

## Western and Central Washington State Chapter Newsletter

Published quarterly for our donors, volunteers, advocates  
and friends in the Alzheimer community

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## Recognizing Your Strengths

by Karl Thunemann

When I began answering phones for the Alzheimer's Association Helpline service, one quality among callers stood out: it was not that they felt overwhelmed by the appearance of dementia in someone they loved. The disease is devastating—who wouldn't feel overwhelmed?

No, it was this: so many callers saw themselves totally unarmed for the struggle that lay ahead. They didn't know what to do, and felt little confidence in their ability to handle what life held in store for them.

Maybe this is no surprise. Many who call the Helpline are either adult children or spouses of a person living with dementia. However, neither

experience prepares us for the upheaval in roles that dementia forces upon a family. I asked people, "What are your strengths?" but they seemed dumbfounded. So instead I listened for strengths as they talked. Then I could repeat these assets to them in their own words.

Some people have enormous strengths. They have loving extended families. They have a warm, deep connection to the person with dementia. They have relevant training or personal experience.

Many of us are not so fortunate. Our families are geographically scattered, sometimes estranged. Adult children disagree vehemently with parents and

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each other. The appearance of dementia may reopen the faultlines in a troubled marriage. A child designated as the chief caregiver may find herself facing the same struggles that caused her to fight for independence from an overbearing parent many years ago.

These are the people who benefit most if they name and claim their strengths. They may start out small, by acknowledging their ability to be realistic. They may find other unrecognized assets—a close, caring friend or relative, a powerful religious affiliation, untapped reservoirs of love,

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## Executive Director's Report



*Nancy J. Dapper, Executive Director*

As I settle into the job of Executive Director, I find my expectations and assumptions are enriched and challenged every day. Having achieved a successful career in the Federal government working on programs and issues that are so important to the quality of life of our Nation's elders, I wanted to apply my years of experience to an important cause. The Alzheimer's Association is a perfect fit.

Frankly, before taking this job, I never thought about the concept of an Alzheimer's community. I thought about a horrible disease and its devastating impact on those living with it. I thought about how to make public policy officials aware of the impending epidemic as the baby boom generation enters the years of highest risk. I thought about how to bring change to the health care system to better care for those living with the disease. All of these issues are high on my list of priorities.

But, it is the notion of a community that has caught my attention. It is a broad and diverse community of people who are in some way touched by the disease. Alzheimer's disease strikes rich and poor; communities of

color and white folks; men and women—this disease does not discriminate. While today there is little hope to offer those who are diagnosed with the disease, this grim situation produces remarkable stories that are an inspiration.

Here are my impressions so far. First, there is an amazing group of people who are the staff of the Chapter. People work here because they have a personal commitment to helping people living with the disease. They are passionate about finding a voice for people with the disease, as well as for supporting the caregivers. They are resolute in finding financial support to keep the Chapter's programs going. Time and again, I see staff going the extra mile to make sure that our families and clients are well served.

Second is the Board of Directors. Many of them have been personally touched by Alzheimer's and bring that kind of commitment to their work with the Board. While they are volunteers with full-time, demanding jobs, they find time to help guide the work of the Chapter and to raise funds for the cause.

Third are the hundreds of volunteers who give time and money to advance the work of the Chapter. Just completed, the Memory Walks raised more than \$320,000—well in excess of our target. I am awestruck by the amount of work that goes into producing the Walks. Volunteers make it possible.

I am also grateful for the volunteers who help us with our annual auction. This is our largest fund raising event, and has become more successful each year. The "Auction Team" is already working on the March 2005 event by procuring wonderful items and securing sponsorships from the business community.

## Board of Directors

### Officers

**Linda Wells** - President  
**Mark Wesley** - Vice President  
**Mark Davidson** - Treasurer  
**Cathy Faulkner** - Secretary

### Directors

**Leslie Cohan**  
**Marty Dennis**  
**Nora Gibson**  
**Michael Manning**  
**Sheila Morrison, MSW**  
**Brian Olive**  
**David Roberts**  
**Dora Summers-Ewing**  
**Claudette Varnado**  
**Jon Younger, M.D.**

### Staff

**Nancy J. Dapper**, Executive Director  
**Nancy Bissell**, Helpline Assistant  
**Dawn Bonanno**, Data Processing Coordinator  
**Sunil Dutt**, Business Manager  
**Barbara Green**, Care Consultant  
**Patricia Hunter**, Family Services Director  
**Alicia Korkowski**, Family Services Support  
**Lisa Kotzen**, Care Consultant  
**Rebecca Jackson**, Office Coordinator  
**Helen Payton**, Development Director  
**Rowena Rye**, Helpline Director  
**Sue Schepp**, Education Director  
**Melissa Soules**, Development Assistant  
**Connie Standish**, Care Consultant  
**Karl Thunemann**, Helpline Assistant  
**Camille Wells**, Development Assistant  
**Linda Whiteside**, Special Events Coordinator

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All material in Perspectives is offered as information to our readers. The Alzheimer's Association - Western and Central Washington State Chapter cannot warrant, endorse or recommend any provider, program or product.

At the Chapter office, we are very fortunate to have a reliable group of

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volunteers who come in weekly, and quite literally, do whatever needs to be done. They are unfailingly cheerful and a joy to experience.

Fourth are the research and provider communities. We are privileged to have some of the finest research minds in the country working to defeat this disease. The pace of discovery in the field gives us all reason to hope for a cure. While the search is underway, we can be grateful for the compassionate medical and care giving community who help families to live with the disease.

Let me close with some thoughts about people with the disease, their families and caregivers. It is composed of people who have vastly different financial resources. Yet, they share the heartbreak and anger of losing a loved one to the disease. Each finds a way to fight the disease. All are committed to helping their loved ones live as comfortably and safely as is possible. We try hard to support these amazing people. They are an inspiration to all of us at the Chapter. ●

## Annual Meeting Update

Please join us at Bell Harbor Conference Center for the 20th Annual Meeting of the Alzheimer's Association. Featured will be a presentation by former Board member and Seattle Post-Intelligencer sports writer, Art Thiel, and Paul Casey, the first Executive Director, who will share recollections of the early years of the Chapter. A brief business meeting will precede the presentation of the Volunteer of the Year Award. Hors d'oeuvres and wine will be served. The cost is \$40 per person and includes parking. Call Dawn Bonnano at 206-363-5500 if you would like an invitation to this event.

## Volunteer of the Quarter



*Wesley Faulkner, Volunteer of the Quarter*

Congratulations to Mr. Wesley Faulkner who is our volunteer of the quarter!

Mr. Faulkner is described as a volunteer who is highly dependable and someone to always count on. Wes volunteers a few hours each week working on computer and database projects at the Chapter's office. "Wes brings a wealth of technical expertise, professionalism and good humor to his volunteer role. He cares about the organization and the people in it," shares Rowena Rye, Chapter Helpline Director. "He has remarkable computer skills, but never hesitates to pitch in wherever needed."

A native to Washington State, Wes grew up on the east side of the Cascades in Grandview where he also met his wife. "Mildred was my neighbor and her brother was my friend. My sister married Mildred's brother, my friend...so I thought I'd marry Mildred!" This September Wes and Mildred celebrate their 55th wedding anniversary. Wes served in the United

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The 20th Annual Alzheimer's Education Conference will be held on Friday, April 29th at Bell Harbor Conference Center from 8:30 am to 4:30 pm. Key note speaker will be Wendy Lustbader, Affiliate Associate Professor, Department of Social Work at the University of Washington. Dr. James B. Leverenz, Associate Professor, Neurology and Psychiatry, University of Washington Medical School will present a medical update.

The conference will provide an opportunity for unique educational training for professional staff, resident assistants, and family Caregivers involved in dementia care. The professional faculty have specialized skills and years of experience in dementia care and Alzheimer's concerns.

Exhibit space will be limited to 22 tables. If interested, please call the Education Department at 206-363-5500. ●

*“Recognizing Your Strengths” continued from page 1*

patience and perseverance. Sometime you rediscover your sense of humor: once I remarked to a caller that she was really very funny, and she started to cry, saying that she had nearly lost touch with that part of herself.

I suggest that people make a list of their assets, and concentrate on them. I also send the Association’s brochure on caregiver stress and ask them not only to share it with a close friend, but also to ask that friend for help if the warning signs of stress start piling up.

A fundamental asset of our caregiver support groups is that members have honed their skills at finding and nurturing one another’s virtues—and for challenging supposed assets that are actually self-defeating, such as the drive to be perfect.

In the end, your list of assets may be quite a bit different from mine. I was reminded of this recently while reading “The Story of My Father”, a memoir by novelist Sue Miller about her father’s struggle with Alzheimer’s disease. She explains how few of the suggestions offered by her support group really applied to her. Hearing these ideas prompted her to look deeper, and claim the strengths—both in herself and her father—that she needed. ●

*“Volunteer of the Quarter” continued from page 3*

States Marines; attended the University of Washington, and worked for Boeing as a chemical engineer for nearly 40 years. He enjoys gardening, exercising and “endless hours with his computer” shared his daughter, Cathy Faulkner who also volunteers on the Chapter’s Board of Directors. Wes and Mildred have two daughters, Judy and Cathy, a son-in-law Nels Moulton, and a four-month-old grandson, Trevor Wesley Moulton.

Wes cares for his wife Mildred, diagnosed with Alzheimer’s disease in 1996, with the help of an in-home caregiver. “All my life I believed in doing things well. Volunteer work is rewarding. It makes me feel like I’m doing something useful and caregiving is the same way.” Volunteering “gives me something to get out of the house for and this is my charity. I enjoy being among people.”

Wes, we enjoy knowing you too and thank you for sharing your time, skills and caring with all of us here. ●

## Volunteer of the Year Nominations

The Alzheimer’s Association is seeking nominations for “Volunteer of the Year.” We would like to learn about individuals who through their volunteerism are making positive differences in the lives of persons who have Alzheimer’s disease, family care partners or the Alzheimer’s Association community. Some examples of the types of volunteerism may be support group leaders, chapter committee members, community advocates, educators, administrative support, special event volunteers and volunteer community speakers. The recipient of the award will be invited to attend the chapter’s annual meeting dinner on November 10th at Bell Harbor Conference Center, and will be featured in the Chapter newsletter. For details on how to submit a nomination please visit our website at [www.alzwa.org](http://www.alzwa.org) or call us at 800-848-7097 or 206-363- 5500. Nominations must be received by November 3, 2004.

## Volunteers Needed to Lead Caregiver Support Groups

Support group leaders are needed to co-lead support groups for caregivers and individuals who have early stage Alzheimer’s disease in the following areas: Centralia, Olympia, and Tacoma, Seattle, and Snohomish County areas.

Qualified applicants will be knowledgeable about Alzheimer’s disease and related disorders and/or have prior experiencing leading groups. Free training and support is provided on an ongoing basis. Volunteers receive full-day “Facilitator 101 Training”, facilitator manual, and educational materials for support group members. To learn more about becoming a support group leader, and to obtain an application, please contact Patricia Hunter at [patricia.hunter@alz.org](mailto:patricia.hunter@alz.org) or 800-848-7097, ext. 227.

## **"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 5, 2005, will take place at the Fairmount Olympic.

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. 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. ●



Dear Memory Walker:

Thank you! Thank you! You helped to make Memory Walk 2004 a big success.

A big pat on the back, you helped raise over \$320,000 at the four Western Washington Memory Walks, exceeding our goal by 23%. As you know, money raised for Memory Walk stays in the community where it was raised. This funding helps us to provide programs and services to people and families living with Alzheimer's disease. Many of you have had experience with this devastating disease and know how important it is to talk to a social worker, to be welcomed into a support group of fellow caregivers, or to be able to reach a compassionate and knowledgeable person at any time of the day or night. Through your efforts, we can offer these services to those who need them.

Just when you thought you could rest, we are asking you to do more. Start today by talking up Memory Walk 2005 to family, friends, and colleagues. Brag about your accomplishments to local businesses and encourage them to become sponsors. We need your creative ideas about how to expand the number of teams and sponsors. Think about taking a leadership role next year by serving on one of the committees that plans and implements the walks. Contact the Development Office at 206-363-5500.

As the new Executive Director, I had my first exposure to Memory Walk this fall. I am pleased to have attended all four walks and can report to you that the enthusiasm of the volunteers and participants was energizing to experience. I am already thinking about next year and how to make it even better. ●

Sincerely,



Nancy J. Dapper  
Executive Director

## Congratulations to the Top Fundraisers for 2004!

### Pierce County

August 28, 2004  
Annie Wright School  
Tacoma

**Total Raised: \$61,000**

#### Top Individual Fundraisers

1st Suzie Ross \$2,475  
Team: Trinity Lutheran Church  
2nd Jill Karon \$1,630  
Team: Franciscan Health System

#### Top Youth Fundraiser

Alexandria Carkner—12 years of age \$1,290  
Team: *The Violets*

#### Top Corporate Team Fundraisers

1st The Weatherly Inn \$2,994  
Team Captain: *Debbie Baker*  
2nd Franciscan Health System \$2,730  
Team Captain: *Jill Karon*

#### Top Family Team Fundraisers

1st Best in the West \$5,000  
Team Captain: *Lori Kay*  
2nd The Violets \$1,465  
Team Captain: *Jennifer Carkner*

#### Most Creative Apparel, Quilt or Banner

Avamere Health Services  
Team Captain: *Rebecca Talbott*

### North Counties

September 11, 2004  
Hillcrest Park  
Mount Vernon

**Total Raised: \$34,000**

#### Top Individual Fundraisers

1st Terry Steckler \$2,120  
Team: *Merrill Gardens at Stanwood*  
2nd John McKeon \$1,645  
*GE Financial*

3rd Karen Carlson \$1,520  
Team: *Merrill Gardens at Stanwood*

#### Top Corporate Team Fundraisers

1st Merrill Gardens at Stanwood \$15,220  
Team Captains: *Terry Steckler/Deanne Eastbury*  
2nd Incredible Islanders \$1,630  
Team Captain: *Wendy Sines*  
3rd Regence BlueShield \$1,250  
Team Captain: *Rose Caprio*

#### Top Family Team Fundraisers

1st Ann's Clan \$1,355  
Team Captain: *Alane Michels*  
2nd The Johnson Family \$664  
Team Captain: *Charmaine Johnson*  
3rd Clark and Maxine's Kids \$425  
Team Captains: *Don and Pati Mock*

### Seattle

September 12, 2004  
Sand Point Magnuson Park

**Total Raised: \$182,000**

#### Top Individual Fundraisers

1st Robin Hutchinson \$5,775  
2nd Jack Tonkin \$5,000

#### Top Youth Fundraiser

Andy Williams—11 years of age \$2,348

#### Top Corporate Team Fundraisers

1st Evergreen Adult Family Homes \$6,540  
Team Captain: *Elaine Stine*  
2nd Robinswood Pointe Senior Living \$3,323  
Team Captain: *Marili Rounds*

#### Top Joint Corporate Team Fundraisers—New Category

1st Emeritus Assisted Living \$23,526  
Team Captains: *Kevin Carlin & Ellie Keen*  
2nd Sunrise Senior Living \$11,008

#### Top Family Team Fundraisers

1st Walk for Wendy \$8,180  
Team Captains: *Shannon Wilson, Kristin & Bruce Cady*  
2nd Team Larson \$2,865  
Team Captains: *Nathan & Anita Larson*

#### Most Creative Apparel, Quilt or Banner

Team REI  
Team Captain: *Shena Rodgers*

#### The Fundraiser With The Most Longevity

Nellie Claringbould \$2,654

### Kitsap County

September 18, 2004  
Waterfront Park  
Silverdale

**Total Raised: \$43,175**

#### Top Individual Fundraisers

1st Lora Naeger \$1,744  
2nd Linda Potter \$1,150  
Team: *Ashley Gardens at Bremerton*

#### Top Corporate Team Fundraisers

1st Claremont East Retirement Apartments \$7,647  
Team Captain: *Karen Sorger*  
2nd 2nd Wave \$4,066  
Team Captains: *Martha & Mary Health Services—Sue Tucker & Debra Lemickson*

#### Top Family Team Fundraisers

1st Randall Clan \$2,250  
Team Captain: *Tina Baldschun*  
2nd Faces I'll Remember \$1,270  
Team Captain: *Brenda Nielson*

#### Most Creative Apparel, Quilt or Banner

Emeritus Oaks of Silverdale

**Our sincere thanks to all volunteers and participants for making Memory Walk 2004 a tremendous success!**

## Memory Walk 2004 Raffle Ticket Winners

### 1st Place:

Seven tropical nights' accommodations at Maui Sunset with airfare for two, generously donated by Lionel Andrew.



Linda Sowler, 1st place winner.

### 2nd Place:

Four-night stay in Whistler, BC, donated by Club Intrawest.



Stan Martin, 2nd place winner.

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## A Special Thank You to Our Memory Walk 2004 Sponsors

Memory Walk would not be possible without the generous support of many corporations and community partners; we salute our sponsors with a heartfelt thank you.

### MEMORY WALK 2004 SPONSORS

#### National Sponsors

Creative Memories  
GE Financial

#### Chapter Sponsors

Bartell Drugs  
KIRO 7 Eyewitness News  
Safeway  
Starbucks Coffee

#### Local Sponsors-Seattle

The Joan Alhadeff Family  
Aegis Assisted Living  
A Place for Mom.com  
*Alzheimer's Resource Directory*  
Armstrong In-Home Care  
Eisai Inc.  
ElderHealth Northwest  
Emeritus Assisted Living  
Evergreen & Enatai Home Care Inc.  
Garden Terrace *Alzheimer's Center of Excellence*  
Kelly Home Care Services  
KIXI 880 AM  
*Northwest Prime Time*  
Overlake Terrace  
Regence BlueShield  
Sunrise Senior Living  
Talking Rain

#### Pierce County

Armstrong In-Home Care  
Dorothy! Creative Communications  
Forest Pharmaceuticals  
Franciscan Lifeline  
Franke Tobey Jones Retirement Homes  
Judge Advertising Inc.  
MultiCare Health System  
*The News Tribune*  
Regence BlueShield  
Regency at Tacoma

Renaissance Narrows Glen  
Sound Options  
Special Activities & Companion Services  
Tacoma Lutheran Home and Retirement Community  
The Weatherly Inn

#### North Counties

Armstrong In-home Care  
Ashley Gardens at Mount Vernon  
Birchview—*A Memory Care Community*  
Burton Care Center  
Frestone Inn at Wilson Ranch  
Garden House at Stanwood  
Hawthorne Funeral Home  
KLKI 1340 AM  
Law Offices of Barry M. Meyers  
Mira Vista Care Center  
North Sound Physical Therapy  
PACCAR Technical Center  
Regence BlueShield  
Senior Guidebook  
Skagit State Bank  
Skagit Valley Herald

#### Kitsap County

Ashley Gardens at Bremerton  
Claremont East  
Costco Wholesale  
Crista Shores  
Dr. Narinder Duggal  
Emeritus Oaks of Silverdale  
Family Inn at Manchester  
Marine Courte Alzheimer's Community at Bay Pointe  
Martha & Mary Health Services  
Merrill Gardens at Shoreline View  
Montclair Park and Haven Crest  
Orchard Pointe Memory Care Community  
Life Care Center of Port Orchard  
Red Lion Silverdale Hotel  
*The Sun*  
www.maui-condo.net  
Windermere Real Estate/West Sound Inc.

## Memory Walk 2004 Steering Committee

### Seattle

**Barbara Boswell, Co-Chair**—Robinswood Pointe  
Senior Living

**John Shoesmith, Co-Chair**—Shoesmith Architects

Lionel Andrew	Community Supporter
Rachael Byer	Community Supporter
Kevin Carlin	Emeritus Assisted Living
Vicki DeVine	A Place for Mom.com
Karen Eames	Segue Move Management Service
Betty Egan	Evergreen & Enatai Home Care
Mike Garner	Elder Move
Todd Girouard	Sunrise of Lynnwood
Vio Gradinaru	Evergreen & Enatai Home Care
Kathy Matteson	Kelly Home Care Services
Danni Orne	Life Care of West Seattle
Evan Perrollaz	Overlake Terrace
Maria Peterson	Emeritus Royalton Court
Kenny Pulsifer	Emeritus Royalton Court
Danna Robins	Sunrise Brighton Gardens
Kristine Rouse	Creative Memories
Derek Sandbeck	Aegis of Northgate
Heidi Sheldon	Options for Seniors
Carmen Swent	Community Supporter
Shelley Thompson	The Woodmark at Steel Lake
Nancy Werner	Aegis of Shoreline

### Pierce County—Tacoma

**Dorothy Wilhelm**—Ambassador of Good Will

**Vicki Judge, Chair**—Judge Advertising Inc.

Peter Adams	Cascade Park Communities
Debbie Baker	The Weatherly Inn
Sigrid Cummings	USANA Health Sciences
Tina Dunn	Sound Options Inc.
Marykay Duran	Olympic Alzheimer's Residence
Kim Hyder	Pierce County Aging & Long Term Care
Pete Judge	Judge Advertising, Inc.
Linda McCone	Community Supporter
Sue McGuire	Segue
Pat Ness	Elder Pathways, Ltd.
Laura Runkle	Franke Tobey Jones Retirement Homes
Debbie Seelye	Elder Assessment & Referral Services
Charron Shinn	Renaissance Narrows Glen
Shelley Thompson	The Woodmark at Steel Lake
Gloria Tucci	Cascade Park Communities
Katie Vautrain	Life Care Connections

### North Counties—Mt. Vernon

Benita Anorbes	Community Supporter
Larry Bach	Community Supporter
Kirk Blankenship	Birchview <i>A Memory Care Community</i>
Karen Conway	Community Supporter
Don & Pati Mock	Community Supporters
Debbie Olsen	Ashley Gardens at Mount Vernon
Debbie Omlie	Community Supporter
Carol Zulauf	Community Supporter

### Kitsap County—Silverdale

**Stephanie Low, Co-Chair**—Marine Courte *Alzheimer's  
Community at Bay Pointe*

Lorraine Asefirad	Orchard Pointe Memory Care Community
Michelle Bilbo	Emeritus Oaks of Silverdale
Deborah Crews	Care Solutions Inc.
Patrice Holland	StatMedical
Nina Lilyquist	Life Care Center of Port Orchard
Sheryl Page	Merrill Gardens at Shoreline View
Lisa Perron	Marine Courte <i>Alzheimer's Community at Bay Pointe</i>
Kay Pursey	Harbor House at Liberty Shores
Carol Reynolds	Emeritus Oaks of Silverdale
Karen Sorger	Claremont East Retirement Apartments
Malia Staton	Orchard Pointe Memory Care Community
Ruth Sword	Bay Pointe Retirement Community
Sue Tidball	Montclair Park and Haven Crest
Cindi Wadlow	Crista Shores

## Memory Walk 2004 Survey

The Alzheimer's Association values and implements input from our Memory Walk participants, please take two minutes to fill out this survey online at [www.alzwa.org](http://www.alzwa.org).

You can also print out a PDF version and return to us by mail or fax:

Alzheimer's Association  
Western & Central Washington State Chapter  
PO Box 27088  
Seattle, WA 98125-1488  
800-848-7097 or  
206-363-5700 fax

## Spotlight on Research: Investigators Embark on New Initiative Aimed At Understanding Genetics of Late-Onset AD

by Cheryl Dawes

The genetic material we inherit from our parents is responsible for traits such as eye color. Research has shown that it also plays a role in whether and when we develop Alzheimer's disease (AD). However, the relationship between our genes and this relentless memory-wasting disease is much more complex and less well understood than the relationship between our genes and the color of our eyes.

In most AD, there are probably many genes involved that interact with each other and with the environment. Although all of these interactions lead to the brain changes—plaques, tangles and neuron loss—that characterize AD, they likely take different pathways.

Untangling these multiple pathways and elucidating the genetics of AD is the goal of University of Washington ADRC researchers and other groups across the country that have embarked on a large-scale effort targeted on the most common form of AD.

For more than 15 years, UW ADRC genetics researchers Drs. Thomas Bird, Gerard Schellenberg, Ellen Wijsman and their colleagues have been investigating genetic factors involved in AD. Their identification of genes related to several forms of dementia has advanced understanding of how AD develops and extended lines of inquiry aimed at finding ways to slow or prevent its progression.

By studying families with several members who have dementia, UW researchers and other groups have identified genes responsible for three rare forms of inherited early-onset AD. The three genes are called amyloid precursor protein, presenilin 1, and presenilin 2. These genes have provided important scientific information about

the biology of AD. However, mutations in these genes cause less than two percent of all AD in the general population. A fourth gene, apolipoprotein E, has also been identified as a risk factor for AD. However, it does not directly cause the disease. More recently, the UW team identified a mutation in the tau gene that leads to frontotemporal lobe dementia, which is also an early-onset disease and may account for 10 percent of all dementia.

Now, in collaboration with the other ADRCs around the nation funded by the National Institute on Aging, the UW group is recruiting families to participate in a study designed to shed light on genetic factors involved in the much more common late-onset form of AD.

The study seeks to enroll 1,000 families throughout the country. The goal is to recruit 100 families from the Northwest. Eligible families must have two living siblings who have AD with onset after age 60 and a third family member over 60 who may or may not have memory loss. Blood samples are collected from each individual participating in the study. These samples, which are de-identified—marked solely as part of a particular family pedigree with a particular type of clinical history—are sent to the National Cell Repository for Alzheimer Disease (NCRAD) at Indiana University. The samples provide cell lines and genetic material for qualified researchers who are employing a variety of approaches and methods to investigate the genetics of AD.

The national study is seeking to recruit 1000 families with AD because it has become clear that large numbers of

families are required to identify multiple genes, each of which may have relatively small effects. This is an ongoing three-year study that will run through the end of 2005. The families recruited in this study are also eligible to participate in other AD research, including the other projects presently occurring at the University of Washington AD Research Center. As in most scientific projects, participants will not see direct benefit to themselves. However, the long-term goal is a better understanding of AD that will eventually lead to improved treatment or even prevention.

For more information, contact Malia Rumbaugh by phone at 206-277-6645 or toll-free 800-821-7967, or by e-mail at [maliarum@u.washington.edu](mailto:maliarum@u.washington.edu). ●

*Reprinted by permission from Cheryl Dawes*

*"Raffle Winners" Continued from page 7*

### 3rd Place:

Luxurious Seattle Hotel Monaco package, two-night suite stay, with dinner at Sazerac.



*Fara Gold, 3rd place winner.*

## Becoming an Advocate for Alzheimer's Disease Issues

**Location:** Tukwila Community Center  
12424 42nd Avenue S.  
Tukwila, WA

**Date:** November 15th, 2004

**Time:** 1:00 p.m. to 4:00 p.m.

Pre registration is required. Register online at [www.alzwa.org](http://www.alzwa.org) or contact Diann Gilpin at [diann.gilpin@alz.org](mailto:diann.gilpin@alz.org) or (800) 848-7097.

This free three hour training session, sponsored by the Alzheimer's Association Western and Central Washington Chapter, will teach you how to become an effective advocate.

**Mike Splaine, Director of State Policy and Advocacy Programs,**

**from the Washington DC office of the Alzheimer's Association** will show how to work with the state and federal legislators and other public officials to promote programs, policies, and services for people living with Alzheimer's disease and their families and caregivers. Anyone who is interested in becoming more involved in public policy and advocacy activities is welcome to attend. ●

## A Case of Extreme Fundraising



Alex Meyer, a teenage son of a local family dealing with Alzheimer's disease has supported the Association since his mother, Betsy, was diagnosed three years ago. The difficulties of living with the disease has not dampened his young spirit, however, and Alex, also known as the Goat Boy, decided to use his position as an intern for a popular morning radio show on KMPS 94.1 to raise money for the Alzheimer's Association. The crew of Ichabod Caine were on hand to help with this fundraiser, which Alex decided was to take donations from people to shave his head. Alex went bald for the cause. His bold efforts brought in an amazing \$294.71 for the Chapter. This teaches us two things: that fundraising opportunities are everywhere, and the

price of a good haircut has gone up in this town. Thanks, Alex for your dedication to your family and the Alzheimer's Association. ●

## Savings for Seniors

The Mayor's Office for Senior Citizens this year offers a special new discount card for seniors. Called the "Gold" card, it is available for seniors over the age of 60 and gives discounts from various businesses, restaurants, theatres, and professional services in Seattle as listed in the Special Discounts Directory.

Such discounts include a 50% discount on obtaining a Seattle pet license, reduced fares on Amtrak, free entrance to the Woodland Park Zoo and the Seattle Aquarium, \$5 admission to Bumbershoot, and more.

For more information, contact the Helpline at the Alzheimer's Association at 1-800-848-7097 or call the Mayor's Office for Senior Citizens at 206-684-0500. ●



*On commitment:  
I am only one,  
But still I am one.  
I cannot do everything,  
But still I can do something.  
And because I cannot do everything  
I will not refuse to do  
The something that I can do.*

—Edward Everett Hale

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 July 1, 2003 and June 30th 2004.

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Jennie & Glen Cooney  
Gail Cornelius  
Fred Corning
- Gary R. Craig  
Jamie Criddle  
Donald Croley  
Lottie Cross  
Calvin Crow  
Jymmy Crowe  
Clyde & Beverly Dalrymple  
Clarence I. Daniel  
Joe & Tammy Daniels  
Jean Davenport  
Kathryn Davidson  
Jean Davis  
Thomas & Susan Davis  
Raymond Davoli  
Janice Dawson  
Hugh Degler  
Krissy Dennison  
Karla Deuel  
Paul Dickey  
Mary S. Dore  
Mark Dorris  
Devon Drake  
Michael & Cameron  
Drinkwater  
Ken & April Durland  
Robert & Gretchen Dwinell  
Suzanne Dwyer  
Emmett Early  
Sonja Liisa Ede  
Guy Feldman  
David & Barbara Ells  
Mr. & Mrs. Andrew Erickson  
Charlene Ernst  
Mr. & Mrs. John Evans  
Ronald Evans  
Evelyn & Sam Ewing  
Ed Falkner  
Mark Falstein & Family  
Mr. & Mrs. Charles E.  
Fancher  
Pamela Farr  
Judy Faulkner  
Betty Fisher  
Warren Fitzpatrick  
Lynn Flaherty-Magista &  
Ben Magista  
Frank Flores  
Deborah Folger  
Wendy & Alex Fordyce  
Fred Fox  
Karin P. France  
Lindy Friedlander  
David & Debbie Frost  
Neesa L. Galanti  
Alan Gammel &  
Sandra Jerke  
Suzanne Gardner  
Donald & Jane Gargas  
David Gauthier  
Lou & Klee Gerard  
John & Kim Gibbon  
Gregory Gibson  
Lynda Giddens  
Debbie & Mike Girias  
Anne Glasson  
Patricia & Robert Glein  
Sue Goodman  
Jim Gorman & Janet Smith  
David M. Gray  
Carol Green Massie  
Patsy Grizzle  
Jennie & David Groenig  
Mr. & Mrs. Donald D. Groom  
Robert & Charlene Grossman  
Eric Halvorson  
Judith & Keith Hamrick  
George, Tami, Dinny, Hunter  
& Hudson Hansen  
Jeanette Harding  
James Haultke  
C.E. & Wilma Harkins  
Dan Hart
- Fred & Kathryn Hartrick  
Raymond Harvey  
David Harwood  
Nina & Rage Hawley  
Jennifer Hedeem  
Laurie Heineman  
Carole Henderson  
Cathy Henderson  
Mr. & Mrs. Paul S. Heneghan  
Garry Hersey  
Lauren Hickel  
Linda & Gene Hicks  
Janet Higgins  
Barry Hill  
Carolyn Hitter  
Calvin Hoggard  
William Holliday &  
Susan Holliday  
Gayle Holm  
Ed Holmes  
Fred Horand  
Donald A. Houck  
Jim Howard  
Robert & Patricia Howell  
Molly Hudspeth  
Stephen & Diane Huettl  
Lawrence Hulst  
Keith & Gerda Lee Hunter  
Laurie Iaolucci  
Traci Ishino  
Geraldine Isitt  
Marc Islam  
Darlene Jacintho  
Charlene V. Jackson  
Ross Jacobson  
A.I. & Kathryn Janofsky  
Mark Jennings  
Gary & Marian Jezek  
Lee Way Jin & Bey-Ley Chen  
Lewis & Sonia Johnson  
Rebecca Johnson  
Richard Joneli & Family  
Kim Jones  
Mr. & Mrs. Larry Jones  
Luther & Dee Jonson  
Mr. G.W. Joost  
Betty Jordan  
Karen Joslin  
Robin Kagan  
Christopher Kain  
Christopher & Kathryn Kane  
William Kane  
George Kauffman  
Mike & Kathy Kauno  
Kevin Keen  
Patrick Kelly  
Roma & Harry Kempe  
Stuart & Catherine Kendall  
Mahesh & Geeta Keni  
Jane Kennedy  
Sandra J. Kennedy  
Holly S. Kennell  
Gary Kinder  
John & Sheelagh King  
Mary Kingston  
Victor & JoAnn Klee  
Barbara Klemka  
Judy L. Klingman  
Kari Kohlmeier  
Gary & Lisa Kotzen  
Carl M. Kramp  
Brenda Kurland &  
Mitchell Dornis  
David Kurlander  
David & Whitney Lane  
Nathan & Malia Larson  
Beverly Law  
Douglas Lee & Lyn  
Sullivan-Lee  
Rosemary Lehman  
Lora Lehner  
Herma & Griselda Lehrer
- Roberta Leigh  
Phyllis L. Lewis  
John Ley, Jr.  
Marty & Katharine  
Lindemann  
Patricia & Wilfrid Loeken  
Miles & Rebecca Logsdon  
Carol M. Loidhamer  
Gloria & Ted Lomax  
Pamela F. Love  
Janete Lucas  
Karen Lukas & Stuart Dunn  
Richard & Dorothee  
Lundgren  
Donald Lusk  
Thomas MacBride, Jr.  
Richard & Diane Main  
Janice & Iris Malmevik-  
Bryant  
Jessica Manning  
Robert & Pat Martin  
Ruby B. Martin  
Phyllis A. Mashburn  
Lewis & Jeannine Mason  
Carol Masters & Family  
Patricia Matteson  
Steve & Marcie Maxwell  
Kenneth May  
Patricia McCormick  
Gayle McElroy  
Keko McEown  
Dee McGinnis  
Audrey McKnight  
James & Nancy McMurrer  
Michelle & Joseph  
McNamara  
John Mercer  
Lois Merrick  
Michael & Roselyn Meyer  
Dennis Migchelbrink  
Carolyn & John Mikkellborg  
Alicia & Tedd Miller  
Jason Miller  
Kay Miller  
Sarah Minahan & Richard  
Bilheimer  
Pat & Peter Minden  
Maria E.V. Moerbeek  
Leslie Moldow  
Jane & Robert Monarch  
Sherrill & Eric Muller  
Danielle Mullian  
Patricia Mutton  
Daria Nacheff  
Susan Nattrass  
Brad Nelson  
Steven Nelson  
Peter Nicaastro  
Greg & Sharon Nickels  
David Norris & Mel Norris  
Lillian A. O'Neill  
Josh & Allison Oliphant  
Bruce Olson  
Paul & Lolita Opgrande  
Tomijo Orcutt  
Joan Ostendorff  
Thomas Ousdale  
Margaret N. Padelford  
Verle Parker  
Larry & Lucille Pasco  
Paula Pascoe  
Audrey Pedersen  
Mr. & Mrs. M. Jordan Perrine  
Michael & Jennifer Peters  
Michael & Jennifer Peters  
Carolyn A. Peterson  
David & Julie Peterson  
Eugene Peterson  
Margaret Pflipsen  
Dixie & Cliff Phillips  
Stacy & Garry Phillips  
Jennifer L. Pizzuto-Dunsing
- Stuart Porteous  
Pat Presson  
Bruce Prince  
Marika Rausa  
Richard & Linda Recob  
Bob Reinhard  
Matt Reinhard  
Russ Reinhard  
Mark & Christine Reis  
Joe & Barbara Renfro  
David & Michelle Renschler  
Linda Rethke  
Muriel Rettke  
William Rhodes  
Gary Rhoton  
Michael Richardson  
Bev Ricker  
Elizabeth Robbins  
Mr. & Mrs. Mick Roberts  
Peter H. Rohn  
Beth Rollinger  
Bryan M. Ross  
Julianne Rossiter  
Jerry & Michelle Rubin  
Mr. & Mrs. Gregory R. Rund  
Susan Sanchez  
Blake Thomas Sargent  
Patricia Savage  
Robert & Leslie Savage  
Paul Schaake  
Sue Scheide  
Wallace & Sherri Schielke  
Jon Schmidt  
Bradley J. Schmitz  
Mike & Alex Schmizu  
Sherry Schriver  
Robin Schroeder  
Scott & Deborah Schulte  
Loren Schultz  
Debbie Seelye  
Stephan & Wendy Sefcik  
Katherine Segura  
Beverly Sevcik  
Russell & Heidi Sheldon  
George & Ann Sherwin, Jr.  
Dawna M. Shimabukuro  
Patricia Sias  
Evonne Siguenza  
Mr. & Mrs. Mark Simmons  
John W. Sims, Jr.  
Frances Skarperud  
Jeanne & John Skow  
Agnes C. Smith  
Alan & Claire Smith  
Joe Smith  
Laura G. Smith  
Mr. & Mrs. Frank Soderling  
Molly A. Sohns  
William J. Solan, M.D.  
Karen Sorger  
Patty Spangler  
Lois A. Spearin  
Wayne Spesock  
John Spurrier  
Anne St. Germain  
Connie Standish  
Emil Stanislawski  
Karen Steckler  
Joshua Steele  
Betsy Strong  
Linda Sundstrom  
Viola Swartz  
Susan Swiatkiewicz  
Lauri Taft  
Wayne Tavis  
Evonne Tersisky  
Dorothy Thayer  
Jeff Thoele  
Ray & Barbara Thompson  
Neil & Pat Thorlakson  
Jeffrey & Merrie Tomlin  
John & Patricia Torode
- Ruth Tregidga  
Mr. W. Jeffrey Tucker  
Robert A. Turple  
Joseph & Linda Tyo, Jr.  
Claudette Varnado  
Edward Veit  
Judith D. Veit  
Sonia Siegel Vexler  
Christopher Villinger  
Maxine Voetberg  
Norma J. Walin  
Lloyd & Catherine Warmes  
Glen Warrick  
Albert Watenpaugh  
Susan Watkins  
Mr. & Mrs. Jeff Webber  
Neta Wenberg  
Kathie Werner  
Nancy Werner & Stewart  
Hopkins  
Steve Werner  
Karen Wescott  
Mr. & Mrs. Herbert Westfall  
Cynthia Whitaker  
Mary C. Whitaker  
Sherrian Whitaker  
Allan D. Whitcomb  
Herbert White  
Linda Whiteside  
R.E. Wiesner  
Stephen & Danese Wilhelm  
Larry & Judy Williams  
W.R. & Erna Williams  
Debi Wolla  
Mr. R. Wayne Wooten  
Damon Yockey  
Susie Mae Young  
Ruth M. Youngsman  
John Zevenbergen  
Susan Ziegman &  
Ann Ziegman  
Victor Zumburrunen  
Lucy Zybra

**Memorials  
\$100 and Above**

- Margaret Aiken**  
Chappelle Arnett  
**Al Akesson**  
Jeanne & Carolyn Braden  
Bill & Kathy Janes  
**Roland Leslie Albrecht**  
Roy & Ellen Stonecypher  
**Martha Allison**  
Tom Allison  
**James Anderson**  
Mari Moe Martin  
**Marion Andrews**  
Farmers New World Life  
MIS Dept.  
**Arthur Archer**  
Marvin, Sharon, Mike &  
Alice Hamm  
David Smith  
**Eldon Bahl**  
The Sally Reavell Family  
**Helen Barta**  
Bonnie & Jack Barthel  
**Mr. Batista**  
Robert Knapp  
Kelly, Bea, Larry, Mario,  
Bill, & Tony  
**Doris Beach**  
Katherine O'Neill  
**Claremont Berg**  
The Claremont Berg  
Family

**Matilda Berger**

Donna Kovalenko

**Alice Biskeborn**

James & Joyce Lofland  
& Family

**David Blakeney**

Theresa Blakeney

**Billie Bleiler**

Norma & Allen Carlton

**Bruce Bloomer**

Lynn Flaherty-Magista  
Ben Magista

**Raymond Blumm**

Foss Maritime Company  
SaltChuk Resources, Inc.

**Jack Bollen**

Helen Bollen

**Bill Brashler**

Sharon Billesbach

**Ralph Brink**

Mr. & Mrs. Donald R. Brink

**Margaret Brown**

Mr. & Mrs. Robert Smale

**Jeanne Bumgarner**

Dick & Lynn Bumgarner

**Selden Burchenal**

Donald & Elaine Lueck

**Cecil Buse**

Rosemary Buse  
Charles & Bernita Smith

**Donald Bussell**

Dorothy Galliano

**Margaret Cahoon**

Nicole Manning

**Nellie Camillane**

Marilyn McGuire

**Kenley Carlson**

Fred & Betty Squire

**Eileen Casey**

Dream of a Lifetime

**Glenn Casey**

Seattle's Convention

**June Cockrill**

Pring Corporation  
Gary Savage

**Opal Conner**

Richard Derham

**Wallace Cordell**

Grays Harbor Community  
Hospital OB Dept.

**Phillis Cranney**

Mr. & Mrs. Rick Mitchell

**Doris Cronk**

Inge-Glass USA

**Charles Cunningham**

Marian Cunningham  
Christine Horner

Mary Jones  
Kenneth Tallquist

**Katherine Daffron**

Carol Benton

**Erma Debar Appel**

Robert & Shirley Bennett

**Gilbert Dell**

Tom Gordon  
Glenn, Bob & Bill

**Alma Duffy**

Microsoft Corp. Marketing  
Grp.

Mark & Amy Voigts

**Robert Ennis**

Mr. & Mrs. Harold  
Daubenspeck

Judd & Barbara Kirk

**Ethel Ezell**

Don & Ginger Alexander  
Cletis Dietz

Kathleen Nakanishi

**George Fisher**

Betty Fisher

**Irene Frazier**

Judy & Jim Reed

**Lura Freeman**

Lewis & Nancy Berry

**Ernest Frieze**

Stephanie & Stuart Feldt

**David Fromow**

Mobility Services  
International

**Harold & Virginia Frost**

David & Debbie Frost

**Irma Fry**

Robert W. Fry

**Joe Gates**

Early Irons Northwest

**Harriet Gillet**

Alicia & Tedd Miller

**Victor Gilman**

Patsy Grizzle

Leonard

**Ervin Graves**

Robert & Shirley Bennett

**Glenn Grefsrud**

Pearl Riddle

**Clarice Grefthen**

Bruce & Elizabeth Severeid

**Madelyn Groff**

ILWU Local 98

**Evelyn Grosfield**

Allison Grosfield

**William Grubb**

Ray & Shirley Zipp

**Elaine Gunther**

Friends & co-workers at  
The Boeing Company

**Betty Hager**

Fran Zickes

**Carol Wiley Hall**

Federal Motor Carrier  
Safety Admin.

**Hilda Hall**

Ron & Monica Hall  
Gordon Hall

Gail & Dan Lenoue

**Charles Hall**

Mr. & Mrs. W. Rodenhurst

**Yulanda Handschin**

Lori Handschin

**Mary Anne Hartinger**

Dawn Clark

**Robert Harwell**

Michael & Martha Kahn  
Jack & Sheri Skidmore

The Nelson, Kimbrel,  
Swanson, &

True Families

**Rosemary Hemphill**

The Printz Family

**Robert Henderson**

Susan Gressett

**Mabel Inez Hensley**

David Powell  
Pamela & Boyd Powers

**George Herbert**

Gloria Herbert

**Wendall Hill**

Bob & Margot Webb

**Dorothea Hiltenbrand**

Joseph Desimone

**Carl Holzboog**

Dale & Marie Holzboog

**Mary Hosley**

Michael & Martha Galvin

**Francis Houck**

Donald A. Houck  
Donald Lusk

**Loren Hoyt**

Pamela McElmeel  
Liz, Mary, Jan, Robin  
& Margaret

**Hester Hughes**

Christopher & Kathleen  
Hartman

**Mrs. Iacopini**

Linda Wood

**Donalda Jacobson**

Kathleen Callahan

**Oscar Johnson**

ITOCHU Canada  
Canada Ltd.

ITOCHU Corp.

Larson Gross PLLC

Master Marine Services  
Inc.

Amanda & Jonathan  
McKinstry

Yoshikazo & Sadako  
Nishikawa

Pacific Woodtech

Skagit State Bank

**Alice Johnson**

Terry Owen

**Jessie Johnston**

Mr. & Mrs. Mark Smith

**Maurice Jones**

W. Mitchell & Marsha  
Cogdill

**Norman Jones**

Dave & Sharon DeLano

**J. Michael Jones**

Gary & Sharon Price

**Barbara Jordan**

Peggy Fink  
Kathryn MacArthur  
Stephen & Jo Saunders

**Katie Kane**

Mr. & Mrs. Richard  
Bauman

Erin Branson

Christopher & Kathryn  
Kane

William Kane  
John & Sheelagh King

**Nellie Kennedy**

Washington Federal  
Savings

**Leon Kent**

Bart & Kate Kent

**George Lagerquist**

Marilyn Mourer

**D.W. Langdon**

Palisades at Dash Point

**Betty Lathrop**

Gerry & Kristi Williams  
Otto Keith Williams

Paula Williams

**Elsie Lee Scaggs**

The Scaggs Family

**Adelle Leonard**

Jim Bauman & Family

**Don Lindgren**

Robert & Kathryn Bunn  
Harold E. LeMay

Enterprises

**Aunt Lois**

Verna & Anora Mortensen

**Dixon Long**

Mr. Glenn Anderson

**Joyce Lord**

US Environmental  
Protection Agency

**Leo & Dixie Lowe**

Michael & Jennifer Peters

**Rose Macaluso**

Rocky & Steve Henriksen  
Patricia Klos

**Anita Madden**

Elaine, Greg & Jeff Spies

**Donald Mahler**

MacDonald, Hoague &  
Bayless

**Katherine Mansperger**

Olivia & Marinell Iliuc

**Rosalia Martoia**

Macdonald Building Co.,  
LLC

**Nate Maudlin**

James & Constance Harris  
Marcia Hild

Rob & Tracy Hild

**Doris McInnis**

Shirley McAllister

**Tom McLaughlin**

Michael & Marjorie  
Alhadeff

**James Meditch**

Joan Waldo

**Margaret Mendoza**

Judith D'Angelo Harfield

**Betty Mill**

Kermit E. Brenden  
Margaret Koepp

**Margorie Miller**

Arlington Elementary  
School

**Betty Lou Mitchell**

Janet Signs

**Marsha Spreier's**

**Mother**

Highline School District  
Education & Admin Ctr.

**Everett Mundt**

Phillip E. Mundt

**Karen Nagle**

Peter & Frances Crosby

**Mary McGuire**

Marilyn J. McGuire

**Beulah Nelsen**

Mildred & Wesley  
Faulkner

**Mary Nelson**

Allenmore Psychological  
Associates

**Gene Noltimier**

Ruth Robinson

**Marian Nordlund**

Keith & Gerda Lee Hunter  
Ruth Smith

**Evelyn Oakland**

Court of Seattle Org

**Yukiko Ohara**

Kathleen S. Nakata

**Martha Olson**

Valley Fruit III, LLC

**Alice Ouellette**

Norm & Chris Ouellette  
Starbucks Coffee Company

**Isom Roy Owens**

Ruth Owens

**Daisy Pearson**

Lynn Corsetti

**Claude Pennington**

Steve & Laurel Samuelson

**Pearl Pesce**

Ruth Tregidga

**Ernest Peterson**

Clarence Peterson

**Edith Pinter**

Margaret Uprichard

**Reta Plowman**

Greg & Ronna Jane Bell

**Donald Plumb**

Dorothy Galliano

**Evelyn Pollock**

Dick & Ruth Yackey

**Wanda Poole**

Ms. Pat Smith

**Lawrence Porad**

John L. Hollstein  
Jack, Louise & Bo

**Barbara Ramsey**

Robert & Gail Johnston

**Linda Ramstedt**

**Fred Wilson**  
The Knossos Foundation  
**Donald Ross Wilson**  
Ann Mayne  
**Donald Wilson**  
David & Frances Stuckey  
**Donna Wright**  
Charles & Roberta  
Lachenmyer  
**Robert Wylie**  
Clarence & Elaine Wilde  
**Thelma Zumbrunnen**  
Victor Zumbrunnen

**Tributes  
\$100 and Above**

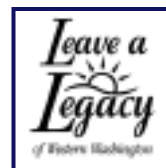
**Rick & Nancy Alvord**  
Tiffany & Company  
**Bruce Bloomer**  
Kody Janney  
Sofie Janney-Roberts  
**Norma Crampton & Bob Bergquist**  
Mark & Eileen Wesley  
**Eunice & Harold Brezicha**  
Myra & Carl Wittenberg  
**Julia Brophy**  
Judith Stoloff  
**Kathy & Candy**  
Jim Gunn  
**Manor Care**  
Precision Aerospace  
**All Caregivers**  
Audrey & Dieter Ebeling  
**John Carkin**  
Julie Carkin  
Charles Carter  
Carol Green Massie  
Judith & Keith Hamrick  
Eugene Peterson  
**The Gillet Family**  
Mr. & Mrs. Richard Gillet  
**Barbara Green**  
Dr. Donna Massoth  
**Mr. & Mrs. John Ignoffo Jr.**  
Ronald & Alison Ruebusch  
**Wendy Keller**  
RealNetworks Foundation  
**Betsy Meyer**  
Esther Colby  
**Mary O'Brien**  
Dick O'Brien  
**Mary Edith Pasley**  
John R. Pasley  
**Emily Puffer**  
Lash F. & Guila D. Turville  
**Connie Reed**  
Bon-Macy's  
**Sam Snoddy**  
Dayle-Ann Johnson  
**Donna Tonkin**  
Jack Tonkin  
**Mark Wesley**  
Bernee & Mark Strom  
**Dorothy Wilhelm**  
University Place  
Presbyterian Church

## Top Ten Things You Can Do To Leave A Legacy To Alzheimer's Association

1. Prepare a will. A will or estate plan is an essential piece of family business, yet 60% of Americans die without one! Without a formalized legal plan, an anonymous administrator may distribute your funds and belongings, unaware of your intentions and wishes, or special family needs. This could impose additional expense and stress on family members who survive you.
2. Leave a gift in your will to Western and Central Washington State Chapter of the Alzheimer's Disease and Related Disorders Association (Alzheimer's Association). You are among the generous Americans (70%) who make annual gifts to your favorite charities. Yet, less than 8 % of Americans have included bequests or other charitable gifts in their estate plan. Imagine how many more families would gain the security of a stable, affordable house or apartment, with your legacy gift to **Alzheimer's Association!**
3. Leave a specific dollar amount or a percentage of the assets in your will to **Alzheimer's Association**. If you have already prepared your will, simply add a *codicil* (amendment) to specify a gift. Share this with your professional counsel:  
  
"I give, devise and bequeath (insert amount of gift, percentage of estate or residuary of estate) to the Western and Central Washington State Chapter of the Alzheimer's Disease and Related Disorders Association (Alzheimer's Association), with offices located at: 12721 30th Ave NE, Suite 101, Seattle, WA 98125."
4. Consider using specific assets for your charitable gift to **Alzheimer's Association**. These include, but aren't limited to, stocks, bonds, certificates of deposit, real estate, art and jewelry. Such gifts may even provide tax savings.

5. Name **Alzheimer's Association** as a beneficiary of your pension plan, IRA, or 401K-retirement plan. Doing so can avoid estate and income taxes (up to 70%) that might otherwise be due on your plan.
6. Name **Alzheimer's Association** as the owner and/or beneficiary of a new or existing life insurance policy. Inquire about the ways that your charitable gift to **Alzheimer's Association** can also provide an income for you or a family member.
7. Call **Alzheimer's Association** Helen Payton at 206-363-5500 to learn about special funds or projects you can support with your legacy gift.
8. Remember loved ones with memorial gifts to **Alzheimer's Association**.
9. Encourage family and friends to leave gifts to **Alzheimer's Association** and other charities in their wills.
10. Ask your attorney and financial advisor to include charitable giving as part of their counsel to clients. Make a difference in the lives that follow. Take care of your family and **Alzheimer's Association** by organizing your will and making a "gift to the future"!

*Very Important: Be sure to give Alzheimer's Association's legal name—"Western and Central Washington State Chapter of the Alzheimer's Disease and Related Disorders Association," Seattle, WA to your attorney or financial advisor.*



**Thank You!**

Western and Central  
Washington State Chapter  
12721 30th Avenue NE, Suite 101  
Seattle, WA 98125

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We are fighting on your behalf 24/7  
to give everyone a reason to hope.

[www.alzwa.org](http://www.alzwa.org)  
800 848 7097

Return Services Requested

## **24/7 HELPLINE**

Remember that we're here for you 24/7  
when you have a question or a need for  
information.

Call us at 206-363-5500 or 1-800-848-7097.

Or, visit us online at **[www.alzwa.org](http://www.alzwa.org)**.  
Just click on Helpline On-Line under  
Information to send an email message  
to Helpline.