



In This Issue

[Video Interview
BRAINSTORMING
Conference Keynote](#)

[BRAINSTORMING:
Conference](#)

[Ales for Alzheimer's](#)

[TrialMatch](#)

[here:now](#)

[Facebook | Twitter](#)

[An Unlikely Victim](#)

[The Talk](#)

[Introducing In-Home Care](#)

[Manage Costs](#)

[How Technology Can Help](#)

[Exercise Anti-Aging](#)

[Save The Dates!](#)

Video interview
BRAINSTORMING
Conference

Keynote Ron
Petersen, MD,

Greetings!

Welcome to the Alzheimer's Association Western and Central Washington State Chapter's electronic newsletter. This monthly publication is meant to keep you up to date on issues and events in the fight against Alzheimer's disease.

What would you like to see in **ENews**? Willing to contribute as a guest writer? What's your story? Contact Keri Pollock, Communications Director at keri.pollock@alz.org



The Battle Against Dementia: The Dark Descent of an Unlikely Victim

What happens when a beautifully sharp mind begins to unravel?



It's spring 2006, and a woman I vaguely recognize approaches me at a party, her auburn wig askew and a glass of wine wobbling in her hand. She announces cheerfully that, at 63, she has recently retired from the Virginia newspaper where I still work.

"I have dementia, in case you didn't know!"

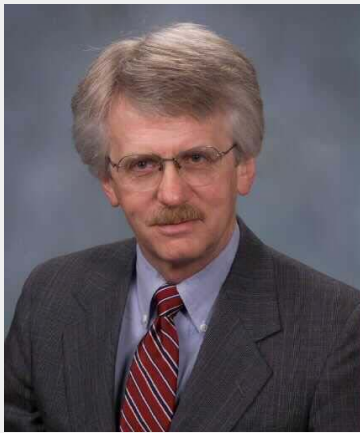
I didn't know. In fact, I don't even recognize her until she lifts her wig to reveal a tamped-down mass of gray-brown curls. It's our paper's longtime copy desk chief, whose reign of terror over young reporters and clunky sentences is legend...[READ MORE](#)



The 'Talk' with Mom and Dad

When the time came for Kathy Peel's mother and father to consider moving into an assisted-living facility, Ms. Peel tried reasoning with them, citing examples of friends who were happy they had made the move.

PhD

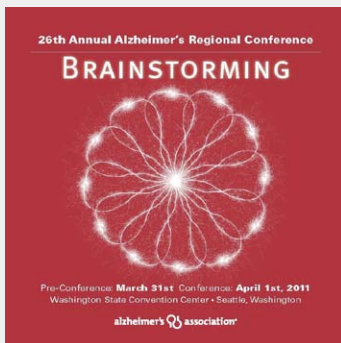


Director, Mayo Alzheimer's Disease Research Center

Video interview with Dr. Petersen talking about a Mayo Clinic study that continues to refine most effective methods to predict Alzheimer's disease.

[WATCH VIDEO](#)

BRAINSTORMING: Annual Regional Conference



Registration closes
March 23rd

[CLICK HERE FOR
DETAILS](#)

1st Annual
Ales for Alzheimer's

When that didn't work, she took a business approach. Ms. Peel and her husband Bill convened a conference at her parents' kitchen table in Memphis and helped them write a three-page "strategic plan." Her parents, Morris and Kathryn Weeks-both retired businesspeople in their late 80s-joined in, talking about their goals and helping list dozens of pros and cons to staying in their home...[READ MORE](#)

[When Elderly Drivers Must Stop Driving>>>](#)

→ Lisa Brummel, Keynote, 'A Reason to Hope' Community Breakfast



Join us on Tuesday, May 17, at the Hyatt at Olive 8 for an inspiring morning with keynote speaker Lisa Brummel.

Lisa is Senior Vice President of HR at Microsoft and co-owner of the *WNBA Champion* Seattle Storm.

In 2010 she was named one of the *Puget Sound Business Journal's* "Women of Influence".

[CLICK HERE FOR DETAILS.](#)

To reserve your table or seat: contact Karen Aparicio, Events Manager, at 206.363.5500,

ext. 241 or at Karen.aparicio@alzwa.org

→ Introducing In-Home Care When Your Loved One Says "No"



Desperate though caregivers may be for a temporary respite from their care responsibilities, many care recipients are resistant to strangers coming into their home to help. The help may be perceived as an invasion of privacy, a loss of independence or a waste of money. Yet in-home assistance is often critical in offering caregivers a break and time to relax and rejuvenate.

There are ways to make this transition easier. Here are some tips for making your loved one feel more comfortable with in-home help: [READ MORE](#)

→ Five Ways to Manage Costs of Caring for Aging Parents

Last March, Brad Veitch, 60, of Moraga, Calif., discovered that his mother, Marion, had given thousands of dollars to swindlers who used the phone



Registration
Closes Today!

[CLICK HERE FOR
DETAILS](#)

Alzheimer's
Association
TrialMatch



Alzheimer's Association TrialMatch, a confidential and free tool that provides comprehensive clinical trial information and an individualized trial matching service for people with Alzheimer's disease and related dementias.

[CLICK FOR DETAILS](#)

here:now

Making Art
Accessible to
People with
Dementia



The Frye Art Museum's program for individuals with dementia and their care

and mail to peddle hard-luck stories and get-rich-quick schemes. To stop the fraud, Veitch had to change his mother's phone number - twice. [READ MORE](#)



[When Dementia Drains the Pocketbook>>>](#)

→ How Can Technology Help Dementia Patients?



At the top of the stairs in the unit is an over-sized, bright blue light switch with a contrasting white dot in the middle.

Like many of the features at the Dementia Centre, making such an essential object easy to find and use seems an obvious way to help someone whose eyesight and mind are failing...[READ MORE](#)

Laurie Orlov - BRAINSTORMING Conference Faculty - [Aging in Place Technology Watch>>>](#)

→ Half of Alzheimer's Cases Misdiagnosed

Roughly half of the people who are told they have Alzheimer's disease may in fact have other forms of dementia that produce similar symptoms, according to a new study.

Doctors have known for some time that the confusion and memory loss caused by the brain lesions associated with Alzheimer's can also be caused by other types of brain changes, such as tissue damage stemming from strokes...[READ MORE](#)

→ Exercise Best Anti-Aging Treatment, Study Suggests

Canadian scientists appear to have proven that you can, in fact, run away from old age.

In what could stand up as the most powerful evidence yet that exercise prolongs life, a study by McMaster University researchers in Hamilton found that signs of premature aging were halted - and even reversed - in virtually every tissue and organ in the bodies of exercised mice.

partners
- **here:now** -
provides gallery discussion
tours and art-making
opportunities for those living
with dementia to enjoy a
creative and relaxing afternoon
together.


[LEARN MORE](#)

The Frye will also have a table
on the exhibit floor at
[BRAINSTORMING: our 26th
Annual Alzheimer's Regional
Conference](#).

Quick Links

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The finding, which could be a turning point in anti-aging medicine, suggests the proverbial fountain of youth won't come from a pill or from an exotic berry from the Amazon, but rather plain old exercise...[READ MORE](#)



SAVE THE DATES!

March and Beyond- [Classes, Seminars and Happenings](#)

March 12, 2011 - [Ales for Alzheimer's](#). Contact **Karen Aparicio**: 206.363.5500, x.241 or karen.aparicio@alzwa.org



March 31, 2011 - Professional Pre-Conference Symposium: [Marketing to Today's Caregiver and Boomer](#)

March 31 & April 1, 2011 - [Brainstorming: 26th Annual Alzheimer's Regional Conference](#)

May 17, 2011 - [2nd Annual "A Reason to Hope" Community Breakfast](#), Hyatt at Olive 8

June 16, 2011 - [7th Annual Tasteful Evening Chef & Wine Dinner](#) - Bell Harbor, Seattle

September 10, 11, 17, and 24, 2011 - [Walk to End Alzheimer's](#) - Seattle, Tacoma, Silverdale and Mount Vernon