



## Self-Care for Caregivers—There's a Brighter Side

by Karl Thunemann

When you find yourself responsible for the care of a person with dementia, taking care of yourself may be the last thing on your mind. There's so much to be done: learning about caregiving and dementia, and schooling yourself to pay constant attention.

How could you take time for yourself? You can't afford not to take time for yourself. Even if it seems to run against common sense, taking time for you is crucial.

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## Lace Up and Step Out!

by Rebecca Logsdon, Ph.D.

If there were a miracle cure that would give you a stronger heart, sturdier bones, more energy, better sleep, and a better outlook on life, would you try it? Well, there is such a thing, and it's exercise! Exercise helps prevent many chronic diseases, such as diabetes and heart disease, decreases our risk for some types of cancer, and may improve our immune function, so we are less susceptible to illnesses like flu or pneumonia. The MacArthur Foundation Study of Successful Aging even found that individuals who exercised the most had the best mental function 10 years later.

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## Self-Care: A Checklist for Caregivers

- Know what resources are available in your community.
- Become educated about Alzheimer's disease and caregiving techniques.
- Get help from family, friends, and community resources.
- Manage your level of stress, use relaxation techniques, and take care of yourself by watching your diet, exercising, and getting plenty of rest.
- See your Doctor.
- Accept changes as they occur.
- Engage in legal and financial planning.
- Be realistic about what you can do.
- Don't feel guilty if you lose patience or can't do everything on your own.
- Give yourself credit for what you have accomplished.

Further questions? Call our 24-hour Helpline at 1-800-848-7097 or 206-363-5500. We can give you information about resources in your community, access to one of our 99 caregiver support groups and help you plan a response to caregiving challenges. ●

## Executive Director's Message



Nancy J. Dapper, Executive Director

As we welcome the New Year there are several important developments you should know about that will influence our work in the coming months. On the research front, there is a growing body of evidence that links healthy lifestyles with healthy brains. In a recent study in the December 15th issue of the *Journal of American Medical Association*, a group of researchers reported that in older adults cognitive problems may not be the result of one form of dementia. Instead, many people who have Alzheimer's pathology also show signs of brain blood vessel disease. Controlling high blood pressure, cholesterol, weight, and other cardiovascular risk factors could have a positive impact on brain blood vessels.

The Alzheimer's Association will pursue an intensive public information campaign in 2005 to make people aware of the importance of healthy lifestyles. The *Maintain Your Brain* campaign will encourage people to eat healthy diets, exercise, stay mentally active and socially involved—all factors known to promote brain health.

At the Chapter level, we have implemented some organizational

changes on the program side that will help us to be more responsive to the needs of caregivers and those living with Alzheimer's disease. We will make a determined effort to reach out to communities who may not be aware of the services we provide and to learn of unmet needs in those communities. We hope to partner with other health care providers to enhance access to Alzheimer's Association support groups and educational programs. A newly reconfigured Public Policy Committee has already begun work to enhance our presence in Olympia as the new Legislature convenes and confronts another sizeable budget deficit.

The Board of Directors set ambitious fund-raising goals for the Chapter with the intent of enhancing services to our families and caregivers. Having had the most successful *Memory Walks* yet in 2004, we now turn our attention to the March "An Evening to Remember" auction. This major fund-raising event has grown each year, and 2005 promises to be the best yet. Thank you to all the volunteers and donors who make these events the huge successes that they are. Without your support we could not provide the community with the 24-hour Helpline, consultations conducted by staff social workers, nearly 100 support groups, and education programs.

Finally, on a personal note, I look forward to the coming year and working with an expanded and more diverse Board of Directors. Our constituents may not be aware of how important it is to have a Board willing to provide leadership, strategic direction, and resources to support the important work of the Chapter. Under the leadership of Board President Linda Wells, our Directors give considerable time and energy to help us achieve the mission. ●

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## Volunteer of The Year: Clacey McNary



Clacey McNary, with his granddaughter,  
Julee Carper-Clark.

Clacey McNary began volunteering with the Alzheimer's Association in 1998. It was at the suggestion of his granddaughter, Julee Carper-Clark, the Chapter's former Education Director, that he and his wife Polly volunteer.

Polly was living with Alzheimer's disease and volunteering gave them an opportunity to do activities together outside of the home.

Since Polly's passing in 2003, after nearly 52 years of marriage, Clacey has become a constant and indispensable member of our office. "Volunteering helps me as much as I help the Association. I do jobs that need to be done and I am glad to help," said Clacey.

Clacey has lived in Seattle for 81 of his 88 years. During WWII he spent 3 years in the South Pacific with the Navy Seabees. An avid gardener, Clacey fills the Association's office with award-winning dahlias from August to October. When not working in the yard, you can find Clacey next to his original '57 Chevy Bellaire 2-door sports coupe in Sierra Gold at any of the local car shows.

Since February of 2004, Clacey has dedicated over 320 hours to the office doing everything from labeling

brochures, stuffing facilitator packets, hanging shelves, folding the Memory Walk t-shirts to moving office furniture! When told that he had been chosen as Volunteer of The Year, he quipped, "I appreciate it but I am not volunteering for recognition!" For this reason and many more, Clacey is an outstanding volunteer. He brings his goodness and delightful sense of humor to the office every week. He is incredibly humble and sincere and we feel honored to call him the Volunteer of The Year. Thank you Clacey, for making the Association one of your priorities. We appreciate all that you do! ●

## Volunteer Your Time

The gift of time is one of the most generous gestures a person can make. Volunteers are vital to the Alzheimer's Association, as every volunteer contributes to our ability to serve the community.

The need for motivated, qualified, interested volunteers is always great. Please explore the following areas in which we are seeking volunteers:

- Support Group Facilitator
- Public Policy/Advocacy
- Helpline
- Special Events—Memory Walk, "A" Team, "Tasteful Evening"—Chef's Dinner
- Speakers Bureau
- Information Fair Representative
- Chapter Office Support

To find out more about our volunteer opportunities contact Linda Whiteside at 1-800-848-7097 or email [linda.whiteside@alz.org](mailto:linda.whiteside@alz.org). ●

*"A volunteer is a person who believes that people can make a difference—and is willing to prove it."*

—Anonymous

## 20th Annual Alzheimer's Education Conference

Friday, April 29, 2005

8:30 a.m.—4:00 p.m.

Bell Harbor Conference Center

Seattle Waterfront

**Keynote Presenter:** Wendy Lustbader, MSW

Nationally known writer and speaker on elder care, author, "Counting on Kindness" and "Taking Care of Aging Family Members."

*Multiple Workshops Designed for:*

- Direct Care Staff
- Dementia Care Leadership
- Advanced Practitioners

*Topics Include:*

- Issues of Changing Sexuality
- How to Communicate
- Medication Management
- What is Long Term Care? It is NOT A Building
- LTC Outlook for the Coming Decade
- Bright & Healthy Mind
- Changing Challenging Behaviors into Positive Outcomes
- Panel Discussion: End of Life & Palliative Care
- Using A Positive Approach to Giving Care
- Legal & Financial Issues for Vulnerable Seniors

### Registration and Fees

Call the Education Department for registration brochures today at 206-363-5500. Visit us and register on-line at [www.alzwa.org](http://www.alzwa.org).

\$100 members, \$130 non-members, group discounts available for 4 or more. CEUs available. ●

*“Self-Care for Caregivers” Continued from page 1*

Most self-care lists begin with some serious business: Consult your doctor regularly, and follow his or her advice. This makes sense. All too often caregivers themselves fall ill and even die. If this happens to you, it means you won't be able to fill your role as caregiver. You may need care yourself—putting further stress on a family whose resources already are taxed.

Another priority is screening for depression: Some studies show that more than half of all dementia caregivers are depressed. So ask to be screened—and for treatment if you are depressed.

OK, what's the brighter side of self-care? Simply put, it means treating yourself as someone who deserves to be loved, cherished and supported in your search for meaning.

Some caregivers feel so overwhelmed they have to start small. If they can just set aside two hours a week just for themselves, they're off to a great start. Does that sound easy? Finding respite to give you the actual time is a

challenge. Some people have lost touch with the ideas and activities that have always brought them joy.

So go easy. Spend two hours with a close friend who shares similar interests. Go for a walk. Go to lunch. If you share a hobby, go to your favorite shop and daydream about a project.

Sometimes people just can't get their minds off of caregiving. If that's the case, call the Chapter office at 206-363-5500 or 1-800-848-7097 and ask us to send you the brochure called “Caregiver Stress: Signs to Watch For...Steps to Take.” (PR200Z)

When you receive the brochure, share it with a close friend or relative, someone you trust to be honest and gentle with you. Ask them to speak to you if they notice your signs of stress are increasing. If that happens, they should ask you to talk about your feelings and stress. That will do far more to ease your stress than listening to advice.

This is a small start. Some people may need more. A 2004 study showed that caregivers benefited from a program of intervention that including individual and family counseling, ongoing support group participation, and the availability of ad hoc counseling.

Finally, a word about guilt: almost every caregiver feels it now and then. But guilt plagues some caregivers. They worry that they aren't doing enough or that they aren't doing it right. They feel that if their love were more complete they would never feel cross or too exhausted to help.

This kind of guilt can be your worst enemy, eroding your health and peace of mind. How can you confront it? First, don't compare yourself to others. You have to find your own way of caring. Second, give yourself credit for what you have accomplished. Third, talk about your feelings. Our caregiver support groups offer a secure setting for such talk. In these meetings, people help each other set realistic limits based on the long-term reality of caring for a person with dementia. ●

## Public Policy and Advocacy Committee Update

by Sheila R. Morrison, MSW

Public policy and advocacy are key priorities central to the mission of the Western and Central Washington State Chapter of the Alzheimer's Association. To address these priorities, the Board of Directors has created a Public Policy Committee to identify and advocate for legislation and regulations that support individuals with dementia and their caregivers.

On November 15th and 16th of 2004, the Chapter, in collaboration with the national office of the Alzheimer's Association, sponsored a two-day

Public Policy and Advocacy Forum.

Those who participated were provided with tips and guidance on how to be an effective advocate for issues related to Alzheimer's disease. During the seminars, concerns were identified that were known to affect individuals with dementia and their caregivers. A call to action was given to attendees, who answered with enthusiasm. Whether their involvement was a letter writing campaign, a meeting with officials and legislators, or involvement in policy research activities, the Chapter is appreciative of each individual's advocacy efforts.

Recently, community representatives were invited to discuss building effective relationships with public

officials, identifying key state issues and planning a platform and strategies for legislative campaigns. The productive conversation helped the Committee form a draft of key issues that will form the basis of the Public Policy Platform for the upcoming legislative session. It is anticipated that the final Platform will be created by February.

The Public Policy Committee members are: Chapter staff: Nancy Dapper and Patricia Hunter, Committee members: Nora Gibson, Catharine Wu, Julie Johnson, Gene Muren and Dick Lundgren; and Chapter intern, Danni Orne. Thank you all for your dedication.

*“Lace Up” Continued from page 1*

Despite these benefits, 75% of older Americans admit that they do not exercise regularly. For many caregivers, starting an exercise program may seem like just too much to take on, given their already limited time and energy. Research studies of caregiving and health conducted by Dr. Richard Schulz and colleagues at the University of Pittsburgh have found that more time spent providing direct care, greater functional and behavioral disability in the care recipient, and greater emotional stress all reduce the likelihood that caregivers will participate in healthy behaviors. Yet these same factors also increase caregiver risk for chronic diseases, stroke, and even death, and caregivers who are least likely to exercise are the very individuals who are likely to benefit the most from increasing their physical activity. So how can caregivers fit exercise into their busy and stressful lives?

Many caregivers have heard the old saying, “no pain, no gain,” and think exercise must leave them exhausted and sore in order to be beneficial. But recent research shows that moderate levels of activity, like taking a brisk walk for 30 minutes a day is enough to significantly improve health. A study led by Dr. Abby King at Stanford University enlisted a group of family caregivers to exercise 30–40 minutes (primarily brisk walking) on 4 days per week for one year. Caregivers in the exercise group completed an average of three 35-minute walks per week, and reported decreased levels of stress and decreased subjective burden over the year they exercised. In another study, Dr. Leonard Epstein and colleagues at the University of Buffalo have demonstrated that the 30 minutes doesn't even have to be done all at one time. Participants in their research experienced improved fitness, lower blood pressure, and reduced body fat, whether they walked 30 minutes at one time or took several shorter walks throughout the day, as long as the daily total added up to 30 minutes.

Another good way to start exercising is to try a combination of activities, such as walking, stretching, and lifting weights. Research conducted by Dr. Linda Teri and colleagues at the University of Washington Alzheimer's Disease Research Center and Group Health Cooperative has shown that both family caregivers and individuals with Alzheimer's disease benefited from a home exercise program that included walking, strength training, and balance exercises, along with caregiver training in dementia care and behavior management. Doing a combination of activities is called “cross training,” and it reduces the risk of injury, increases exercise benefits, and makes exercise more interesting. Exercise participants in the UW study experienced

improved mobility, decreased depression and anxiety, and lower levels of nursing home placement than a control group that received usual care.

So, you're convinced that you should exercise—now, how can you get started? The first thing to do is to let your health care provider know you want to start, and see what suggestions he or she has about what you can safely do. Next, think about what can realistically fit into your daily schedule, and make a plan to exercise at regular times each day. You may plan to do some stretching in the morning while the coffee is brewing, take a walk at mid-day when the mail arrives, and lift some weights while you watch the evening news. Or you may decide that it's best for you to do your whole exercise routine first thing in the morning, before you get busy with your day. Since everyone is different, there is no “right” way to exercise. The important thing is to find something you enjoy and can do regularly.

If the person you care for is able and willing to exercise along with you, so much the better; if not, you may have to fit your exercise into short times throughout the day. You may find that a home exercise video appeals to you, or if you have difficulty motivating yourself to stick with exercise, you may want to enlist a friend to walk with you or attend a class where you get social support from other participants. Many Senior Centers and health clubs offer a variety of exercise classes for little or no cost. Mall walking is another alternative that provides a safe, warm and dry place to exercise when the weather is bad. It may be difficult at first, but once you start fitting it into your schedule, you will find that you have more energy, sleep better, and have a greater feeling of control over your life. So, lace up those sneakers and take the first step!●

*(Adapted from an article that appeared in the University of Washington Alzheimer's Disease Research Center Newsletter, “Dimensions,” Summer, 2003)*



## **1st Annual International North Pacific Aging & Dementia Symposium**

**April 17, 18 and 19, 2005**

**To register send physician name, address and phone number  
via email: [singerc@ohsu.edu](mailto:singerc@ohsu.edu) or fax: 503-494-5329**

## Mid-Winter Class Schedule

### Basic Alzheimer's Classes for Families

A three part educational series that will help families and caregivers learn about symptoms, diagnosis, successful communication strategies and changing behaviors that may occur with Alzheimer's disease. Learn about Chapter programs and services. Time for questions and answers after each session; handouts and materials provided.

**Part 1** Introduction to Alzheimer's & Dementia

**Part 2** Tips for Communication & Understanding Behaviors

**Part 3** Partnering With Your Doctor

#### In Seattle

Alzheimer's Association Office  
12721 30th Ave. NE  
Suite 101  
Seattle, WA 98125

Tuesday, February 8 6-7:30 p.m.  
Tuesday, February 15 6-7:30 p.m.  
Tuesday, February 22 6-7:30 p.m.

#### In Bellevue

**\$5 registration fee payable at the door.**

Overlake Hospital Medical Center  
Bellevue Community College–North Campus  
Bellevue, WA 98004

Wednesday, Feb 23 6-7:30 p.m.  
Tuesday, March 1 6-7:30 p.m.  
Wednesday, March 9 6-7:30 p.m.

**Space is limited • Please RSVP before attending:**  
206-363-5500 or 1-800-848-7097 to reserve your space.

### An Introduction to Alzheimer's and Dementia

Come hear an overview of Alzheimer's disease and memory loss. Learn about Chapter programs and services. Time for questions and answers.

#### On Bainbridge Island

Bainbridge Island Senior Center  
370 Brien Dr. SE  
Wednesday, March 2 1-2 p.m.  
Call senior center for directions at 206-842-1616.

## Study Tests High-Dose Vitamin Impact on Alzheimer's Disease—Volunteers Needed

Following up on a growing body of evidence linking high levels of the amino acid homocysteine with increased incidence of Alzheimer's disease, the Alzheimer's Disease Cooperative Study (ADCS) is conducting a clinical trial to determine whether high-dose vitamins to reduce homocysteine levels may slow the progression of AD.

Scientists still do not know how elevated homocysteine, which is a by-product of metabolism of protein, contributes to the development of AD. However, we do know that high doses of folate and vitamins B6 and B12 act to lower its levels in the blood.

In a widely reported NIA-sponsored study, Phillip A. Wolf, MD and colleagues at Boston University found that people with elevated levels of homocysteine in the blood had nearly double the risk of developing AD. The findings, in a group of people participating in the long-running Framingham Study, were the first to tie homocysteine levels measured several years before with later diagnosis of AD and other dementias.

The ADCS study, dubbed "VITAL" (VITamins to slow Alzheimer's), seeks to discover whether lowering homocysteine with high-dose supplements of folate, B6 and B12 will slow cognitive decline in people with AD. Paul Aisen, MD, of Georgetown University is directing the study.

Some 40 sites around the country, including the University of Washington's Alzheimer's Disease Research Center, will enroll a total of 400 volunteers age 55 or older with mild to moderate AD for this 18-month trial. Researchers plan to randomize 60% of participants into the active treatment group and only 40% into the placebo group. Previous studies have shown that people are more willing to volunteer if their chances of being in the active treatment group are greater.

People being considered for the study:

- have mild to moderate Alzheimer's disease
- are living at home with a caregiver willing to accompany them to research clinic visits (located at the Veterans Affairs Puget Sound Health Care System in Seattle).
- are in general good health, with stable medical conditions and medications.

For more information, contact Beth at the University of Washington, Alzheimer's Disease Research Center, 206-764-2069 or 1-800-317-5382. ●

## Maintain Your Brain™: Changing How We Think About Brain Health

As the world leader in Alzheimer research and support, the Alzheimer's Association has the responsibility to provide accurate and reliable information about healthy aging and, in particular, brain health. The new Maintain Your Brain™ program demonstrates that the Association is the leader on brain health and armed with our information individuals can take steps to help ensure the future they want, one without Alzheimer's.

We've launched the exciting Maintain Your Brain™ campaign—brain-healthy life choices people can undertake now foster awareness of the rapid progress in research and to offer hope to prevent and possibly cure Alzheimer's disease. As great strides are being made in understanding, diagnosing and treating dementia, now is the time to understand that our future is only as healthy as our brains.

With Maintain Your Brain™, we're encouraging the public and especially baby boomers to learn about brain health. Simple lifestyle modifications may have an enormous impact on individuals' and the nation's public health. By reaching out to the 77 million American baby boomers, those born between 1946 and 1964, we will change the way the nation thinks about Alzheimer's disease.

See the sidebar for 10 ways to ways to Maintain Your Brain™. Contact the local Chapter for additional information at [www.alzwa.org](http://www.alzwa.org). ●

## Bringing Holiday Cheer

This year, the staff of the Alzheimer's Association delivered baskets of good cheer to adult family homes. The staff donated and assembled 36 gift bags for the residents at Evergreen Adult Family Homes, owned and operated by Janet Rhode. In addition to the gifts for the residents, the Chapter donated treats to the caregivers at each home.

"It's a wonderful reminder of who we are and what we are trying to overcome" said Rebecca Jackson, Chapter office coordinator who spent time with the residents and handed out gift bags.

Included in the gift bags were snacks, hand made greeting cards and a fleece scarf. The scarves were a particular favorite. While enjoying her new scarf, one resident enthusiastically commented how soft and warm the scarves were and how they would be perfect for the chilly weather. ●

## 10 ways to Maintain Your Brain™

- 1. Head first**  
Good health starts with your brain so pay attention to your brain health. It's one of the most important body organs and needs care and maintenance.
- 2. Take brain health to heart**  
Do something every day to reduce your risk of heart disease, high blood pressure, diabetes and stroke—all of which can increase your risk of Alzheimer's.
- 3. Your numbers count**  
Keep your body weight, blood pressure, cholesterol and blood sugar levels within recommended ranges.
- 4. Feed your brain**  
Eat less fat and more vegetables, especially leafy greens and those rich in antioxidants.
- 5. Work your body**  
Physical exercise keeps the blood flowing and may encourage new brain cells. It doesn't have to be a strenuous activity. Do what you can—like walking 30 minutes a day—to keep both body and mind active.
- 6. Jog your mind**  
Keeping your brain active and engaged increases its vitality and builds reserves of brain cells and connections. Read, write, play games, learn new things, do crossword puzzles.
- 7. Connect with others**  
Leisure activities that combine physical, mental and social elements may be most likely to prevent dementia. Be social, converse, volunteer, join a club or take a class.
- 8. Heads up! Protect your brain**  
Take precautions against injuries. Use your car seat belts, unclutter your house to avoid falls, and wear a helmet when cycling or in-line skating.
- 9. Use your head**  
Avoid unhealthy habits. Don't smoke, drink excessive alcohol or use street drugs.
- 10. Think ahead—start today!**  
You can do something today to protect your tomorrow.

## The National Alzheimer's Association Assembly of Chapters

by Linda Wells, President, Chapter Board of Directors

In November, I had the honor of being a delegate to the first Alzheimer's Association Assembly meeting in Chicago. The Assembly is a new part of the governance structure of the Association. It was recommended by the National Board of Directors as a way to provide a forum for Chapter Boards to participate in decisions on significant issues that affect them. For the first time, the formal governance structure of the Association includes links among the Chapters Boards and with the National Board of Directors.

Picture this: 64 representatives from different chapters, all in one room and giving feedback on three important issues: chapter dues, uniformity in websites and other communication tools, and how to coordinate fundraising with the National office. As one of those 64, I felt that we were listened to with respect and treated as partners. Larry Varnes, Assembly Chairman and Chair of the National Board of Directors facilitated the two day meeting, and gave his assurance that the comments would be presented to the full Board.

Our chapter will be represented at the next Assembly meeting in Washington DC, which is scheduled to coincide with the National Public Policy conference in the spring. We commend the National Board for its response to the chapters and for strengthening the ties between the chapters, the board, and the National organization. ●

## Do You Know Someone with Memory Problems?©

Do you or someone you know have difficulty remembering recent events? Problems balancing a checkbook, keeping up at work, or missing important deadlines or appointments? Are you concerned about being “forgetful”?

If you or someone you know fits this description you may wish to participate in a nine-week supportive group seminar for individuals with early stage memory loss, and for their family or friends. There is no charge for this program.

Participants will share with others who are experiencing the same and learn ways to cope with memory loss or Alzheimer's Disease.

### Session Series Includes:

Coping with Memory Loss • Legal & Financial Considerations • Social & Family Relationships • Causes of

Memory Loss • Staying Healthy • Time Management • Self Esteem • Daily Living Activities/Safety • Living Well • Local Resources.

### New Groups:

New groups will begin meeting in March or April in Tacoma, Seattle, Olympia, Silverdale and south King County areas.

### Who Should Attend:

This program serves individuals who have memory impairment such as Alzheimer's disease, and their family and friends. Those who are memory impaired must be new to dementia and want to learn about it, aware of their memory loss, be verbally able to share with others in a group setting.

### Pre-Registration is Required.

For more information, call Patricia Hunter at the Alzheimer's Association 206-363-5500 or 1-800-848-7097 or email: [patricia.hunter@alz.org](mailto:patricia.hunter@alz.org). ●



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

**Save the Date**

August 27	Pierce County - Annie Wright School, Tacoma
September 10	North Counties- Hillcrest Park, Mt. Vernon Serving Snohomish, Skagit, Island & San Juan Counties
September 11	Seattle- Sand Point Magnuson Park
September 17	Kitsap County- Waterfront Park, Silverdale





alzheimer's  association

## ***"An Evening to Remember" 2005***

Building upon the success of the previous year, the auction Team, chaired by Margaret Durkee, is currently procuring many interesting items for a fun-filled night of spirited bidding at the black-tie gala dinner and auction, "An Evening to Remember" celebrating its fifth year as the top fundraiser for the Alzheimer's Association. The gala to be held March 5th, 2005 will take place at the Fairmount Olympic Hotel.

A local philanthropist, Jack Tonkin, has been chosen as the *Lasting Memory Award* Honoree this year, which will be presented the evening of the auction. Mr. Tonkin has provided much to the Association, as our cause is dear to his heart. He continues to fight in memory of his wife Donna, and to find a cure for the many people still living with Alzheimer's today.

If you wish to support this event by donating an item or service from your business, please call the Development Department at 206-363-5500. By making a donation to this event you will ensure the continued success of this fundraiser and of the program services of the Association.

The office is currently seeking individuals and businesses for sponsorship opportunities for this widely publicized event. If you are a potential sponsor or would like more information on such opportunities, please contact the Development Department at 206-363-5500. ●



## ***"Tasteful Evening"*** **Alzheimer's Association Chef's Dinner**

The first annual Chef's Dinner fundraiser, "Tasteful Evening" will be held on June 23, 2005 at Bell Harbor Conference Center. The Committee, chaired by Kristin Cady, has worked hard to secure the involvement of Seattle's top chefs, including Kathy Casey of Dish D'Lish. Kathy is well-known in the Pacific Northwest for her various culinary endeavors has agreed to act as M.C. for the evening, and create a signature cocktail for VIP attendees to enjoy before dinner.

Also featured will be cuisine from Chef Michael Bruno at Tango, Chef Dan Thiessan at Salty's on Alki, Chef Charles Ramsayer at Ray's Boathouse, Chef Mauro Golmavi at Assiago, Chef Jason McClure at Sazerac, Chef Michael Weeks at Dragonfish, and many other talented chefs. We continue to welcome involvement from the many talented chefs our city has to offer.

This fine food event will also highlight Washington State's top wineries, pairing a winemaker with a chef to prepare a standout dining experience for our guests and supporters. Wineries such as Chinook, CR Sandidge, and Caterina Vineyards will be featured.

Please call the Development Department at 206-363-5500 if you are interested in more information about this exciting event, or if you would like to attend. Please note that tickets will be limited and will go on sale in spring of 2005. ●

## **The "A" Team...Fit to Raise Awareness about Alzheimer's Disease**

An exciting event is planned for all levels of fitness with the end result being participation in the Seattle Marathon and Half Marathon, November 27th 2005, raising awareness of Alzheimer's disease AND funds for program activities. The plan is to provide you with a 20 week training program, inspirational talks, training tips and weekly get-together runs for all levels of runners around the Sound and elsewhere. We need individuals to train, sit on the committee, coordinate running groups for different runner levels, provide inspiration with personal stories of challenges and success and most of all to join others in some fun! Our first training meeting will be held at 9 a.m., May 21, 2005, at Road Runner Sports, 7020 Woodlawn Ave NE. For additional information contact the Development Office at 206-363-5500. ●

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 April 1 – September 30, 2004.

**\$1000 and above**

A Place for Mom.com  
Aegis Assisted Living  
Douglas and Barbara Anderson  
Anonymous  
Daniel Baty  
Dorothy Bliler  
Choice Advisory Services, Inc.  
City of Seattle  
Community Health Charities Costco  
DSHS-Aging and Adult Services  
Eisai, Inc.  
Elderhealth Northwest  
Emeritus Corporation  
Estate of Fred H. Cole  
Estate of Lenore Myers  
Dirck and Sharon Friel  
Garden Terrace  
Judge Advertising  
Kelly Home Care  
Leslie Fund  
Marsh USA Inc.  
The McEachern Foundation  
Medtronic Foundation  
Microsoft Matching Gifts Program  
MiKen Properties, Inc.  
Pat and Peter Minden  
Novartis Pharmaceuticals  
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Robinswood Pointe  
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