and the individual's resulting behaviors are able to make better decisions regarding the most effective ways to interact with patients and provide the best care.

The *Foundations of Dementia Care* training currently includes five modules (11 hours total) of interactive training. These care approaches are evidence-based and are demonstrated to be effective. Additional modules are under development to address other important areas of care.

Trainings are conducted by Chapter staff and can be held either in the residential care setting or off-site. We work closely with facility administrators and managers to define the educational needs of the staff and to understand the culture of the organization.

The curriculum is also appropriate for care providers who deliver home-based care and adult day services. Supplemental, on-line training regarding Alzheimer's disease and leadership skills for supervisors is also available through the National Alzheimer's Association at [www.alz.org](http://www.alz.org).

Our fundamental goal is to improve the quality of life for people with dementia. Research suggests that when care workers view themselves as skilled providers and problem-solvers, they are more motivated, experience less stress, and staff turnover is reduced. Better communication enhances the sense of dignity and self-esteem for the person with dementia and creates more meaningful connections with family members. Simply stated, the *Foundation of Dementia Care* training will assist direct-care staff and supervisors to make better connections to individuals living with dementia and result in a better quality of life for all. ●

## Foundations of Dementia Care Class Schedule

The Western and Central Washington State Chapter is offering this national, evidence-based training to facilities, individual care providers, and activities staff throughout Washington State. Modules are available either individually, as a package, as in-service trainings, or offsite. For additional information and fee schedules please contact Julie Shatzer, MSW, Education Director, at [julie.shatzer@alz.org](mailto:julie.shatzer@alz.org) or 1(800) 848-7097.

The first five modules include:

**Module 1** Learning to Lead

**Module 2** Understanding Dementia, Communications and Behaviors

**Module 3** Adequate Food and Fluids

**Module 4** Reducing Pain

**Module 5** Social Engagement

## Author of *Elder Rage* is Coming Here

Jacqueline Marcell, author of the best-selling book *Elder Rage*, will make two appearances in Seattle on Thursday, March 9. She will speak at Seattle Unity Church, 200 8th Avenue, from 12:30 to 2 p.m. and 6 to 8 p.m. To RSVP, call Teresa Timmons, (206) 932-5170. The Alzheimer's Association is co-sponsoring the event with several local businesses and organizations.

Marcell, a former television executive, cared for her aging parents, both diagnosed with Alzheimer's. After struggling between her father's wrath and an unsympathetic medical system, she resolved to dedicate herself to eldercare awareness and reform.

## Volunteer of the Year



*Loretta and Don Stevenson, Volunteers of the Year.*

Don and Loretta Stevenson were honored with the Volunteer of the Year Award at the Chapter's annual meeting in November.

The Stevensons live in Auburn, Washington where Don is known as the "Pacin' Parson", a name derived from his days as a minister. Don's best friend, John Carkin, suffers from Alzheimer's. Don decided in '98 to honor his friend and promote awareness about Alzheimer's disease. His first "walk" was a journey of 3,000 miles from Seattle to Portland, Maine.

At age 69 Don is a role model for healthy living. This year he completed a 3 month trek around the state, visiting all 39 counties. Don makes friends for the Chapter wherever he walks. Loretta participates in all the walks by driving the van. Together they logged 2,150 miles on this year's walk.

When Don reached the Seattle city limits on Nov. 28, he was welcomed by Mayor Greg Nickels.

To quote Don, "I love walking and find it invigorating, inspiring, and rewarding in many ways... God has blessed me with good health, and out of gratitude I've tried sharing that blessing with those who are less fortunate. I'm a happy, wealthy man. I don't possess much of this world's goods, but I do possess that which money cannot purchase—Love, Joy, and Peace!" ●

## Volunteer of the Quarter

Congratulations to Lisa Mayfield, our "Volunteer of the Quarter". Lisa was nominated for her valuable contribution

over the last year and a half as an Early Onset Support Group leader and Early Stage Memory Loss seminar facilitator. Lisa also recently started a group for individuals experiencing Early Stage Memory Loss. Lisa coordinated the



*Lisa Mayfield, Volunteer of the Quarter.*

"First Monday Team" for the 2005 Seattle Memory Walk. She was the spirited cheerleader that helped her team raise \$2,651. "Lisa's support of the Memory Walk has been simply tremendous," said Memory Walk Coordinator Melissa Soules. "She serves as a model to others. She cares so much about those affected by Alzheimer's." ●

## Volunteer Corner

### Helping Yourself, Helping Others

By Linda Whiteside

Exercise regularly, eat a well-balanced diet, and do something nice for someone. That's the advice you're apt to get from your doctor in the near future. A substantial body of research suggests that there are real personal, physical, and emotional benefits to helping others.

Dr. James House of the University of Michigan studied a group of people for more than a decade. The results of that study indicated that doing regular volunteer work, more than any other activity, dramatically increased life

expectancy. The study also found that people who engage in solitary activities such as watching television had a higher-than-average mortality rate. The conclusion: people need other people for their health's sake.

Another reason to volunteer is to gain employment skills. Polish your computer skills, public speaking, and fundraising talent, and help others at the same time.

A community can only be as healthy, vibrant, and active as its members are willing to make it. If you want to make a difference, please consider joining the Volunteer Team at the Alzheimer's Association!

A wide variety of volunteer opportunities are currently available. Volunteer as an individual or get the whole family involved. Join up with a friend or get your employer to take on a project.

The Chapter also needs people to serve as advocates in the community. The simple act of sharing information with a neighbor about our services can make all the difference to a family in need of support.

If you would like to receive more information about volunteer opportunities, contact [linda.whiteside@alz.org](mailto:linda.whiteside@alz.org) or call (206) 363-5500 or 1(800) 848-7097. ●

alzheimer's  association  
**memory walk'05™**  
 Taking steps to end Alzheimer's

Thanks to your hard work, the Memory Walks had a record-breaking year. Together, the Pierce County, North Counties, Seattle, and Kitsap County Memory Walks have raised over \$407,000! As you know, money raised through the Memory Walks stays right here in our communities. Your hard work raised money that helps the Alzheimer's Association provide programs and services to people and families living with Alzheimer's disease.

This year's four Memory Walks attracted more than 3,000 walkers, 300 volunteers, 86 sponsors, and over 5,000 new donors. The 2005 season increased donations by over \$76,000 from 2004.

Whether you walked, donated online, or supported a fundraising individual, you made a difference. We want to thank you for participating this year and encourage you to start supporting Memory Walk 2006 today! You can do this in many different ways—most immediately by simply talking to friends, family, and colleagues. You can be proud of your accomplishments and encourage local businesses to become sponsors. You can persuade others to start a team or to join your team.

On behalf of the Alzheimer's Association, I would like to give you one more round of applause. You have opened your hearts in response to the needs of your community members and have continued to support a vitally important local organization.

Sincerely,  
 Melissa Soules, Memory Walk Coordinator



**Interested in Serving on a Steering Committee?**

Take a leadership role by serving for the 2006 Memory Walks. Meetings occur once a month within your community.

**Pierce County**

First Fridays at 8 am, Tacoma

**North Counties**

Second Wednesdays at 4:30 pm, Mount Vernon

**Seattle**

Third Thursdays at 4 pm, Seattle & Eastside

**Kitsap County**

Fourth Thursdays at 11:30 am, Silverdale

Questions? Please contact Melissa at (800) 848-7097 or by

**Congratulations to the Top Fundraisers for 2005**

**Together we raised a record \$407,422!**

**Pierce County**

**Total Raised \$69,324**

*Corporate*

**First:** The Weatherly Inn  
 \$4,117.74

**Second:** Franciscan Health Systems  
 \$3,528

**Third:** The Woodmark at Steel Lake  
 \$2,977

*Family*

**First:** Best in the West—\$5,883.97

**Second:** Team Papa Bear—\$1,501

**Third:** Hudson-Ripley—\$1,000

*Individual*

**First:** Jill Karon—\$2,311

**Second:** Suzie Ross—\$2,143

**Third:** Kimmy Thompson—\$1,000

**North Counties**

**Total Raised \$39,489**

*Corporate*

**First:** Merrill Gardens at Stanwood  
 \$18,052.15

**Second:** Bellingham Healthcare  
 \$818.50

*Family*

**First:** Roberta Lee Family—\$2,098

**Second:** GiGi's Go Getters—\$413.67

*Individual*

**First:** Cathy Faulkner—\$4,910

**Second:** Terry Steckler—\$2,332

**Seattle**

**Total Raised \$228,842**

*Corporate*

**First:** Evergreen Adult Family Home  
 \$ 8,947

**Second:** Aegis at Northgate  
 \$3,677.40

**Third:** Robinswood Pointe  
 \$2,925

*Family*

**First:** Family of Doug Smart  
 \$26,850

**Second:** The Harold W. Busch Walkers—\$20,800

**Third:** Halvorson Team—\$4,915

*Individual*

**First:** Jeff Guard—\$12,800

**Second:** Jack Tonkin—\$5,000

Judy Larson—\$5,000

*Youth*

**First:** Andy Williams—\$2,744.10

*Seattle Corporate Teams*

ERA Care Communities—\$14,819

Creative Memories—\$7,832.05

Emeritus Assisted Living—\$7,705

Genworth Financial—\$1,285

Kindred Healthcare—\$11,133.10

Sunrise Assisted Living—\$4,365

**Kitsap County**

**Total Raised \$69,767**

*Corporate*

**First:** Emeritus Oaks of Silverdale  
 \$13,501.17

**Second:** Marine Courte  
 \$7,594.45

**Third:** Claremont East  
 \$5,712.04

*Family*

**First:** Dorothy Martell—\$2,200

**Second:** Miles of Smiles—\$1,235

**Third:** Randall Clan—\$960

*Individual*

**First:** Nancy Smith—\$2,100

**Second:** Lisa Perron—\$1,315

**Third:** Linda Pearson—\$1,314

*Youth*

**First:** Jonathan Low—\$290.15

**Second:** Michaela Anderson—\$261.55



*The 2005 Seattle Memory Walk—a day to celebrate!*

## A Special Thank You to Our Memory Walk 2005 Sponsors

Memory Walk would not be possible without the generous support of many corporations and community partners.

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### National Sponsors

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## Memory Walk 2005 Steering Committee

### Pierce County Steering Committee

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**Doug Deems**, King's Manor Assisted Living Community

**Joan McLaughlin**, HeartWarming Care

**Julie Ferguson**, Advanced Health Care

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**Kim Peterson**, Pierce County Aging and Long Term Care

**Laura Runkle**, Franke Tobey Jones

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*Chair:*

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**Barb Clearman**, Senior Information & Assistance

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### Seattle Steering Committee

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Seattle Mayor Greg Nickels with actress Jean Smart of Fox TV's '24' and members of the Doug Smart Family Team.

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- Rachael Byer**, Seattle Association for Jews with Disabilities
- Todd Girouard**, Overlake Terrace

**Kitsap County Steering Committee**

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- Michelle Bilbo**, Emeritus Oaks of Silverdale
- Pam Duerr**, Claremont East Retirement Apartments
- Ruth Sword**, Marine Courte Memory Community
- Sandra Spargo**, John L. Scott Real Estate

**Congratulations to our Raffle Winners**

- Tina Dunn** of Graham won four nights in Whistler, BC from Club Intrawest.
- Craig Shartner** of Camas won two tickets on Alaska Airlines.
- Trish Sanders** of Tacoma won a Martini Weekend at the Mayflower Park Hotel in Seattle.

**An Evening to Remember:**

**It's a Date—March 4 in Seattle**

In its 6th year, "An Evening to Remember" gala and auction has become one of the most successful fundraising events in Seattle. On March 4 we will once again host "An Evening to Remember" at the beautiful Seattle Fairmont Olympic Hotel.

Chairpersons Margaret Durkee and Wendy Sedlacek lead a dedicated team of volunteers to make "An Evening to Remember" 2006, unique and memorable for every guest. The Honorary Chair, Ken Alhadeff, will be joined by Joyce Taylor and Brad Goode, TV5 news anchors, who will act as masters of ceremonies. Seattle's own Jean Smart, now appearing in Fox TV's "24", will be a special guest this year.

Margaret, Wendy, and the auction team promise that this night will be unforgettable. You can purchase such delights as a trip to Australia for a Wine and Golf Tour, a Holland America Cruise, or a Santa Barbara Getaway.

Alvin Goldfarb Jewelers has once again donated a \$5,000 gift certificate as a raffle prize. Buy three raffle tickets and receive a beautiful hand-blown glass heart designed by Dehanna Jones of Totally Blown Glassworks. Other exciting items will be available for viewing on the Chapter website at [www.alzwa.org](http://www.alzwa.org) after February 14, 2006.

Please join us and help us to achieve our vision of "...a world without Alzheimer's". The funds raised at this event will go toward providing care and services in our local communities and supporting a research project aimed at finding an ultimate cure for the disease. ●

**First Year Success An A+ for the A Team**

Thanksgiving weekend marked the Chapter's debut of our newest fundraiser, the "A" Team, at the Harrisdirect Seattle Marathon. The "A" Team trained for months to walk or run the half or full marathon. With 15 dedicated members, the team has raised a total of \$16,638 to date.

Our devoted team, decked out in stylish "A" Team running shirts, arrived very early on the morning of Sunday, November 27th. Along the route they were cheered on by Nicole Ayala, Chapter staff who took charge of the 6.5 mile water stop.

**Thank you** to each "A" Team member for reaching out to the community, and for raising awareness about the Alzheimer's Association. We exceeded our fund-raising goal! Our top five fundraisers were: Maria Colacurcio \$3,240; Helen Payton \$1,872; Ilene Ruvinsky \$1,815; Wendy Sedlacek \$1,175; and Michelle Ginther \$1,160. Also, a big **thank you** to Road Runner Sports for donating our running shirts.

We plan to grow this event and make it a regular part of our fund-raising program each year. Now, what we need are people like **you** to make it happen.

Please call our office at 206-363-5500 and ask to speak with Helen, or e-mail her at [helen.payton@alz.org](mailto:helen.payton@alz.org) for more information. ●

**The Alzheimer's Association, Western and Central Washington State Chapter gratefully acknowledges the following individuals, businesses, organizations, and foundations who have made contributions to our Chapter between July 1–September 30, 2005.**

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Patsy Covin  
Betty Crachy  
Nohn Cranston III  
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Arline Dahl  
Steven Dahl  
Laura Dahmer-White  
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Toni Darby  
Beth Davis  
Dorothy Davis  
Dwight Davis  
Jane Davis  
Kirk Davis  
William Davis  
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Joel Delman  
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Coleen Farevaag  
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Irene Feddema  
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Susan Gagay  
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David Gauthier  
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Wayne Gianotti  
Kim Gianotti-Kelto  
John & Linda Gibson  
Kathie Gibson  
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Phillip Ginsberg  
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Julie Johnson  
Kathleen Johnson  
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 Phyllis Lund  
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 James Nelsen  
 Mark Nelsen  
 Becky & Steven Nelson  
 Phillip & R. Ellen Nelson  
 Mark & Kathy Netland  
 Rick & Jan Newell  
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 Marybeth Newton  
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 Vincent O'Keefe  
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 Dianna Quarles-Ludwig  
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 Patsy A. Quintus  
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 Eileen Smith  
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 William Snell  
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 R. Knute Soleim

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 Michael Soules  
 Dorothy Southard  
 Karen Specht  
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 Patrick Stanfield  
 Kathleen & Fred Stark  
 Cindy Starkenburg  
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 Gordon & Patricia Stenman  
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 Melanie Stewart  
 C.J. Stimson  
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 Marjorie Storkson  
 Kathryn Stratton  
 Donna & Timothy Straw  
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 Lori Suhoski  
 Evalyn Summers  
 Sunnyslope Garden Club  
 Geraldine Swan  
 Helen Swanson  
 Jean Swanson  
 Ruth Sweetner  
 Judith C. Swenson  
 Florence Swift  
 Thomas Taggart  
 W.D. Talbott  
 Elizabeth M. Tallman  
 Tender Heart Adult Care Services  
 Evonne Tersiiisky  
 Dorothy Thayer  
 The Firs Activity Fund  
 The Kennedy Family Trust  
 Arthur Thiel  
 Kari Thierer  
 Debra Thompson  
 Alice Thomson  
 Diana Marie Tiliano  
 Mark Tindle  
 Gary & Karen Trabolosi  
 Chris & Jayne Tracy  
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 Mark Trumper  
 Karen Truong  
 Truth Over America  
 Michi Tsukada  
 Albert C. Turner  
 Thomas Twyman  
 Paul Uhler  
 Alan & Frances Ann Underwood  
 Alice Underwood  
 Barbara Ure  
 Michael Utt  
 Maureen Valentine  
 Beth Van Ness  
 Renee Varce  
 Janene Varden  
 Betty Vaughn  
 Katie Vautrain  
 James Veit  
 Michele Vercella  
 Vick Family  
 Leatrice Vigil  
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 Janet Vogel  
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 Perry & Rachelle Zylstra

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 \$100 and Above**

**Tyra Abbott**  
 Barbara Frick  
 Chesley Montague  
**James and Tyra Abbott**  
 Paula Hoberg  
**Martha Allison**  
 Tom Allison  
**Aunt Linda**  
 Scott Oborn  
**Earl Богgett**  
 Thomas & Deirdra Vajda  
**Bruce Bloomer**  
 Jill Allen  
**Jeanne Brentson**  
 First Christian Church of Kent  
**Ralph Brink**  
 Donald R. Brink  
**Wendy Cady**  
 Diana C. Cady  
 Linda McKennon  
**Harold Cunningham**  
 Bill & Lois Crow  
**May Curtiss**  
 Farm Credit Services  
**Nina Des Granges**  
 Norman Seethoff  
**Ferne Dickey**  
 Sandra Burns  
**Royal Donelson**  
 Deborah Hammond

**Clifton Evans**  
Cal Evans  
**Mildred Faulkner**  
Ben & Irene Bytheway  
**John Fazio**  
Charles Yort  
**Hans Goetz**  
Robert Price  
**Madge Graversen**  
John & Karen Anderson  
**Margie Harui**  
Norio Harui  
**Lucille Hill**  
Donald Colling  
**Louise Horand**  
David & Susan Loomis  
**Dorothy Kennedy**  
William J. Code  
The Commerce Bank  
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Donald Nelles  
Ivan Nelson  
B.G. & M.J. Robins  
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Jim & Linda Thorburn  
James & Velma Weiks  
David & Deb Zimmerman  
**David Kinney**  
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Pete Knezevich  
**Ivan Lisk**  
Carolyn Hitter  
**Vera Lovegren**  
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**Opal Madson**  
Wayne Madson  
**George Markovich**  
Richard & Pamela Nolan  
**Frank Marks**  
Lester & Gloria Abbenhouse  
**Jessie Martinson**  
David & Judith Hennessey  
**Mac McFarland**  
Rolf & Loni Meissle  
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Standards  
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June Seeley  
**Richard Neklason**  
Harold & Helena Aebig  
John & Viola Loffin  
**Karen Olson**  
Arden Olson  
Derle & Annie Olson  
**Gudrun Osterberg**  
Robert & Maureen Ihrrie  
Marvel Mullikin  
**Judy Paloy**  
Annette Paloy  
**Rose Pasternack**  
Nancy Pigeon  
**Richard Pearl**  
Paul & Nancy Peck  
**Verna Reagan**  
Marsha Reagan  
**John Richardson**  
Lisa Tallman

**William Roal**  
Arvol Hyatt  
Ralph & Mary Ann Monty  
**Jodi Schulman**  
Honey Marchinsky  
**June Skarda**  
Cindy Dack  
**Billee Skov**  
Velikanje, Moore & Shore,  
P.S.  
**Sam Snoddy**  
Dayle-Ann Johnson  
Todd Smith  
**Isabelle Stanley**  
First Congregational Church  
**Sylvia Stusser**  
Gene Patterson  
**Robert Swenson**  
Robert Ward  
**Sylvia Thompson**  
Barbara Rasmussen  
**Norma Ulsh**  
Margaret & Don Barry  
**Harold Webb**  
June Bean  
**Shirley Young**  
Craig Anderson  
**Carol Zukerman's  
Father**

**Tributes  
\$100 and Above**

**Jane Erickson,**  
**Jean Hordy**  
Anonymous  
**Mildred Faulkner**  
Judd & Barbara Kirk  
**Mary Edith Pasley**  
John R. Pasley  
**Marie Patterson**  
Stephen & Margaret Durke  
**Charles Schlosser**  
Mary E. Schlosser  
**Ann Settle**  
Priscilla Chapter #96  
**Donna Tonkin**  
Jack Tonkin

**Thank You!**

## You Can Leave a Legacy to the Alzheimer's Association

1. Prepare a will. A will or estate plan is an essential piece of family business, yet 60 percent of Americans die without one! Make sure your intentions and wishes are known.
2. Leave a gift in your will to the Western and Central Washington State Chapter of the Alzheimer's Disease and Related Disorders Association (Alzheimer's Association).
3. Leave a specific dollar amount or a percentage of the assets in your will to the Alzheimer's Association. If you have already prepared your will, simply add a codicil (amendment) to specify a gift.
4. Consider using specific assets such as stocks, bonds, certificates of deposit, and real estate for your charitable gift to the Alzheimer's Association. Such gifts may even provide tax savings.
5. Name the Alzheimer's Association as the beneficiary of your pension plan, IRA, or 401(k) retirement plan. There may be tax advantages.
6. Name the Alzheimer's Association as the owner and/or beneficiary of a new

or existing life insurance policy. Inquire about ways that your charitable gift to the Alzheimer's Association can also provide an income for you or a family member.

7. Call the Alzheimer's Association Development Director, Helen Payton, at (206) 363-5500 or 1(800) 848-7097 to learn about special funds or projects you can support with your legacy gift.
  8. Remember loved ones with memorial gifts to the Alzheimer's Association.
  9. Encourage family and friends to leave gifts to the Alzheimer's Association and other charities in their wills.
  10. Ask your attorney and financial advisor to include charitable giving as part of their counsel to clients.
- Very Important:** Be sure to give your attorney or financial advisor the Alzheimer's Association's legal name—"Western and Central Washington State Chapter of the Alzheimer's Disease and Related Disorders Association," Seattle, WA. ●

## Another Tasteful Evening Destined to Sell Out

The Alzheimer's Young Professionals blew everyone away with last year's sold out chef's dinner, a "Tasteful Evening". Twelve of Seattle's best chefs prepared a 5-course menu for twelve tables. The 2006 event, co-chaired by Charis Dowlan and Lauren Davidson, builds on last year's success by expanding the opportunity for 15 chefs to create a unique experience for guests. To further enhance the cuisine, each course will be accompanied by Washington State's finest wine. The evening's master of ceremonies will be King 5 TV news anchor, Brad Goode.



Money raised at this event will support programs in the communities we serve to help families living with the disease.

This festive feast is one not to be missed. Join us on June 15, 2006 for a "Tasteful Evening" at Bell Harbor International Conference Center. To receive a Save the Date Card, contact Nicole Ayala at 206-363-5500 or by email [Nicole.Ayala@alz.org](mailto:Nicole.Ayala@alz.org). ●

Western and Central  
Washington State Chapter  
12721 30th Avenue NE, Suite 101  
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Return Services Requested

### **Check Out Our New Website**

If you have wondered why our current website was a little dated, it's because we were working to get a new one up and running. Please have a look at [www.alzwa.org](http://www.alzwa.org). Caresource Healthcare Communications, a local company that provides web site support to many non-profits in our community, has helped us with this challenge.

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