

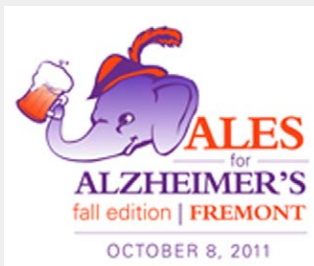
alzheimer's  association

Western and Central Washington State Chapter
www.alzwa.org | 800.848.7097

Our Vision: A world without
Alzheimer's disease.



Ales for Alzheimer's



*Have a great time while
supporting a great cause!*

**ALES for
ALZHEIMER'S**
fall edition | FREMONT
registration closes at 3PM
Friday, 10/07...[REGISTER
HERE](#)

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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.



Battling the Denial of Alzheimer's



I believe one of the more frustrating and downhearted things that caregivers endure while caring for Alzheimer's sufferers comes from the ever present attitude of denial...[READ MORE](#)

WALK TO END ALZHEIMER'S

THANKS TO YOU WE RAISED OVER

\$500,000

in 6 Western and Central Washington State Walks to fund care and support for individuals and families affected by Alzheimer's disease or a related dementia, and research.

You can still donate to the [Walk to End Alzheimer's](#) and help us as we work to end Alzheimer's and related dementias. Join us in making a bigger impact by donating online - [CLICK HERE](#).

Remembering the Music

[Diabetes, Dementia](#)

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WINK! (What I Need to Know!)

5 Frustrating Behaviors of
Alzheimer's Patients, and
How to Handle Them



When you become a caregiver for a loved one with Alzheimer's disease or dementia, your life changes drastically. From often-repeated questions to bizarrely compulsive behaviors to personality changes, you must deal with many bewildering, frustrating, and worrying behaviors...[READ MORE](#)

Poor Self-Rated Health Linked to Dementia

Think you're unhealthy? You could be right, and your brain may be trying to tell you something. A new study shows that people aged 65



The Rebels Team at the Everett Metro Walk.

Remembering the Music, Forgetting the Words

"Remembering the Music" is the story of two women, mother and daughter, who journey to a place where they are free from their not-uncomplicated past. Here, they meet each other in the present, sharing the only moment the mother knows, and one of many moments the daughter-and her readers-will remember.

Meet the author, [Kate Whouley](#), at [Elliott Bay Book Company](#), Saturday, October 8, at 2:00 PM.



More Evidence Links Diabetes, Dementia

People with diabetes are at significantly higher risk of developing all types of dementia, including Alzheimer's disease, finds a new study that bolsters previous research connecting the two illnesses...[READ MORE](#)

African American Caregivers Forum

WHEN: October 22, 2011, 8:30 a.m. to 1:30 p.m.
WHERE: The DoubleTree Guest Suites
16500 Southcenter Parkway, Tukwila, WA 98188

and over who rated their own health as poor were 70% more likely to develop dementia than those who felt they were in good health...[READ MORE](#)

Sleep Disruption May Be Tied To Alzheimer's


Researchers have discovered a marker for Alzheimer's disease that rises and falls in the spinal fluid in a daily pattern that mimics the sleep cycle...[READ MORE](#)

QUICK LINKS

[Helpline](#)

[Resources](#)

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This year's Keynote Speaker is **Jeannine Skinner, PhD**, geriatric neuropsychology fellow in the Department of Psychiatry and Behavioral Sciences at UW. Dr. Skinner's area of focus and current research examines how physical activity improves cognition and affects risk factors associated with diabetes and Alzheimer disease in African American older adults.

[FOR FORUM and REGISTRATION DETAILS: CLICK HERE](#)

Avoiding Caregiver Disaster

Being a commercial pilot and flight instructor, I often see things from the vantage point of aviation. There are in fact many similarities between medicine and aviation, particularly when it comes to a chain of events that may lead to a crisis...[READ MORE](#)



More on CAREGIVING

[When It's Time to Hit the Road>>>>](#)

[Caregiving: Tips for Long-Distance Caregivers>>>>](#)

Save the Dates!

October and Beyond:
[Chapter Classes, Seminars and Happenings](#)

[Community Programs](#)

October 8: [Remembering the Music](#) Author Event

October 8: [Ales for Alzheimer's-Fall Edition |Fremont!](#) Join us at the Center of the Universe!

October 22: Our [6th Annual African American Caregivers Forum](#), DoubleTree Southcenter, Tukwila.

