

A new look at boarding homes

By Lynne Korte, ADSA Program Manager

Years ago, when a person with dementia could no longer stay at home, the only choice was a nursing home. While many people with dementia need supervision and assistance with care, they don't always need the constant nursing care or medical environment of a nursing home. That's where a setting such as a "boarding home" may be appropriate. Boarding homes tend to be more home-like and offer a certain amount of help and support for their residents. Lots of people have never heard of boarding homes.

When you think of a boarding home, what comes to mind? You may picture an old-fashioned home that offers "room and board." But in Washington



State, a boarding home is a residential care facility licensed by the state. Boarding homes vary in size, serving from seven to 150 residents. Housing, meals, laundry, supervision, and help with day-to-day personal care and medications is provided. Some people may refer to a boarding home as "assisted living." There are boarding homes that serve people with dementia in their general population, and some that "specialize" in dementia care, serving only those with dementia.

The Specialized Dementia Care Program in Boarding Homes was created so that a person with dementia who relies on Medicaid could have access to specialized care in a residential setting. Before this program was established (in 1999), those on Medicaid had very limited access to this type of care. Boarding home providers who participate in this

program must specialize in dementia care, accept clients on Medicaid, and agree to meet certain requirements in addition to basic boarding home licensing rules (see box for services). Not all boarding homes that specialize in dementia care participate in this program. Currently there are 51 providers across the state.

Who is eligible for this program?

First, the person must be eligible for Medicaid (based on income and financial resources) and be considered eligible for a nursing home (based on the need for assistance with activities of daily living). Second, the person must be diagnosed with Alzheimer's disease or other irreversible dementia such as vascular dementia, Lewy body dementia, Pick's disease, etc. Third, the person must be assessed by a DSHS Home and Community Services

The Specialized Dementia Care Program offers a package of services which include:

- Care, supervision, and activities tailored to the specific needs and preferences of the person with dementia;
- Personal care services, such as bathing, dressing, toileting, etc;
- Intermittent nursing services, such as help with medications;
- Staff training specific to dementia;
- Environmental features, such as safe walking paths and access to a secure outdoor area.

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Executive Director's message



Nancy J. Dapper, Executive Director

On more than one occasion I have said that I am on a mission to let people know about the devastating impact that Alzheimer's disease has on those diagnosed and their families. It is especially important that our public policy officials understand this and that they engage now in serious debate about the future when the prevalence rate for the disease will increase quickly and dramatically as 78 million baby boomers enter the years of high risk. The Alzheimer's Association has just released a new report that deserves attention. The report reveals that:

- The current number of people over age 65 with Alzheimer's disease is 4.9 million.
- One in eight people 65 years and older have the disease.
- Another 200,000-500,000 under 65 years of age have early onset Alzheimer's.
- About half of the people 85 years and older have the disease.
- Age is the greatest risk factor for developing the disease.

Alzheimer's disease has a long course; people typically live from 8-10 years after diagnosis. Many people do not understand that the disease is terminal. Alzheimer's is the fifth leading cause of death for people over the age of 65, and this is certainly understated because many people are never diagnosed or have other serious health conditions such as heart disease that are listed as the cause of death.

We invite our readers to join in our advocacy efforts to shape public policy in a way that will help families who are dealing with the disease today and those who will surely deal with it in the future. By the year 2010, the number of Washington residents with Alzheimer's disease will be 110,000; this is a 33% growth rate in just 10 years. The great majority of families will be touched by this disease. While it is true that there are some hopeful clinical trials of new medications in the pipeline, millions of people are too advanced in the disease process to benefit. Alzheimer's disease is the public health challenge for the 21st century. The combined impacts of increasing life span and the aging of the baby boom generation are inescapable. What we as a society choose to do about it is wholly within our control.

You can read the full report on Alzheimer's disease prevalence rates and impacts at our web site: www.alzwa.org. You can also sign up to join us in our advocacy efforts. ●

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Dementia care and reasonable accommodations

By Louise Ryan, Washington State Long-Term Care Ombudsman

Long-Term Care Ombudsmen are trained and certified volunteers who visit residents in nursing homes and other long-term care settings with the intent of protecting their rights and interests. Last year the long-term care ombudsmen in Washington handled more than 5,000 complaints ranging from quality of care to civil rights. One common complaint arises when a resident is asked to leave because facility staff believes they can no longer meet the resident's care needs. This issue is especially difficult for families whose loved one has dementia and residential care choices may be quite limited.

A resident may be asked to leave because of challenging or socially difficult behaviors. For residents with Alzheimer's disease this might include agitation or aggressive acting out or behavior that may be perceived as sexually motivated. End of life care for residents with dementia can also be difficult if the disease is not well understood.

Through the efforts of the ombudsmen many of these issues can be resolved in the resident's favor. Here are some real life examples:

- Working with the boarding home administration, the ombudsman helped the family to secure hospice services so the resident could remain in the boarding home and receive compassionate care.
- Advocating for the resident, the ombudsman got agreement for a private room for a resident whose behavior was disruptive and potentially dangerous to roommates.

In all of these situations, the ombudsman serves as an advocate who seeks to

problem solve among the resident, the family, and the facility staff to achieve the result that the resident wants. He or she is guided by Federal and State laws that require facilities to make *reasonable accommodations* to meet the care needs of residents.

The term *reasonable accommodation* is defined in the Americans with Disabilities Act of 1990 and is also affirmed in other federal and state anti-discrimination and fair housing statutes. Washington's residents' rights law expressly protects residents in boarding homes and adult family homes as follows:

A resident has the right to reside and receive services in the facility with reasonable accommodation of individual needs and preferences, except when the health or safety of the individual or other residents would be endangered.

Nursing homes operate under specific Federal and State laws that define the resident's right to "reside and receive services in the facility with reasonable accommodation of individual needs and preferences, except when the health or safety of the individual or other residents would be endangered." The Centers for Medicare and Medicaid, the Federal agency that oversees regulation of nursing homes, defines *reasonable accommodations* as "those adaptations of the facility's physical environment and staff behaviors to assist residents in maintaining independent functioning, dignity, well being, and self-determination."

The Washington State Long-Term Care Ombudsman Program is dedicated to helping residents and families resolve issues of all types. The many statutory

and regulatory protections for people living in residential care settings can be baffling to consumers. Ombudsmen are well-trained in the legal protections afforded to people who live in long-term care facilities. They can help people exercise their rights and achieve *reasonable accommodations*. If you believe that your loved one is not having her care needs or life preferences honored please contact the Washington State Long-Term Care Ombudsman Program at 1 (800) 562-6028 or at www.ltcop.org. We will put you in touch with a local ombudsman representative. ●

Are you caring for a loved one with memory loss?

Attend the African American Caregiver Forum

Save the Date:
Saturday, October 13, 2007

Join us for the 2nd Annual African American Caregiver Forum

A day for us to talk about caring for our loved ones with memory loss, share our stories, support each other and connect with community resources.

To register or for additional information contact: Rowena Rye at: (206) 363-5500 ext. 242 or email: rowena.rye@alz.org



On-line tool helps families find quality care

By Patricia Hunter, MSW



Patricia Hunter, MSW

Many families face the very difficult decision of trying to find the right type of long-term care setting for their loved ones with dementia. The terminology and

licensing requirements vary by state making it even more of a challenge. The Alzheimer's Association has something that can help—an on-line tool called *CareFinder*. *CareFinder* can assist you with the process by translating your loved one's needs into commonly used terminology used by care providers. By using the language of care facilities and healthcare professionals to communicate your needs, you will be able to better-understand the care options available and simplify the task of finding the proper fit for your loved one. Also, it is important to know that there is no quality of care "ranking" system for facilities. Word-of-mouth recommendation, combined with your own research, will be your best guide.

The *CareFinder* web site is divided into four segments—each with consumer education in mind—and includes: Planning Ahead, Care Options, and Coordinating Care and Support. *CareFinder* walks users through a brief assessment process using carefully posed questions describing the needs of the person with dementia. It records the responses and produces a concise, individualized printed report listing suggested care options. The questions posed include common "triggers" for quality dementia care while providing the consumer with additional

information and knowledge. Not only does *CareFinder* cover the basics of facility-based care, but it also includes an additional, important focus on dementia care.

Don't assume that just because a facility has "dementia care" in their name that they excel in this type of care. Often you will see the marketing terms "special care" or "special care units" intended to suggest that the facility provides care for individuals with dementia. Unfortunately, there is no standardized, nationally accepted definition for "special care" services; therefore, it is crucial to ask the facility administrator or director of nursing for their clearly-detailed description of what the terms mean. Some states require facilities to provide full disclosure when "special care" is advertised. (See article on page 7). Look to the care facility leadership to explain what "special care services" mean. It may be nothing more than a "locked unit" or an alarm system to prevent unsafe elopement from the building. Such features alone do not constitute quality dementia care.

CareFinder's real value to families and consumers is that it serves to educate the user about all aspects of long-term care. It is a good primer to help consumers develop the skills needed to navigate and understand how nursing homes and assisted living facilities commonly operate. For example, *CareFinder* addresses the issue of care coordination. Care coordination's goal is to provide the optimal level of care for each person by having a system that links in a structured way to all the key players: facility staff, doctors and other

health providers, payers, decision-makers, regulators, residents, and family members.

Placing a loved one into residential care is one of the most difficult and stressful decisions a family must confront.

The truth is families have to educate themselves in order to be wise consumers. Better to prepare for this decision before you are facing a crisis. ●

Long-term Care Housing Consumer Resources

Here are some resources to help you with choosing a new home and care.

CareFinder™

www.alz.org/carefinder

Touring a care facility? This site offers brief summaries of the different types of residential care options. If you want some advice on what questions to ask and what to look for while touring a facility visit the American Association for Homes and the Aging website at www.aahsa.org/consumer_info/how_to_choose/tour_nursing_home.asp

Comparing Nursing Homes?

Visit www.medicare.gov and click on the "nursing home compare" search tool which allows the user to view the latest findings by a state inspector

Licensing Agencies by State

This site provides a complete national list of governmental agencies that license care facilities and includes contact information for ombudsman programs and other offices that handle complaints and concerns. Visit http://www.nursinghomeaction.com/static_pages/help.cfm

HELPLINE

The Alzheimer's Association is always available, every day of the year, to help you with your questions about care and housing options. Call us at 1 (800) 848-7097

Boarding homes *Continued*
from page 1

(HCS) social worker or Area Agency on Aging (AAA) case manager and found to have a need for specialized dementia care (see below to find your local HCS office).

To find out if there are boarding homes offering the Specialized Dementia Care Program in your area, contact your

local Home and Community Services (HCS) office. Visit the website www.adsa.dshs.wa.gov and click on “local services” or call toll-free 1 (800) 422-3263 to ask for the HCS office nearest you.

If this program is not available in your area, you can get a listing of all residential care facilities near you on-line at www.adsa.dshs.wa.gov (click on “other housing options”).

A free booklet *Choosing Care in an Adult Family Home or Boarding Home* is available at the above website. Just click on “publications” or call the toll-free number above. The booklet covers the types of questions to ask and things to look for when choosing residential care for a loved one. Take the time to visit and ask questions. ●

Advocacy Day 2007

Sheila Morrison, MSW, Public Policy Chair

On February 7th, advocates traveled to Olympia to take part in the annual Advocacy Day on behalf of people and families living with Alzheimer’s disease. Colleagues and volunteers from the Inland Northwest Chapter in Spokane joined us for a day of visits to legislators to make them aware of the needs of people with the disease.

Our team included individuals with Alzheimer’s disease, their families and care givers, boarding home administrators, and board members and staff of the two Chapters. Some traveled long distances from Bellingham and Spokane to meet with their legislators to tell their stories. We are indebted to these advocates for taking time from their care giving responsibilities to join us. Their powerful stories highlight the importance of the issue and often connect with legislators in a quite personal way.

The key priority is to gain legislative support for requiring minimum hours of dementia specific training in all long term care facilities, including nursing homes. We know that the number of people with dementia will increase dramatically with the aging of the baby boom generation and direct care workers need to be prepared to provide appropriate care for this population. Other priorities

included increasing the successful dementia care program in boarding homes by 100 beds and supporting SB 5320 to establish a state office of public guardianship.



Representative Dave Quall takes a moment to pose with the Chute family during their legislative visit.

Also, as members of the Eldercare Alliance, advocates of the Alzheimer’s Association requested support for initiatives that support vulnerable older adults. These initiatives include respite care for family caregivers, funding for the Long-Term Care Ombudsman program to cover all adult family homes, a matching grant program for local communities to develop adult day health services in underserved areas of the State, restoration funding to the Senior Citizens Act, expansion of funding for chronic care case management and inclusion of all community-based elder care providers in a vendor rate increase.

As advocates, we will continue to watch the progress of our issues throughout the legislative session. We will be ready to call legislators, as needed, to ensure support for our 2007 priorities. If you would like to join us as an advocate,

please contact Patricia Hunter or Margaux Gillespie at (206) 363-5500 or via email at Patricia.Hunter@alz.org or Margaux.Gillespie@alz.org. ●

Thank you to our valuable volunteers

By Linda Whiteside



Stuffing envelopes for Chapter mailings is one of the many tasks performed by our valuable volunteers.

In honor of National Volunteer Week we would like to recognize our dedicated Chapter volunteers. Our busy office serves 23 counties in Western and Central Washington, fulfilling hundreds of requests from people anxious to receive information on Alzheimer's disease, care giving, educational training and events. We send frequent mailings to thousands about our upcoming events, both educational and social. Despite a dedicated staff, we could not do it all without our wonderful group of volunteers.

Volunteers work in a variety of ways. At the Chapter office, volunteers help out by assisting in clerical tasks and keeping the staff on their toes. Volunteers help to make our special events such as our annual Memory Walk and annual Auction and Gala huge successes. Volunteers with special expertise are encouraged to assist in those areas where their experience can best be utilized, such as facilitating support groups, being an advocate at the state or federal level, serving on the speaker's bureau or annual education conference planning council. Many long-standing volunteers are well informed about all aspects of our operation. Some of our newest members bring their much appreciated up-to-date computer skills to the mix.

Most of our volunteers have been touched on a personal level by a family member or friend affected with AD. Their understanding and compassion of the problems involved are reflected in the quality of their commitment. On behalf of the Board of Directors (another group of dedicated volunteers!) and staff of the Western & Central Washington State Chapter we honor and thank you.

If you would like to join our volunteer team, please call 1 (800) 848-7097 ext 237. ●

Counseling caregivers may delay nursing home placement

A long-term NYU School of Medicine study, funded in part by the Alzheimer's Association, found that individual and family counseling with ongoing support may delay nursing-home placement for people with dementia by an average of 1.5 years.

The study, ongoing since 1987, found that counseling increased caregiver support from family and friends, alleviated caregiver depression and helped caregivers understand and tolerate the memory and behavioral problems that accompany Alzheimer's.

The findings have financial as well as medical implications, said Mary S. Mittelman, DrPH, the study's lead author and research professor in the department of psychiatry. With this year's average annual cost of U.S. nursing home care estimated at more than \$65,000, Mittelman estimates that delaying placement by 1.5 years could save at least \$100,000 per family. Other researchers have estimated that delaying institutionalization by only one month could save as much as \$1.12 billion annually in the United States. ●

Interested in signing up for our e-newsletter?

We recently published our first e-newsletter and are gathering e-mail addresses of people who are interested in being on the list. This will be in addition to our quarterly newsletter. Please go to our Home Page at www.alzwa.org to sign up.

Careful match crucial for placing your loved one

By Margaux Gillespie

Once the decision to move your loved one into a care facility is made, the process of finding the right setting can be challenging and time consuming. The type of residential care needed will most likely vary depending on the stage of the disease. In determining which option is best for you, it is important to have a clear understanding of the different types of facilities available and the services offered at each.

Assisted living facilities, also known as boarding homes and adult family homes, may be appropriate for persons in the early to middle stages of the disease. These settings provide housing and meals and assume general responsibility for the safety and care of the resident. Varied amounts of daily needs assistance are available and may include help with dressing and grooming, house cleaning, and administration of medication. Most places will provide some type of structured activity program, but not necessarily dementia-specific activities. Some will have a special designated area for their residents who have dementia. Assisted living facilities usually offer personal care services and nursing services. Some, but not all, will have an RN or LPN on-site 24-hours a day.

In addition, the staff will have different levels of skill and knowledge about caring for persons with dementia and the amount of care provided will vary greatly from setting to setting. You should ask specific questions to determine if a facility is equipped and knowledgeable for taking care of persons with dementia. Keep in mind that your loved one may not be able to progress through the entire disease process in some boarding homes and a move to another place may eventually be necessary.

If your loved one is in the late to end stages of Alzheimer's or a related dementia, a skilled nursing facility, commonly known as a nursing home, may be appropriate. Persons in the early and middle stages of the disease who have a medical need may also require this type of setting. Residents will receive meals monitored by a registered dietician and will be provided assistance with such tasks as bathing, dressing, toileting, and walking. Structured activity programs are also offered to involve residents in group interactions. Resident rooms may be private or shared and some settings may have special units or wings that care exclusively for persons with dementia. Skilled care provided by a licensed nurse is available 24 hours a day and most settings will be able to care for persons who require

significant care. Take into account the number of staff to resident ratio will be different from place-to-place, as will the knowledge and training of staff in caring for persons with dementia. Don't be afraid to ask questions to determine if the facility will be able to provide the level of care necessary to help your loved one progress comfortably through the disease.

For additional information about residential care facilities in Washington State contact our HelpLine at (206) 363-5500. If you are seeking residential care for a loved one outside of Washington, keep in mind the terminology and definitions used for residential care facilities differ from state to state. The local Alzheimer's Association should be able to provide you with information regarding services in their area. ●

Memory Wellness

Q I am 70 years old and am noticing some changes in my memory. What are researchers doing to learn more about treating memory problems?

A Researchers are making exciting breakthroughs in the area of memory loss. In fact, we have learned that one of the reasons people have problems with their memory may be because of the way their bodies use blood sugar. Recent studies show that a medication called rosiglitazone, which improves blood sugar regulation, may be helpful in improving memory and other thinking abilities for people who have memory problems. The RECALL study at the University of Washington and VA Puget Sound Healthcare System is seeking healthy older adult volunteers (55+) with mild memory problems to participate in this promising new study. If you are interested in learning more about this exciting project, please call us!



Dr. Suzanne Craft
Memory Wellness program
University of Washington
VA Medical Centers
Tacoma-Seattle
(206) 764-2809

Seventh annual gala and auction, *An Evening to Remember*, was a smashing success

By Jenny Daniels Freese



Co-chairs Pam Lehnert and Wendy Sedlacek.

Pam Lehnert and Wendy Sedlacek, *An Evening to Remember* co-chairs, led our award winning auction team to a brilliant success on Saturday, March 3, 2007. The event brought in over \$517,000 for research projects and program services provided by the Chapter.

The event honored the work and support of *Lasting Memory*

awardees Eileen and Mark Wesley and the Starbucks Coffee Company where Mark is an executive leader. Their friends, family, and coworkers filled seven tables and quickly engaged in the spirit of the evening with enthusiastic bidding.

The evening included live performances by jazz combo Soul Kata, and magic acts by Philemon Vanderbeck,



2007 Lasting Memory Honorees, Mark and Eileen Wesley.

advocate for people and families living with Alzheimer's disease to raise money for the cause. Local King 5 news anchors Brad Goode, who is also a Board Member, and Joyce Taylor served as emcees for the evening. As always, world renowned auctioneers Dick and Sharon Friel led the auction smoothly and successfully with the assistance of Dick Foley as announcer.

Emmy award winner and star of the TV series "24" Jean Smart was our special guest. To the delight of the women in the audience, Jean auctioned off her earrings on the spot raised \$3,000 for the event.

A portion of the proceeds from the Fund-an-Item portion of the live auction will go to fund a research project by Saman Jayadev, M.D. at the University of

Washington. Her research will focus on the role of presenilins in brain inflammation and in the death of nerve cells.

Thank you very much to all of the generous attendees that made this event so successful. And, a special thanks to the volunteers and staff who worked so hard to make it happen. ●



Emcee Brad Goode and his wife, Dina.

Fredrick Turner and Master Payne. Guests had a special treat from Andrea Alhadeff who composed and sang a song especially for the occasion and in honor of her grandmother. She was accompanied by Seattle's Denney Goodhew on the piano.

Ken Alhadeff, Honorary Chairman of the gala, used his considerable skills as an



Dr. Bill Berrington and researcher Dr. Saman Jayadev.

Help Wanted!

The development department is always looking for volunteers to participate in fund-raising activities that help to support the programs, services and research of the Chapter. All of the events that we conduct are fun, exciting, a great learning experience and come with a guarantee that there is a place for everyone to participate.

We need many hands to carry out the work of the committees. Some responsibilities include: audience development, sponsorship and underwriting procurement, auction item procurement, raffle sales, mailings, theme development, coordination for menus, invitations, save the date cards, program brochures, catalogue and decorations, to name a few.

Volunteers are needed for the Auction committee, the Young Professionals committee and the development committee. If you are interested, please contact the development department at (206) 353-5500.

New staff members bring new outreach

South counties update

“To eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.” Does this sound familiar? This is the mission statement of the Alzheimer’s Association, Western and Central Washington State chapter.

It takes many dedicated employees and volunteers to make this possible. The Chapter welcomes all volunteers gained recently when Clark County, WA became part of the service area. Previously Clark County was served by the Oregon Trails Chapter of the Alzheimer’s Association. Since this change, callers from Clark County are now receiving assistance through the Western and Central Washington State Chapter’s HELPLINE and 24/7 contact center.

Dawn Morgan, BA was recently hired to serve as the part-time Community

Outreach Coordinator for Clark, Skamania, Pacific, Wahkiakum, Cowlitz, Lewis and Thurston Counties. Dawn’s job is to increase awareness and understanding about dementia through outreach activities such as health fairs, professional and family caregiver trainings, and other available venues and to increase awareness of chapter services. She will be available to identify needs and develop programming in partnership with key leaders, businesses, caregivers and concerned individuals.

If you know of any upcoming events, health fairs, charitable organizations, professional groups, or service clubs that would be interested in materials or a presentation about services, please contact Dawn Morgan at (206) 377-9610 or via e-mail at Dawn.Morgan@alz.org. Likewise, if you are aware of any professional gatherings that the chapter would be interested in participating please contact Dawn with the details.

North counties update

In October the Chapter hired a new Outreach Coordinator for North Counties, Roger Holbrook, and began

a concentrated effort to provide educational resources and opportunities to individuals in the five northernmost counties of the state.

Since that time, Roger has connected with community members in churches, retirement facilities, senior centers, private clubs, professional agencies, hospitals, universities, and service organizations. In addition visits have been made to over 85 organizations informing them about the many services and trainings the Chapter offers.

Over the past six months Roger has presented a wide range of evidence-based information and training to North County residents through the many classes he has taught in Everett, Mount Vernon, Monroe, Oak Harbor, Stanwood, and other surrounding areas.

If you are interested in receiving materials or would like to schedule a presentation please contact Roger Holbrook at (206) 363-5500 or by e-mail at Roger.Holbrook@alz.org. ●

Chapter launches eNews

Earlier this month the Chapter launched the first edition of *eNews*. This monthly publication is dedicated to keeping our supporters informed about what’s happening in the Alzheimer’s Community.

Each issue will provide readers with opportunities to participate in Chapter activities by highlighting upcoming events suited for a variety of audiences. These events will range from educational opportunities for family caregivers and professionals to fundraising events to help support the programs and activities of the Chapter.

In addition, the newsletter will serve as an arena for spreading the word about local and national policy issues

affecting individuals with Alzheimer’s and their family members. The first edition featured an article detailing the events of the 19th Annual Alzheimer’s Association Public Policy Forum, including a special Senate hearing on Alzheimer’s disease.

Do you have any specific items you would like to see covered? If so, contact Margaux at Margaux.Gillespie@alz.org or call toll-free (800) 848-7097.

To receive our electronic newsletter visit www.alzwa.org. ●

Physical, emotional demands overwhelm caregivers

The physical and emotional demands of caregiving are overwhelming the growing number of baby boomers caring for aging parents, reports ElderCarelink, an internet-based referral service.

The online survey of nearly 700 people from all 50 states revealed:

- Female caregivers outnumber males 6 to 1 and report more emotional and physical effects from caregiving.
- 41 percent of all caregivers live with their loved one.
- Most caregivers are married, have some college education and have grown children no longer living at home.
- Nearly one-third provide more than 40 hours of care a week.
- 57 percent rarely or never take time off from caregiving.
- About 60 percent report their health has deteriorated since they began providing care.
- 69 percent describe feeling overwhelmed by caregiving.
- 39 percent report conflicts with other family members about caregiving.

Taking care of yourself is one of the most important ways to be a healthy caregiver. For more information and support, contact the Alzheimer's Association at 1 (800)272-3900 or visit www.alz.org.

Welcome new chapter staff

Lindsay Andersen is the new Support Group Assistant. She graduated with a BA in Anthropology from the University of Washington, and in her free time enjoys croquet, reading, being with friends, and volunteering with food and literacy programs. She looks forward to many busy days in her new position!



Tamara Disibio has joined the development team of the Chapter and will act as a development assistant working with donors, data and special events. Tamara, originally from Texarkana, Texas has lived with husband John and dog Oscar in the Puget Sound area for three years. If you hear a "Southern drawl" on the phone it's probably Tamara.



Katherine Hanson, M.S., L.M.H.C. is the new Early Stage Services Coordinator. She has worked as a Mental Health Counselor with many Seattle area mental health agencies and for the past 10 years with individuals and families dealing with Alzheimer's disease, dementias and chronic health issues. In addition, she has developed and presented trainings on topics related to mental health and relaxation for



community groups and professionals, and is currently obtaining certification in Couples Therapy with The Gottman Institute. In her free time Katherine enjoys films, music, cooking, hiking and spending time with her daughter Chelsea and Bernese Mountain Dog, Libby.

Meet **Roger Holbrook**, a new member of the Education Department. He joins the Chapter after a distinguished 20 year career in the Army, part of that time serving as a medic/LPN. After leaving the service he continued to work in the health care field in different nursing positions. Most recently Roger held an executive level position at an assisted living community. He is delighted to bring his many years of experience to help improve life for people and families living with dementia. Roger has deep roots in the Northwest having grown up in Snohomish. He and his wife Juliet live in Mt. Vernon with three dogs, two cats, a parrot, and tropical fish. Did we mention that he is also a proud Grandpa?



Elise Ricci is the new Memory Walk Assistant Coordinator and will be helping organize and increase the impact of Memory Walk in Washington State. Elise recently graduated from the University of Washington with a double major in Communications and English. Prior to working at the chapter she was an intern for *Outdoors For All* based in Bellevue, assisting with recreational programs and services for children and adults with disabilities. ●



Keys to Dementia Care: training for health and long-term care professionals



Keys to Communication and Keys to Difficult Symptoms are parts of an advanced professional training program, developed by the Western and Central Washington State Chapter of the Alzheimer's Association, to improve communication and model problem-solving techniques in dementia care. If your clients or residents are experiencing agitation or refusing care, this training will help reduce these challenging behaviors. Three CEUs are offered for this training.

Keys to Dementia Care Training is based upon the National Alzheimer's Association Quality Dementia Care Practice Recommendations. The evidence-based recommendations offer the most current approaches and interventions in dementia care. It is also backed by twenty-four leading national organizations, businesses and associations. For more information about the recommendations including a bibliography, please visit www.alz.org

Next Classes

May 3, 2007 7 p.m. to 9 p.m.

June 7, 2007 7 p.m. to 9 p.m.

Location

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

To register call 1 (800) 848-7097 or (206) 363-5500. Cost is \$29 per person plus sales tax. Space is limited so please register early. ●

Alzheimer's Association Learning Institute

Delivering better dementia care with better results

Our dementia care training programs are based on the *Alzheimer's Association Dementia Care Practice Recommendations for Assisted living Residences and Nursing Homes*. Our trainings emphasize person-centered care and stronger care teams while achieving bottom-line results:

- **Residents:** an enriched quality of life for residents
- **Staff:** more confidence, less stress and improved job satisfaction
- **Management/Owners:** less staff turnover; improved ability to meet state regulations; improved communication and enhanced reputation

Staff will better understand dementia and the individual resident. Sessions for supervisors and direct care staff build both individual and team skills. Supervisors learn how to motivate direct care staff to be skilled providers and problem solvers.

By using teaching styles that are engaging, students become active participants in the trainer-led discussions and encounter what they learn to be useful to daily challenges they find in caring for individuals who have dementia. The trainings are provided in the care facility, making it convenient for staff and management to attend. The trainings are also brief and flexible in that they are offered in modules, made to fit the needs of the busy setting of a boarding home or nursing home culture.

For more information about training content and pricing please call the Education Department at (206) 363-5500. ●



**Walk to end Alzheimer's:
three easy steps**

Register at www.alzwa.org

Click on the Memory Walk banner on www.alzwa.org to sign up for the 2007 Memory Walk.

Fundraise

Once you are registered you can collect donations online as an individual or a team by creating your own personal Memory Walk web page. There are no fees, but a \$25 minimum participant donation is suggested.

Post pictures and personal stories, and watch your fundraising dollars grow. Even if you can't attend the walk, you can always fundraise online to help us reach our goal and to be eligible for prizes.

Celebrate



In 2006 we raised \$453,000. Together we can challenge ourselves and make the 2007 Memory Walk the most successful walk to date! Don't forget to reward yourself on the walk day

for all of your hard work. Food, entertainment, raffles and a prize ceremony are provided for your accomplishments.

August 25
South Sound
Annie Wright School
Tacoma

September 8
North Sound
Skagit Transit Station
Mount Vernon

September 9
Pacific Northwest
Sand Point Magnuson Park
Seattle

September 15
Olympic Peninsula
Waterfront Park
Silverdale

**Mark your calendars for
"Tasteful Evening"**

Get ready for a dining experience you'll never forget! The Alzheimer's Young Professionals will present the third annual chef's dinner fundraiser *Tasteful Evening* on June 14th, 2007 at Bell Harbor Conference Center. Fifteen celebrated Seattle chefs will prepare five-course meals for their own table of twelve. Selected chefs come from celebrated local restaurants; a sample of those restaurants includes Union Bay Café, Palisade, Lola, La Spiga Osteria, Icon Grill, Sazerac, Bell Harbor and Tango! The 2007 *Tasteful Evening* raffle prize is a seven day cruise aboard the clipper ship, Wind Surf—with a choice of destinations including Venice, Barbados, Nice, and Monte Carlo. A limited number of tickets will be sold for \$25 each. Last year's *Tasteful Evening* sold out very early and raised \$68,000. Invitations will be mailed in mid-April. Please call the Development Department at (206) 363-5500 if you are interested in learning more about this exciting event, want to purchase raffle tickets, or need to add yourself to the invitation list. ●

**Vancouver Pops Orchestra
Alzheimer's Benefit**

The Vancouver Pops Orchestra presents its 8th Annual Alzheimer's Benefit Concert on May 18, 2007 at the First Church of God, 3300 NE 78th St. in Vancouver, Washington. The theme for the concert is "Fellowship." Guest soloists for the evening will include Piano, Vocal Trio and a Saxophone Quartet. The concert will begin at 7:30pm. Admission is free with an included offering. For additional information regarding the Vancouver Pops Orchestra please contact Bert A. Coffman at (360) 573-7988. ●



Annie Dapper, a member of the Chapter's Memory Walk team.

Banker's Life partners with Alzheimer's Association

The partnership between Banker's Life and Casualty Company and the Alzheimer's Association celebrates its fifth year in 2007 with *Forget Me Not Days*. Be on the lookout for Banker's Life agents around the Puget Sound area on May 18th and May 19th. They will be decked out in green aprons and will give Forget-Me-Not seeds to people who make a donation. All the money raised during *Forget Me Not Days* goes to the chapter to support individuals and families living with Alzheimer's Disease. ●

Order of the Eastern Star donates \$66,000



Worthy Grand Matron, Ann Gates, and other officers of the Order of the Eastern Star, Western Washington State visited our office this winter with great news. The Worthy Grand Matron chose

as her charity of choice for 2005-2006 the Alzheimer's Association, Western and Central Washington State Chapter, and in particular, chose Alzheimer's research to be the recipient of more than \$66,000. Ann has a personal connection to Alzheimer's as her mother suffered from the disease. She knows the importance of our program services in the community and felt that raising money for research to end this terrible disease was an important and worthwhile cause.

It took a year to raise all of the money. The Worthy Grand Matron led fundraising efforts across the state of Washington through the officers and members of Our Evergreen Grand Family, the title given to the 2005-2006 year. Beautiful enameled pins, plates and other items were sold to collect donations in addition to many personal contributions.

The Order of the Eastern Star is the largest fraternal organization in the world of women and men with over 1 million members worldwide. Eastern Star is a social order dedicated to charity, truth, and loving kindness.

We are so thankful for the effort and generosity of the many people who contributed to this successful fund-raising drive. The proceeds will be used to support a study of sleep disturbances in Alzheimer's disease patients by Susan McCurry, PhD, a Research Associate Professor at the University of Washington, School of Nursing. ●

Planned Giving Seminar

Please join us on Wednesday, May 16, 2007 for part one of a two-part series on Planned Giving. The first workshop will feature Michelle Graunke, a Seattle attorney, who will speak on estate planning issues. Ms. Graunke has her own practice in downtown Seattle, which emphasizes estate planning, elder law, probates, trusts, and guardianships. She will discuss the three most important estate planning documents, and how they can help you avoid a guardianship, reduce estate taxes, and simplify the transfer of your estate at death. The workshop will be held from 10:00 a.m.-12:00 p.m., and with a box lunch following. Reservations will be on a first-come basis and seating is limited to twenty. Please call Jenny Daniels Freese at (206) 363-5500, to reserve your place. The cost of the event is \$10.

Ms. Graunke is the immediate past chair of the Elder Law and Guardianship Section of the King County Bar Association. She currently serves as Treasurer of the Elder Law Section of the Washington State Bar Association. She is also a member of the National Academy of Elder Law Attorneys (NAELA) and serves as a Director of the Washington chapter of NAELA. ●

Workplace giving and other ways to give



Many thanks to the donors who have contributed through their workplace giving campaigns. Your ongoing support is invaluable in providing the continuation of program services offered free-of-charge by the Chapter.

The Alzheimer's Association, Western and Central Washington State Chapter is a proud member of the Community Health Charities Federation (CHC) along with over thirty health-related non-profit organizations. ●

24/7 HELPLINE

Remember that we're here for you 24/7 when you have questions or need information. Call us at (206) 363-5500 or 1 (800) 848-7097. Or, visit us online at www.alzwa.org. Just click on Helpline On-Line under Resources to send an email message to Helpline.

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 October 1, 2006–December 31, 2006.

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