



## In This Issue

[Seattle Storm Community  
Spotlight and Tickets](#)

[Early Stage Memory Loss  
Walking Program](#)

[Alzheimer's May Begin at  
Young Age](#)

[Don't Write Off Dementia  
Patients](#)

[Dancing with Alzheimer's](#)

[Tickets Selling Fast for  
Tasteful Evening](#)

[Communicating in  
Alzheimer's World](#)

[A Reason to Hope Results](#)

[Diabetes/Depression](#)

[From Japan: Disaster Hits  
Elderly](#)

[Save The Dates!](#)

Seattle Storm  
Community  
Spotlight  
and Tickets

Greetings!

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



## → Dancing with Alzheimer's



For those of us over 70 who find ourselves becoming more forgetful, the fact that there is no known cure for Alzheimer's disease is a bit scary.

According to what one reads, the major cause of significant loss of memory is Alzheimer's.

But, as I have discovered, it is very difficult for a concerned elder to get a dependable diagnosis of whether one actually has Alzheimer's...[READ MORE](#)

## → Tickets Selling Fast for Tasteful!



The **7th Annual Tasteful Evening Chef & Wine Dinner**, scheduled for Thursday, June 16, 2011 at Bell Harbor Conference Center in Seattle, once again features an exclusive slate of top Seattle chefs who personally prepare and serve their unique culinary creations.

Specially-selected wine pairings accompany each chef's menu and guests will also



Join the Alzheimer's Association on [Saturday, June 4, 2011](#) at KeyArena to cheer on the 2010 WNBA Champion Seattle Storm in their season opener.

Tip off at Noon; doors open at 10:30am. The game will be televised live on ABC and will include the Championship ring presentation and flag ceremony.

The Alzheimer's Association will also be recognized as the [Community Spotlight](#) at center-court in a pre-game presentation.

**TICKETS FOR SALE**  
The Alzheimer's Association has a block of lower bowl tickets (which is already sold out) for purchase in Section 103. We are offering them at a 20% discount to all Alzheimer's friends and family for \$28.00 each (includes .44 cent mailing fee). *We have a limited number, so call soon.*

If you would like to purchase tickets, please order by Noon on May 27, 2011 to ensure you'll receive your tickets before game day, by contacting Keri Pollock at 206.363.5500, ext. 246.

## Early Stage Memory Loss Walking Program

enjoy a wine tasting reception featuring several local wineries, a silent and live auction, and a meaningful program.



This is a wonderful opportunity to support a great cause while enjoying an intimate dining experience!

Reserve your spot and purchase tickets by [CLICKING HERE](#).

## Communicating in Alzheimer's World

After repeatedly correcting my mother, telling her she just ate, and watching her get frustrated or angry, I finally realized something had to change -- this something was me. I had to change.

It takes a lot of energy, learning, and patience to deal with Alzheimer's disease. In order to begin the process of dealing with communication in a world filled with Alzheimer's you first need to make a simple important decision...[READ MORE](#)



## → Thank You Abound for "A Reason to Hope" Community Breakfast

Thanks to everyone who attended our 2<sup>nd</sup> Annual "A Reason to Hope Community" Breakfast! Close to 300 attended and we raised \$53,500 in support of our programs and services! Thank you for helping us continue to meet our mission "to provide care and enhance care and support for all affected."



We also want to share our gratitude to those that made the morning's program so meaningful: Lisa Brummel, Sr. VP - Microsoft and co-owner of the Seattle Storm; Ron Piland, Sandwiched Caregiver and Board Member; Andrea Nakano, KING 5 Television; Richard Lundgren, Public Policy Committee; and Barbara J. Shaw, Board President & Chair.



Our Chapter is excited to offer a new Early Stage Memory Loss Walking Program in the Summer of 2011! This program is specifically designed for individuals who are in the early stages of memory loss.

A pre-registration process that includes a short phone interview is required before attending the seminar.

Space is limited. If interested, please contact Samantha Woodward by June 13th at 800.848.7097 ext. 229.

[DOWNLOAD FLYER](#)

## Alzheimer's May Begin at Young Age, Study Finds



New findings suggest that changes in myelin, which protects nerve cells, may be a sign of increased risk of developing Alzheimer's later in life.

Alzheimer's disease research has shifted to looking for the earliest signs and symptoms of the disease process. A new study has found evidence of early brain damage in some young people at increased risk for the disease...[READ MORE](#)

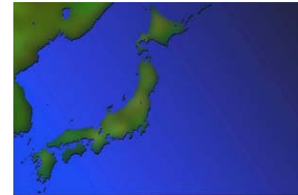
Our sponsors also deserve our thanks for helping make this event possible: Farmers Insurance, Era Living, Senior Guidebook, Care Partners, CHOICE Advisory Services, Full Life Care, KING 5 Television, Aging Options and IlluminAge Communication Partners.

## → Diabetes/Depression Combo Generates Adverse Synergy

Diabetes can be a challenge to control, depression can be difficult to treat and keep in remission, and growing evidence suggests the combination can be especially problematic for patients. And as if this adverse synergy were not bad enough, having these two conditions more than doubles the likelihood that a patient will develop dementia, Dr. Wayne J. Katon said...[READ MORE](#)

## → From Japan: Disaster Hits Elderly with Dementia

Life as evacuees from the Great East Japan Earthquake has been extremely hard for elderly people with dementia, many of whom appear to be deteriorating as a result of stress. Experts predict that within 30 years, 10 percent of the people in this nation will have dementia, making care for the elderly a vital aspect of disaster preparedness that some feel requires closer attention...[READ MORE](#)



## → Conference Sponsor Appreciation

Thank you to our Presenting Sponsor, [Aegis Living](#), and our Primary Sponsors, [Birchview Memory Care](#) and [Discovery Memory Care](#), for helping us to once again bring relevant, engaging faculty and speakers to this year's 26th Annual Alzheimer's Regional Conference: BRAINSTORMING.

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## → Save the Dates!

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



## Don't Write Off Dementia Patients



Watching a loved one with dementia reach the final stages is heartbreaking. But you don't have to give up on maintaining a meaningful connection with that person.

Even when memory fails and abilities diminish, friends and relatives can find activities that engage the afflicted person.

They can adapt favorite hobbies from the past or try new ones such as listening to or playing music, doing art projects or going fishing together. The key is to keep trying to include the person in activities even if they're relatively simple or mundane, aging experts say...[READ MORE](#)

### May and June [Community Programs](#)



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

June 25 - September 10 - [Early Stage Memory Loss Walking Program pilot](#), Seattle

September 10, 11, 17, 24, and 25, 2011 - [Walk to End Alzheimer's](#) - Seattle, Tacoma, Silverdale, Mount Vernon and Everett.

#### Quick Links

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