

**Alzheimer's disease is the 6th leading cause of death in the US** • The number of Washingtonians with Alzheimer's disease will double by 2050 • 5.2m Americans have Alzheimer's disease • 75% of care in the US is provided by 10m unpaid family and friends • 1 in 5 caregivers is in fair or poor health • 57% of caregivers work full- or part-time • The number of Americans with Alzheimer's will triple by 2050 • Medicare spends more than 3 times as much on hospital care for patients with Alzheimer's and other dementias • There is no cure for Alzheimer's disease • 70% of individuals with Alzheimer's live at home • Alzheimer's disease costs American business \$61b a year • 60% of nursing home residents have Alzheimer's disease • 10m baby boomers, 1 in 8 people, will develop Alzheimer's disease • By 2050, an American will develop the disease every 33 seconds • 1200 Americans are diagnosed with Alzheimer's disease every day • Alzheimer's is the 5th leading cause of death over age 65 • 250,000 American children aged 8-18 provide care for a loved one with Alzheimer's or other dementia • Over 1m Americans are "long-distance" caregivers • As many as 500,000 Americans under age 65 have Alzheimer's • **5.2m Americans have Alzheimer's disease** • The number of Washingtonians with Alzheimer's disease will double by 2050 • Alzheimer's disease is the 6th leading cause of death in the US • 5.2m Americans have Alzheimer's • 75% of care in the US is provided by 10m unpaid family and friends • 1 in 5 caregivers is in fair or poor health • The number of Americans with Alzheimer's will triple by 2050 • Medicare spends more than 3 times as much on hospital care for patients with Alzheimer's and other dementias • There is no cure for Alzheimer's disease • 70% of individuals with Alzheimer's live at home • Alzheimer's disease costs American business \$61b a year • 60% of nursing home residents have Alzheimer's disease • 10m baby boomers, 1 in 8 people, will develop Alzheimer's disease • By 2050, an American will develop the disease every 33 seconds • 1200 Americans are diagnosed with Alzheimer's disease every day • Alzheimer's is the 5th leading cause of death over age 65 • 250,000 American children aged 8-18 provide care for a loved one with Alzheimer's or other dementia • Over 1m Americans are "long-distance" caregivers • **The number of Americans with Alzheimer's will triple by 2050** • Americans under age 65 have Alzheimer's • Medicare and Medicaid spend \$148bn on care for people with Alzheimer's and other dementias in direct and indirect costs • The number of Washingtonians with Alzheimer's disease will double by 2050 • Alzheimer's disease is the 6th leading cause of death in the US • 5.2m Americans have Alzheimer's disease • 75% of

# A Cause Whose Time Has Come

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alzheimer's  association  
Western and Central Washington State Chapter

## 2008 ANNUAL REPORT

**OURS IS A CAUSE WHOSE TIME HAS COME**

We want to accomplish several things with this report. First, we want to continue to raise awareness about Alzheimer’s disease and its impact on many thousands of people in Washington who are touched by it. Throughout the document we present facts about the disease, program statistics, and success measurements as reported by our clients.

Second, we want to boast, just a little, about a few of our successes in the previous year. Our staff is simply the best and the results of their hard work show. Demand for our services and programs continues to grow. This is partly because we have been successful in raising awareness, and partly because the number of people with the disease is increasing. The education conference reached an all-time attendance level in 2008. Our outreach to the Latino community is bearing fruit as more families sign up for services. For better service delivery in some rural areas we began to offer a telephone support group. And we continue to offer service to people in the early stages of memory loss.

Third, we want to say unequivocally that without the support of our many volunteers, donors, and Champions we simply could not achieve our mission. We depend on a broad community of friends and stakeholders to help us stay in business. On behalf of the Board of Directors and the many families who count on our services, we say **Thank You** for your unwavering support.



**Nora Gibson - President**  
*Board of Directors*



**Nancy Dapper**  
*Executive Director*

*Nora Gibson*

*Nancy J Dapper*

**OUR VISION**

Our vision is a world without Alzheimer’s

**OUR MISSION**

Our mission is to eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health

**A CAUSE  
WHOSE TIME  
HAS COME**

**A WORLD  
WITHOUT  
ALZHEIMER’S**



**NOW**

**FUTURE**



**CONNECTIONS**

The goal of *Connections Care Consultation* is to optimize the health and function of the person with memory loss while maintaining the health and well-being of the caregiver. Our knowledgeable and experienced social workers offer families who are caring for a loved one with Alzheimer’s disease or other dementia expert advice on the full range of issues that arise during the course of the disease. They work with the family and the person with dementia on immediate care needs, help them plan for the future, and provide ongoing support as new issues arise. Each family’s unique situation is addressed in a written plan of care that guides the family caregiver with practical solutions and builds a safety net of support. We’d like to thank Seattle/King County Aging and Disability Services and United Way of King County for supporting this program.

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**14,441 people visited support groups this year, up 12% from the previous year**

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**“I have learned the importance of taking care of myself.” ~ a spouse**

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**SUPPORT GROUPS**

The Chapter is firmly rooted in the belief that peer interaction and support can help a family caregiver with the many challenges of caring for a loved one with Alzheimer’s disease. We host some 100 support groups that provide a safe environment for caregivers to share their feelings, receive emotional support, and exchange information. The groups are facilitated by volunteers who have been trained by the Chapter in both the subject matter and group processes. It is not uncommon for members to stay with their group even after their loved one has passed, because they become committed to helping others face the challenges of the disease. Most groups are general caregiver focused, but there are others that are specialized, such as long distance caregiving, adult children caring for parents, early-onset Alzheimer’s, and a men’s group.

**DEMENTIA PARTNERSHIP PROGRAM**

Since 2005, our Chapter has been a key partner in a Washington state demonstration project to improve the ability of community-based care to be more responsive to people and families living with dementia. Funded by the Federal Administration on Aging, the State’s Aging and Disability Services Administration convened providers and agencies to offer evidence-based interventions and to coordinate services. The Dementia Partnership Program features a team of agencies that focus their attention on service delivery to families who need caregiving support. Our specific role is to provide care consultation to families in King County, and to conduct public information and outreach initiatives to inform the community about these services.

**ACHIEVEMENT:** 100% of family caregivers reported that our chapter’s care consultation enabled them to provide better care for their loved ones, and to take better care of themselves

**FACT:** 57% of caregivers work full- or part-time; 1 in 5 caregivers is in fair or poor health

**EL PORTAL**

Designed to serve the Latino/Hispanic community of caregivers in King County, supported by Seattle/King County Aging and Disability Services, and offered in partnership with Sea Mar Community Health Centers, El Portal is a well-established resource. Services and programs are culturally competent and offered in Spanish. Classes teach caregivers about the disease and available resources. We also reach out to elders through community health fairs, Spanish radio, and community events.



**24/7 INFORMATION AND SUPPORT**



The telephone helpline is available 24-hours a day, 7 days a week. It is most often the first point of contact for people when they need information or help. Most callers are people with memory loss and family caregivers, but 30% are health and human service providers. Our trained specialists help people find local, state, and national services and resources. Most often individuals contact us about caregiving issues, trainings for professionals, and tips on managing challenging behaviors. We also have the capacity to serve individuals in 140 different languages by accessing translation services. Anyone can contact the helpline and all calls are confidential.

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**2383 individuals were assisted by the helpline during the year**

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Our website has a wealth of information about Alzheimer’s disease and all related memory loss disorders. Visitors can download brochures and the latest newsletter, locate a support group, take an interactive brain tour, listen to a local researcher, and access the helpline via the internet.

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**“Thank you so much for listening to me today... thanks for you and your organization being there for us.” ~ a helpline caller**

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**EARLY STAGE MEMORY LOSS**

In response to increasing demand, the Chapter offers seminars for Early Stage Memory Loss (ESML) for people in the early stages of dementia and their care partners. Together, they learn about the disease, plan for the future, get legal issues resolved, and gain support from peers in the group. Under a research grant funded by the National Institute on Aging, the program is being evaluated by the University of Washington for effectiveness: to date, a positive impact on people with dementia in relation to depression and communication skills has been documented, and participants experience improved social function.

**ACHIEVEMENT:** Spanish radio talk shows and health fair presence have touched thousands of Hispanic and Latino families

**FACT:** 70% of individuals with Alzheimer’s disease live at home

**REGIONAL EDUCATION CONFERENCE**

The highlight of the year for the Education Department was the 23rd annual Regional Alzheimer’s Conference. The keynote speaker was Naomi Feil, a nationally recognized expert credited with developing the validation method as a means of working with dementia patients. More than 700 people attended, including leaders in dementia care, medical and human services professionals, direct care staff, and family caregivers.



**Naomi Feil**  
Keynote Speaker

There were 4629 education participants during the year, up 7% from the previous year

**CLASSES**

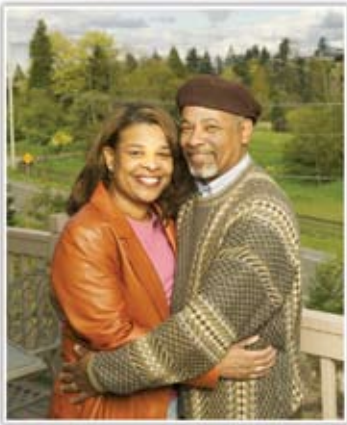
Throughout the year the Education Department presented a rich curriculum about Alzheimer’s disease and dementia for people working in the health and long-term care field and for the public. Our trainings are interactive and based on the latest best practices in dementia caregiving.

**AFRICAN AMERICAN FAMILY CAREGIVERS FORUM**

The African American Caregivers Forum addresses the unique concerns of this community and provides an opportunity for caregivers and families caring for a loved one with Alzheimer’s disease or a related dementia to learn and share. At the October 2007 Forum, Dr. Lauren Lee

*“The gathering of African American caregivers was a warm, nurturing environment. The presentation by Dr. Lee was outstanding.”  
~ a forum delegate*

delivered the keynote address that focused on treatment options and diagnosis. A panel of caregivers provided personal insights into the challenges they face and the joys they have experienced in caregiving. More than 100 caregivers attended.



**ADVOCACY**

The Alzheimer’s Association is investing new energy in advocacy with the goal of increasing awareness and concern about the disease, letting people know that we are here to help, and motivating people to get involved. Last year the Chapter signed up a new and larger than ever group of Champions who will help take our message forward. At the annual advocacy day in Olympia, we visited legislators and briefed them on the needs of families and people living with the disease. Our efforts contributed to a modest increase in funding for respite care. We have also implemented an e-newsletter that connects us to our advocates so they can be kept informed and be called to action when needed.

**“We’ve got to find a way to manage Alzheimer’s and ultimately find a way to prevent it. You wouldn’t want this to happen to your family. Let’s see if we can stop it from happening to all families.” ~ an Alzheimer’s Association advocate**

**ACHIEVEMENT:** 39% of clients said someone in the health and human services professions referred them to the Western & Central WA Alzheimer’s Association

**FACT:** The number of Washingtonians with Alzheimer’s disease will double by 2050

## MEMORY WALK

Memory Walk celebrates the community's strength to fight Alzheimer's disease and its determination to MOVE the Alzheimer's cause forward. Four local walks took place in Seattle, Tacoma, Silverdale and Mount Vernon. Over \$565,000 was raised by more than 3,500 walkers and 285 teams – a 20% increase over the previous year! The walks were led by philanthropist Ken Alhadeff, Mayor Nickels, Emmy award-winning actress Jean Smart, New York Times best selling author Debbie Macomber, and KING 5 News Anchors Brad Goode and Joyce Taylor. We appreciate all who took part – thank you!



## AN EVENING TO REMEMBER



On March 15, 2008, over 350 people attended An Evening to Remember at the beautiful Fairmont Olympic Hotel. Guests raised nearly \$160,000 to support a University of Washington researcher who is studying toxic brain proteins. The live auction with legendary auctioneers Dick and Sharon Friel featured several priceless experiences, including a cruise aboard the Sea Star as featured in the popular Discovery TV show "Deadliest Catch." An exotic villa in Bali was another highly contested item. The evening brought in more than \$500,000 to fund the full mission of the Alzheimer's Association: research, programs, and prevention. A huge thank you to our auction committee, guests, sponsors, and auction donors!

## TASTEFUL EVENING

Our chefs' event Tasteful Evening continues to grow in popularity, and once again it was a sold-out evening. Organized by the Young Professionals committee, Tasteful Evening attracts the best chefs in Seattle to cook for the Alzheimer's cause at Bell Harbor International Conference Center. The chefs donate food and wine and pull out all the stops to make the evening special. Some 200 guests enjoyed hors d'oeuvres, signature cocktails, and live entertainment – and, of course, a delicious five course personalized feast prepared by their designated chef. Guests participated in a dining frenzy auction with items featuring local cuisine and wine. Tasteful Evening raised \$80,000 – beaucoup appreciation to our chefs, and to the committee, guests, sponsors, and raffle prize donors!



**ACHIEVEMENT:** Money raised through Memory Walks in our chapter has increased by 97%, and team participation has risen by 92%, from five years ago. Well done, everyone!!

**FACT:** 10m baby boomers will develop Alzheimer's disease



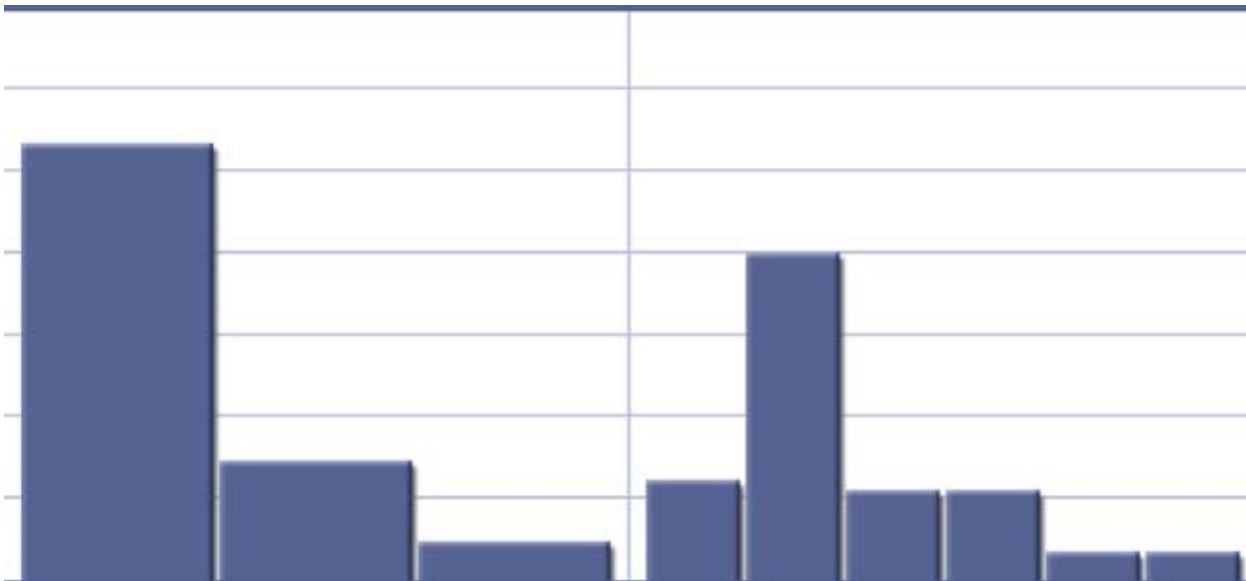
PEOPLE & SCIENCE

## RESEARCH

As the largest private, nonprofit funding organization for Alzheimer research, the Alzheimer’s Association plays a key and highly visible role. The Chapter has taken a leadership role in its commitment to raising research funds. For the last five years, and as a direct result of generous donors who support the annual gala, we have funded more than \$500,000 of research in the local community. Last year’s fund-an-item at the auction went to support the work of Dr. Matt Kaerberlein at the University of Washington, whose research looks at how toxic proteins in the brain contribute to cell death.

Although a cure for Alzheimer’s disease is yet to be discovered, scientists have made remarkable discoveries in the last 15 years that have greatly advanced the understanding of the disease. Dozens of drugs are in the early stages of testing and a few have made it to the final stage of clinical trials. We are striving to realize the vision of a world without Alzheimer’s.

The Chapter will continue to raise money through our fundraising efforts to support the national research agenda. We will also maintain our advocacy of public policy at the national level to fund more research through the National Institutes of Health.



<b>TOTAL EXPENSES:</b>	<b>\$2,202,484</b>	
Program Services:	1,706,061	(77%)
Fundraising:	368,772	(17%)
Management & General:	127,651	(6%)

<b>TOTAL REVENUE:</b>	<b>\$2,441,051</b>
Contributions:	334,555 (14%)
Fundraising Events:	1,218,679 (50%)
Grants:	327,131 (13%)
Legacies and Bequests:	323,668 (13%)
Memorials	122,874 (5%)
Program Fees and Others:	114,144 (5%)

**ACHIEVEMENT:** In the past five years, our supporters have generously given more than \$500,000 to fund local research

**FACT:** There is no cure for Alzheimer’s disease

# A REALLY BIG THANK YOU!

We would like to thank all of our donors, sponsors, team captains, walkers, table captains, auction attendees, support group facilitators, Champion advocates, committee members, other volunteers and, of course, our Board, for their commitment and hard work.



*Our office volunteers hard at work!*

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