



## Specialized exercise program helps persons with dementia

By Doug Harkness, ElderHealth Northwest

Occupational therapist Diane Kaczmarcyk raises her weighted arm and calls out the number of the repetition. “Six!” she says. Frederick raises his arm to sync with hers and answers, “Nine!” Diane chuckles and says, “Oh, you’re just trying to throw me off!” Without missing a beat she’s on to the next repetition. “Seven!” she says.

Diane’s pretty sure Frederick pushed the count ahead in a playful moment, but she can’t be positive because he sometimes has trouble staying on task. Frederick is participating in a specialized exercise program for persons with Alzheimer’s and other dementias.

Clinical studies increasingly report the importance of exercise for healthy aging. Dr. Rebecca Logsdon, a research

professor at the UW School of Nursing, says “Research with older adults has demonstrated that regular physical activity increases strength and stamina, improves mood, and helps maintain mobility and function.”

But what happens when physical activity is difficult to initiate or maintain? A spouse, adult child, or other in-home caregiver has quite a list of tasks to ensure the health and safety of a person with dementia. Even if exercise makes it on to the to-do list, it can be difficult to develop and stick with a safe and beneficial workout routine.

What about group exercise programs? Dr. Logsdon notes, “Individuals with cognitive impairment require special

### Memory care and wellness

The following Adult Day Programs are offering EnhanceFitness for individuals who have dementia as a part of the *Memory Care and Wellness Program*.

#### King County, Seattle

ElderHealth Northwest  
(206) 528-5315

#### Whatcom County, Bellingham

St. Joseph Adult Day  
Health Program  
(360) 715-6410  
Contact: Erika Chrichton or  
Mary Lynn Palmer

#### Skagit County, Burlington

Skagit Adult Day Care  
(360) 755-1235  
Contact: Liz Stoddart

support to participate in exercise programs.”

That extra support is now offered in some adult day centers through Washington’s Dementia Partnerships Project. The partnership has incorporated EnhanceFitness—an award-winning, nationally-recognized program for older adults—into participating adult day centers in several counties.

EnhanceFitness was developed by experts on older adult fitness. The program trains professionals to lead workouts which focus on a special blend of strength training, cardio conditioning, flexibility and balance. Elisabeth Lindley, Alzheimer’s Program

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## Executive Director's message



Nancy J. Dapper, Executive Director

Thank you to the many volunteers, sponsors, and walkers who all helped to make Memory Walk 2007 bigger and better than ever. Among the several major events we do each year, Memory Walk provides visible evidence of the growing support we enjoy from the community. If you live or work in King County, I hope you saw the Metro bus banners promoting Memory Walk; the gold and purple colors were hard to miss. A very special thanks to our friends at Aegis Living for underwriting this publicity.

This issue of the newsletter will present some interesting information about the latest studies concerning fitness and exercise and the connection to cognitive decline as one ages. A growing body of evidence seems to suggest that the mind-body connection may well play a role in the development of dementia. You may have seen a new report of a study that suggests personality traits may also influence the development of dementia. Researchers at the ongoing Religious Orders Study at Chicago's Rush

University Medical Center recently published some results in the *Archives of General Psychiatry* to suggest that people who identify themselves as being disciplined and goal driven achievers may have a lower risk of developing Alzheimer's disease. Perhaps it is evidence that goal achievers are more devoted to healthy lifestyles with respect to diet and exercise. But it does raise an interesting aspect to the whole discussion about healthy living.

Frankly, we have been cautious on the subject of lifestyle. But, as more evidence mounts that lifestyle choices may affect development of dementia later in life, we want our readers to have this information. At the same time, we know that there are people who did follow healthy lifestyles—they exercised, ate healthy foods, learned new things, were goal driven—and they still developed Alzheimer's disease. I guess it just illustrates the point that, although we have made great progress in understanding this disease, the fact remains that there is still much to learn. ●

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Nancy J. Dapper, Patricia Hunter, and Helen Payton

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All material in this newsletter 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.

## Stop and smell the roses

By Jane Tornatore, Ph.D.

We all know that physical activity is good for our bodies. It is also one of the best things we can do for our brains. Regular physical activity reduces risk of dementia and decline by 30-50%. Physical activity is also associated with fewer behavior problems in persons who have dementia. Exercising at a moderate intensity (such as brisk walking) for 30+ minutes a day (for at least 10 minutes at a time), 5+ days a week is ideal, though any exercise at all is helpful.

Studies are showing the importance of exercising our brain. It is important to stimulate the mind of a person with memory problems. Stimulating our senses activates different parts of the brain. Below are some ideas for using our senses in our daily lives for both the person with memory problems and someone with no memory problems. As always, if an activity is frustrating to the person with memory problems, stop and try it again later to see if they respond differently.

- Smell is the most powerful way to evoke memories. Hold an aroma under your nose and say what association or memory comes to mind.
- Put things like cloves, cinnamon, or vanilla extract in a cup with foil punched with holes and guess what the smell is.
- Try a food that is new to you. Believe it or not, that helps stimulate the brain.
- Put a bunch of coins in a cup. Without looking, pick one and guess what type of coin it is. To exercise your brain even more, use your non-dominant hand.

## Additional brain game resources

These books and websites have additional information on the mind body connection, stimulating the senses, physical activity and exercising the brain.

### “Keep Your Brain Alive”

by Lawrence Katz & Manning Rubin

### The Franklin Institute Online

<http://www.fi.edu/learn/brain/exercise.html>

Puzzles, activities and games to exercise the brain.

### “The Surprising Links between Physical Activity, Brain Health, and Healthy Aging”

by David Buchner, MD, MPH.  
<http://depts.washington.edu/adrcweb/forum2007.shtml>  
Downloadable presentation.

### <http://agelessdesign.com>

Click on the library for interesting activities and memory enhancement articles and tips.

- Art activates the non-verbal and emotional parts of our brain. Draw or paint something associated with a specific theme, like family or spring.
  - Share a meal and use only visual cues to communicate. No talking.
- Combine two senses:
- Listen to music and smell flowers or some other pleasant scent.
  - Listen to the rain and tap your fingers.

## Specialized exercise

*Continued from page 1*

Coordinator at ElderHealth Northwest's South Seattle adult day health center, is trained in EnhanceFitness. Elisabeth says, “An EnhanceFitness program at a senior center might have 20 people in the class, but here there’s one staff member for every four participants.” A class of eight has two teachers: one to lead the exercises and another to monitor the group and provide one-on-one support. A person with dementia can have trouble responding to auditory cues, but often the lightest touch can help the participant start an exercise movement.

The instructors watch the participants closely, monitoring them for pain or shortness of breath, which might be expressed in a grimace or pursed lips. They also make sure they get needed rest and water breaks.

In an adult day health environment, EnhanceFitness participants benefit from the expertise of the clinical team. Diane might use her OT skills during the walking portion of EnhanceFitness, examining a participant’s gait and use of adaptive equipment. Nurses provide close monitoring, and may recommend a doctor’s appointment. “Caregivers sometimes assume that all changes are part of the Alzheimer’s disease process,” Diane says, “so we stay on alert for symptoms and behaviors that might not be dementia-related and need further investigation.”

“Mostly,” Diane concludes, “we’re trying to have fun. Our goal is to keep the experience positive. It seems to be working, because they really look forward to exercise now!” ●

## Alzheimer's research: the mind and body connect

By Eric B. Larson, MD, MPH, *Executive Director Group Health Center for Health Studies*

Alzheimer's disease and related dementias are becoming some of the most important problems facing older people, their families, and most societies worldwide. A healthy lifestyle has long been advocated to promote better heart health. Recent research has begun to explore the connection between lifestyles and brain health. We're discovering that lifestyle factors from adolescence through old age can affect brain health (the rate of cognitive decline), as well as risk of Alzheimer's disease and age-related dementias. We're not sure how potent these effects are, but even if they're modest, they could have substantial public health impact. They also provide a beginning roadmap for those interested in "maintaining the brain."

For example, landmark studies on age-related changes (the Seattle Longitudinal Aging Study and MacArthur Foundation Network on Successful Aging) have shown that education is protective. They also reveal that an "engaged lifestyle" of cognitively stimulating leisure activities are linked with higher levels of function as we age.

Growing research also suggests that a healthy body and a healthy mind go together. A recent summary of fitness studies, for instance, calls for "cautious optimism" that age-related changes in thinking and underlying brain function can be modified with regular physical activity. Another review looking at longitudinal studies of cognition, Alzheimer's disease and dementia found a favorable association for physical activity, mental activity and social network.



Our team at Group Health Cooperative and the University of Washington recently published some of the most convincing associations between physical activity and dementia and Alzheimer's disease. Among nearly 1,800 people over age 65 who initially were rated in the upper three-quarters of cognitive function, we found that the age-specific incidence of dementias was 13.0 per thousand person years for those exercising three or more times per week. This compares to 19.7 per thousand person years in those exercising less than three times per week. That's about a 38 percent reduction in risk over about six years.

Our research also showed a close relationship between physical function and cognitive function in people without dementia. People with poor

physical function were at higher risk of dementia and Alzheimer's disease. These findings show that decline in physical function may precede onset of dementia and Alzheimer's disease and that higher levels of physical function may be associated with delayed onset, thus explaining the link between physical exercise and reduced risk of dementia.

Other research suggests that although the absolute numbers of people with dementia is increasing due to aging of the population, the rate (number per thousand people at various ages) of developing dementia in the US has decreased since 1982. Higher levels of education among the oldest old, better treatment and control of risk factors for heart disease and stroke, and better health care and well being in general may explain these declines.

All told, simple changes in lifestyle and environment may be making a difference. No one has consciously promoted these changes for brain health as we age; they appeared naturally. And rather than supporting notions of a mind-body dichotomy, current thinking is that body and mind are intrinsically linked, especially in age-related health. Perhaps nowhere is that link more important than in preserving cognitive function and possibly reducing the risk and delaying the onset of Alzheimer's disease. ●

## Alzheimer's and Dementia: a forum for caregivers

Wednesday, November 7  
10:00 a.m. to 11:30 a.m.

Wesley Homes, the Terrace  
Auditorium

816 So. 216th St.

Des Moines, WA 98198

**Presenter:** Eric Larson, MD, MPH, Executive Director of the Group Health Center for Health Studies and a nationally known expert on Alzheimer's will help participants to learn how to recognize early signs of dementia, the most recent findings about disease progression, impact of physical activity and progression and the latest information on disease treatment after the diagnosis. Free.

Call the Group Health  
Resource Line at  
(206) 326-2800 or email  
resource.l@ghc.org

Sponsored by Group Health Cooperative's Burien Medical Center Council and the Burien chapter of the Senior Caucus. Community Partners: Alzheimer's Association, City of Burien, Wesley Homes and Group Health.



## Save the Date

The Washington State Convention Center  
Seattle, Washington

April 4, 2008

This is an all day conference for health and long-term care personnel, family caregivers, policy makers and leaders, and individuals with memory loss. The conference will begin with two dynamic and informative keynote presentations. We will also recognize a special group of long-term care professionals from our region. Throughout the day conference participants can visit our exhibitors section which will include an array of local and national business, services and products. Back by popular demand, we will hold pre-conference intensives on April 3 geared toward the advanced clinician or long-term care professional.

Registration information, pre-conference details and conference brochures will be released in January 2008. If you would like to be placed on the mailing list please send an email message to [Julie.shatzer@alz.org](mailto:Julie.shatzer@alz.org) or contact the education line by calling 1 (800) 848-7097 or (206) 363-5500, extension 226.

CEUs will be applied for social work, guardians, nursing home administrators and activities professionals.

Certificates of attendance will be provided for all attendees. ●

## Fact or fiction: Do antiperspirants cause dementia?



Could the aluminum-based compounds that inhibit sweating cause Alzheimer's disease?

In 40 years, no study has clearly linked Alzheimer's and aluminum, the third most common element after oxygen and silicon. Daily exposure to trace amounts of aluminum in deodorants, cookware, beverage cans or over-the-counter medicines such as antacids and buffered aspirin accounts for only a small percentage of the average person's intake. At this level, most mainstream scientists believe that exposure to aluminum is not a significant risk factor.

The theory that antiperspirants could cause Alzheimer's disease is a long-time myth, William Thies, Alzheimer's

Association vice president of medical and scientific relations, told Scientific American. "Alzheimer brains shrink," he says. "As your brain shrinks, the concentration of aluminum in your brain is going to appear high."

For more facts about Alzheimer's disease, contact the Alzheimer's Association at 1 (800) 272-3900 or visit [www.alz.org](http://www.alz.org). ●

## Depression—a whole-person challenge

By Kamilia Dunsky, MA



According to the National Mental Health Association, 58% of older adults believe that depression is a normal part of aging. This inaccurate belief may keep them from seeking needed help. For caregivers who struggle with fatigue, depressed moods, or feeling overwhelmed, the thought may arise, “I shouldn’t feel like this. My loved one has it worse.” Yet we know that the chronic stress associated with caring for a loved one provides fertile ground for depression.

Depression affects our body, mind and emotions, and it really doesn’t matter where it first starts. Our thinking affects our moods, and vice versa. What we think about our problems affects how well we will cope with them. Conversely, how well we cope with our problems has an impact upon our stress level, mood, self-esteem and sense of self-efficacy, or control over our lives.

Chronic stress, fatigue, feelings of helplessness or hopelessness, pessimistic ways of interpreting life’s losses and defeats—all these feed and mutually

reinforce one another. For example, if you are experiencing sleep disturbances (and this could be caused by chronic worrying or by the need to monitor your loved one at night), sleep deprivation from any cause may leave you feeling overwhelmed, struggling to get things done or perhaps feeling guilty that things aren’t getting done. This, in turn, may lead to feelings of resentment towards your situation or even your loved one who has Alzheimer’s. All of these feelings are normal in caregiving. The important thing is not to get stuck in the negative feelings or act them out. Good self care—including identifying and treating depression—helps us to avoid this outcome.

The U.S. Preventive Services Task Force has recommended that all adults be screened for depression because of the risk it poses to our health and quality of life. If you experience symptoms of depression, talk to your doctor or a mental health specialist. There is nothing to lose—and everything to gain. ●

**Volunteer and employment opportunities available: go to our website at [www.alzwa.org](http://www.alzwa.org)**

### Get help for depression

#### Snohomish County

Senior Services of Snohomish County offers a unique program that provides outreach, education, and assistance to Snohomish County residents age 60 and older who may be at risk for depression. Available services may include short-term follow-up counseling, in-home or at our program office. Services are free of charge. Phone (425) 290-1252 or toll-free (800) 422-2024 or visit Snohomish Senior Services’ website at [www.sssc.org](http://www.sssc.org).

Depression Screen programs and counseling services are available in most areas. Call the Alzheimer’s Association at (800) 848-7097 or dial 2.1.1. to be connected to a mental health professional in your area.

#### Common Signs and Symptoms of Depression:

- Sadness
- Loss of enjoyment from things that were once pleasurable
- Loss of energy
- Feelings of hopelessness or worthlessness
- Difficulty concentrating
- Difficulty making decisions
- Insomnia or excessive sleep
- Stomachache and digestive problems
- Sexual problems (for example, decreased sex drive)
- Aches and pains (such as recurrent headaches)
- A change in appetite causing weight loss or gain
- Thoughts of death or suicide
- Attempting suicide

## Check the code

### Attention Government Employees



Just like a postal zip code directs mail to the post office that delivers your mail, the world's largest workplace giving campaign, the Combined Federal Campaign, uses charity codes to

route contributions from the paychecks of government employees to the charities they choose to give to. In 2007, **every** charity received a new code. The new code for the Alzheimer's Association is **69135**. Regardless of what you see or read, the Alzheimer's Association encourages you to check the codes in the CFC Brochure to ensure you are using the correct code for the Alzheimer's Association when you are completing your pledge form for the 2007 campaign.

The Alzheimer's Association, along with 49 of America's premier health charities, partners together with Community

Health Charities to bring the best health charities to the Combined Federal Campaign.

When making contributions during the 2007 CFC, Alzheimer's Association encourages you to pay careful attention to the figure noted for an organization's Administrative and Fund Raising ratio (AFR).

The Alzheimer's Association adheres to industry standards put forth for non profits by the Better Business Bureau. In accordance with Community Health Charities membership standards, member charities spend no more than **\$.25** of every dollar raised on overhead.

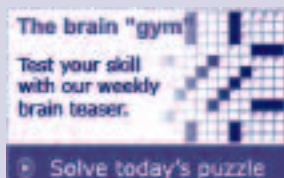


The Alzheimer's Association meets the 20 Standards of Charity Accountability as defined by the BBB Wise Giving Alliance. Visit [www.give.org](http://www.give.org) to view the report for the Alzheimer's Association. ●

## Keep your brain active every day

- Stay curious and involved—commit to lifelong learning
- Read, write, work crossword or other puzzles
- Attend lectures and plays
- Enroll in courses at your local adult education center, community college or other community group
- Play games
- Garden
- Try memory exercises

### Crossword puzzles are a fun way to stimulate your brain.



People who sign up for the Association's e-mail updates receive a new electronic puzzle weekly.

The puzzles can be accessed via [alz.org](http://alz.org)'s brain health section at: [http://alz.org/we\\_can\\_help\\_stay\\_mentally\\_active.asp](http://alz.org/we_can_help_stay_mentally_active.asp)

## Curry chemical may clear Alzheimer plaques

Researchers at the University of California, Los Angeles/Greater Los Angeles Veterans Affairs Medical Center have isolated an ingredient in curcumin that may help the immune system clear beta-amyloid, which forms the plaques found in the Alzheimer brain. Curcumin is a natural substance found in turmeric root, frequently used in Indian curries.

In testing blood samples of people with Alzheimer's disease, researchers also identified the immune genes associated with this activity. The study provides insight into the role of the immune system in Alzheimer's disease and points to a new treatment approach focusing on the immune system.

"This is not an area in which we were looking with these spices," Sam Gandy, chairman of the Alzheimer's Association Medical and Scientific Advisory Council, said. "It points us in a different direction that may help us unravel the way Alzheimer's disease affects us." ●

## Alzheimer's Association event and training calendar

The Western and Central Washington State Chapter sponsors or participates in a variety of events and activities held in our region. Workshops for family caregivers and professional caregivers are offered monthly, as well as special events such as Alzheimer's research forums, health fairs, awareness and fundraising events. The Events Calendar is updated weekly.

To view the calendar go to [www.alzwa.org](http://www.alzwa.org), click on events calendar and select the desired date range to view upcoming events and trainings. If you don't have access to the internet, feel free to call our HELPLINE. Our specialists are more than happy to assist you. Call (206) 363-5500 or 1 (800) 848-7097. ●

### Upcoming Events

#### Activity Based Alzheimer's Care: Building a Therapeutic Activity Program

##### *What is ABAC?*

Activity Based Alzheimer's Care (ABAC) suggests that activities are the foundation of care. Each event, encounter or exchange is an activity. The scope of activities includes every interaction with staff, volunteers, relatives and other individuals, not only scheduled events provided by activity staff.

##### *Who should attend?*

Administrators, Dementia Care Leaders and Activity Professionals working with individuals experiencing dementia in any setting and at any stage. If you have a basic understanding of dementia and are responsible for activity programming, design, or care planning, then this is the class for you.

##### **Date:**

November 2, 2007

##### **Time:**

9-4:30 pm

##### **Location:**

Southwest Washington Medical Center  
Health Education Center, Auditorium B  
600 NE 92nd Avenue  
Vancouver, WA

##### **Cost:**

\$100 per person including a box lunch.  
*Register in advance. Space is limited.*  
1 (800) 848-7097, ext. 226 or online at:  
[www.alzwa.org](http://www.alzwa.org)



#### Advanced trainings for adult family home, assisted living, nursing home, adult day care and home care workers

The Keys to Communication and The Keys to Difficult Symptoms are part of an advanced professional training program developed from the evidence-based Quality Dementia Care Practice

Recommendations by the National Alzheimer's Association. If you are experiencing agitation and/or resistance then this is the class for you. Participants will learn how changes in the brain contribute to different behaviors and communication limitations. Using interactive hands-on techniques, we will practice ways to improve communication and model problem-solving behaviors. Three Continuing Education Hours will be offered. This workshop provides practical skills and is interactive. If you have the basics down and want to advance your skills, this class is for you.

##### **Dates and Locations:**

Seattle	November 1
Bellingham	November 16
Mount Vernon	November 27

##### **Location:**

Alzheimer's Association 12721 30th Ave NE  
Seattle, WA 98125

##### **Cost:**

\$31.58 per person (\$29 + sales tax). Certificate provided.  
*You must pre-register to attend.*  
Please call 1 (800) 848-7097, ext. 226 or 225

## Tasteful Evening

Save the date! June 12, 2008 will be the 4th annual chefs' dinner, *Tasteful Evening*, at the Bell Harbor International Conference Center. *Tasteful Evening* is hosted by the Young Professionals committee of the Alzheimer's Association. The committee is made up of men and women in their 20's, 30's, and 40's who have been affected by Alzheimer's and are dedicated to ending the disease. Co-chairs this season will be Connie Parsons, Nathan Larson and Lauren Davidson. The chefs look forward to participating in the event, which is comprised of a cocktail and hors d'oeuvres hour followed by a separate five-course dinner, paired with local wines. The chefs prepare most of their menu right in front of their guests, and do the serving as well. Returning chefs and restaurants so far include: Nick Musser of Icon Grill, Jason McClure of Sazerac, Mark Randolph of Palisade, Dani Amato of Amato Catering, Sabrina Tinsley of La Spiga, Michael Bruno of Tango, and Qube Restaurant. Tickets will be available in spring 2008. If you would like to be added to the invitation list or are interested in serving on the *Tasteful Evening* committee, please contact Jenny Daniels Freese or Jacqueline Gomes at the Chapter office. ●

## Birdie Blue: 22nd annual Alzheimer's Association meeting

Cheryl West, playwright, has written a moving play about a wife and her husband struggling with Alzheimer's. The Seattle Repertory Theatre and the Alzheimer's Association, Western and Central Washington State Chapter, have joined forces to present Birdie Blue to you this fall. On November 14th, 2007, the Chapter will hold its 22nd Annual Meeting followed by the premier of Birdie Blue. The event will be a joint fundraiser for the Seattle Rep and the Alzheimer's Association. Tickets to the tiered event will be for sale later this fall in the following categories: VIP cocktail reception and pre-screening discussion, followed by the play, \$150; cocktail reception, discussion and play, \$75; Play only, \$35. We hope that you'll join us for this special event. Please visit our website at [www.alzwa.org](http://www.alzwa.org) for more information or call Helen Payton at (206) 363-5500, extension 239.

## Third party fund/friend raisers

The Alzheimer's Association is fortunate to have the focus and dedication of fundraisers across the state. This fall we are the recipients of donations from My Garden Nursery, Auburn Regional Medical Center, Bill Lukov and the Macy's Day of Giving campaign, and the Seattle to Portland Bike Ride sponsors, Scott and Mary Ferguson. These individuals and organizations raise money and friends for the Chapter by holding events that benefit the Alzheimer's Association, Western and Central Washington State Chapter. All of the event planning, organizing, advertising and production are completely done by them and the chapter provides technical assistance. Through their hard work and efforts, the Chapter is able to continue to provide program services. We love our third party fundraisers! Thank you for your generosity. ●



The complete Memory Walk results will be available in the winter newsletter. We are eager to recognize the many sponsors, committee members, prize donors, fundraising teams and individuals who collectively helped to MOVE the Alzheimer's cause forward!

### 2007 Memory Walk Grand Prize Raffle Winners

**1st Prize:** 7-day cruise for two in Alaska, the Caribbean, Mexico or Canada. Donated by Holland America Line and Segue Move Management Services, valued at \$3,450.

**Winner:** Kathy & Larry Liechty of Seattle- Alexander's Cousins Team

**2nd Prize:** 1-week Kihei, Maui condominium and air-fare voucher. Donated by [www.maui-condo.net](http://www.maui-condo.net) and Kirkland Lodge at Lakeside, valued at \$1,150.

**Winner:** Norma Emmons of Issaquah

*Memory Walk continued on page 11*

**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, 2007–June 30, 2007.**

**\$1000 and above**

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 The Weatherly Inn  
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 Whitaker Foundation  
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**\$250-\$499**

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 AegisLiving of Shoreline  
 Alaska Steel Company  
 Electa Anderson  
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 Cheryl Beardslee  
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\$100 and Above**

**Grace Zweig**  
Mara Brashem  
**Nancy Wisbeck**  
Oscar Oliveira

**Thank You!**

*Memory Walk continued from page 9*

**Commemorative tribute watercolor**



Since 2005, the Alzheimer's Association has had the honor of working with the talented artist Lynn Kerr, to develop a commemorative watercolor for the Memory Walk. Lynn is a member of Seattle Co-Arts, Northwest Watercolor Society and the Seattle League of Arts. Since 2005, Tribute Watercolors have been given to the Memory Walk Sponsors in appreciation for their support of the walk. Lynn's work can be viewed at [www.lynnworks.com](http://www.lynnworks.com).

*Pacific Northwest Memory Walk: Lynn Kerr being honored on-stage, for the generous donation of her artistic time and talents.*

All photos of the walks will be available online at [www.alzwa.org](http://www.alzwa.org) on the various walk web sites.

Photos from the Pacific Northwest Memory Walk can also be viewed and purchased online at [www.TeamPhotogenic.com/6212](http://www.TeamPhotogenic.com/6212). The proceeds of the online sales will benefit the Alzheimer's Association.

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