When is it time to quit driving?

By Joanne McMahon MSW

If you talk to older people, they will often tell you that the toughest thing they had to confront was when to stop driving. From the time we get our license as a teenager, it becomes evidence of our status as an adult and our independence.

When a person is diagnosed with dementia, the issue of safe driving is paramount. When to stop driving is often one of the most sensitive issues that families have to confront.

Age is not the primary culprit in driving safety. The Virginia GrandDriver captures this in a clever adage: “In Virginia, 65 is a speed limit, not an age limit.” And AARP backs that statement in an article in the November 2006 Bulletin, quoting Joe Coughlin, director of the MIT AgeLab. “Birthdays don’t cause accidents—health issues do.”

So, can the issue of when to give up driving be evaluated? The AARP article (referred to above) summarizes the issue as a combination of both physical and mental fitness, regardless of age. Dementia, confusion, visual impairments, side effects from some medications, and physical impairments from some disease processes are a few of the conditions that can interfere with driving ability.

The Alzheimer’s Association recognizes that a diagnosis of the disease alone is not, on its own, a sufficient reason to withdraw driving privileges. People in the early stages of a progressive disease such as Alzheimer’s are often capable of driving safely for a while, particularly in familiar places and on short trips.

However, as the disease progresses, cognitive impairment associated with the dementia disrupts a person’s ability to think, judge, reason, pay attention, and react during a complex and fast-paced activity like operating a motor vehicle. The Virginia GrandDriver website reports that a typical driver makes 20 decisions per mile, with less than half a second to act to avoid a collision. Individuals behind the wheel need to be able to sense, decide, and act very rapidly.

Understanding when driving is no longer safe can be challenging for the person with dementia and for concerned friends and family. Be alert to changes over time, such as getting lost or disoriented in once familiar places, unexplained damage to the vehicle, traffic tickets, over—or under—reacting to emergency vehicles, traffic flow, or when merging into traffic, and missing traffic signals, to name a few. Also realize that insight into one’s own shortcomings can be impaired, so take cues from others—regular occurrences of unhappy gestures or horn blowing from fellow drivers, as well as comments made by passengers, could be more

See page 5

Driver safety resources

AARP Driver Safety Online Course:
www.aarp.org/families/driver_safety

AARP Driver Safety Program:
www.aarp.org/drive

Hartford/MIT At the Crossroads:
A Guide to Alzheimer’s Disease,
Dementia & Driving
www.thehartford.com/alzheimers

AAA “Drivers 55Plus: Self-Rating Form:
www.aaafoundation.org/quizzes/index.cfm?button=driver55

Washington State Department of Licensing
www.dol.wa.gov (licensing issues including restricted licenses)

Certified Driver Rehabilitation Specialists:
www.driver-ed.org

MIT Age Lab:
web.mit.edu/ageilab

For more articles and resources on Alzheimer’s and driving contact the Chapter at (206) 363-5500 or visit www.alzwa.org.
Typically when I sit down to write this column, I have many ideas swirling in my head. I usually have to pare down the first draft to meet the space constraints of the column. But things are different right now. I am distracted by very personal matters. As the sole caregiver for my 81 year old mother, I have entered the world that many of you have experienced. I don’t expect that I have any new insights to offer, but feel as if I have joined an ever growing fraternity of adult children who are confronting the difficult issues of aging parents.

The intensity of my role as caregiver greatly increased in July when my mother had surgery for lung cancer. Although she bounced back from it in record time, we have been through five additional emergency inpatient stays since the surgery. All of them have been life threatening. It has been more like multiple emotional tsunamis than the proverbial rollercoaster.

My mother doesn’t have dementia, but my caregiver stories sound a lot like what I hear from people in the Chapter. Although the child/parent relationship is reordered in many ways, it is also true that the parent is always the parent. So, if I get a bit too bossy, my mother asserts her role. At other times she looks to me to allay her fears, to tell her that everything will be okay. At this stage, I am not sure how I feel about the caregiving role. I know for certain that I treasure every minute that we have together and am grateful that my mother is still with me.

I couldn’t be working at a better place at this time in my life. I am surrounded by caring staff who watch out for my health and interests. They have been unfailingly forgiving of my shortcomings during this time and have pitched in to help when I needed it. My board of directors has provided support and encouragement to help me keep things in perspective. I am thankful for the opportunity to work with great people for a great cause.

Nancy J. Dapper, Executive Director

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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.
Findings from the Nun Study: Dr. Snowdon to keynote 2007 education conference

Save the date! On April 27, 2007, David A. Snowdon, Ph.D. will present the keynote address entitled “Aging with Grace: Findings from the Nun Study.” Dr. Snowdon is a professor at the University of Kentucky, in the Department of Neurology in the College of Medicine and the Sanders-Brown Center on Aging. For the last twenty years, Dr. Snowdon has conducted a longitudinal study of a group of remarkable women, the School Sisters of Notre Dame. His work with the Sisters has contributed in a major way to the field of aging. Thanks to him and to the Sisters we know much more about Alzheimer’s disease and how it develops.

The Nun Study has been featured on NBC’s The Today Show, CNN, and ABC’s Nightline. Articles have appeared in the New York Times, Chicago Tribune, Washington Post, Wall Street Journal, TIME, Newsweek and National Geographic as well as published in scientific journals such as the Journal of the American Medical Association, American Journal of Epidemiology and the Journal of the American Geriatrics Society. Dr. Snowdon’s book, “Aging with Grace,” presents his research in such a way as to make it accessible and illuminating to the general public.

This year’s conference has been expanded to five different learning tracks designed for: dementia care leaders, hands-on staff, activity professionals, advance practitioners, and a newly added family caregiver track. Our conference workshops are evidence-based, innovative, and focus on increasing practical skills. Planned workshops include: assessing pain in the later stages of dementia, activity programming for all stages, early presentation of different dementias, depression assessment and dementia, restraint-free care, dementia friendly facility design, increasing communication, understanding behaviors, financial/legal issues and much more. The agenda is designed to meet the needs of everyone who has a connection to Alzheimer’s disease.

The conference will be held at the Washington State Convention Center in downtown Seattle. Registration begins in February.

Our keynote presentation is sponsored by Scott and Mary Ferguson in tribute to his mother, Mrs. Helen Ferguson, and grandmother, Mrs. Marie Griffin.

New Pre-Conference Workshops

Now this year, we are offering two Pre-Conference Workshops on April 26. Gail Bosch, R.Ph., C.G.P. will offer a three hour workshop entitled “The Psychopharmacology of Alzheimer’s Disease and Related Dementias.” Ms. Bosch will explore all of the treatment options available for each of the different dementias, the medications used in each stage, and the appropriate medications for a variety of behaviors.

The second Pre-Conference Workshop is a “TimeSlips Certification Training for Activity Professionals” facilitated by Karen Stobbe, National TimeSlips Trainer. TimeSlips is an innovative and effective storytelling method that helps people with dementia to stay connected with family, friends, and staff. TimeSlips was developed by Anne Basting, Ph.D. at the University of Wisconsin–Milwaukee. After completion of this training, Activity Professionals will be certified to facilitate this method in their own facilities.

The workshops will also be held at the Washington State Convention Center. Registration for the Pre-Conference Workshops begins in February. Limited seating is available so register early.

Excellence in Caregiving Award—Honor a caregiver

Each year the Chapter recognizes exceptional individuals who care for people with dementia. The Excellence in Caregiving Award is presented to a certified nursing assistant, home care aide, any lay caregiver, or activity specialist who is working in a home, residential, or day care setting. Winners will be honored guests at the 22nd Annual Alzheimer’s Regional Education Conference in Seattle on Friday, April 27, 2007, at the Washington State Convention Center. Nomination forms are available at www.alzwa.org or by calling 1 (800) 848-7097.

• Nominations must be made by family members.

• All certified nursing assistants, home care aides, and activity specialists who work directly with persons (in the home or residential setting) with Alzheimer’s or other dementias are eligible. (Family caregivers, owners, or licensed professionals are not eligible for this award.)

• Nominations must be postmarked by March 1, 2007.

• Please return your nomination form completed on both sides to:

  Alzheimer’s Association
  Western and Central Washington State Chapter
  12721 30th Avenue NE, Suite 101
  Seattle, WA 98125
  (206)363-5500 or 1 (800) 848-7097
  FAX (206) 363-5700
Volunteer of the year, Margaret Durkee

When one thinks of the *An Evening to Remember Gala and Auction*, Margaret Durkee’s name comes to mind. Margaret Durkee has played a key leadership role for the last six years as the auction has grown and prospered. Margaret’s interest in the Chapter stems from her personal involvement with Alzheimer’s disease and their families and caregivers.

Margaret has provided guidance to hundreds of volunteers and staff to produce an outstanding event which includes silent and live auctions, a sumptuous dinner and a tribute to the *Lasting Memory Award* honoree. Always gracious, Margaret has shared her hospitality by hosting many of the Auction Team Committee dinner meetings at her Laurelhurst home. And, like any good executive, Margaret made sure that she had a super team in place to pass the baton to when she was ready to step down from the Chair.

Margaret has also supported a program called “People and Science” by hosting an event where attendees hear from local researchers about the status of scientific advances in the field and learn about services that the Chapter offers to support families and people living with the disease today.

Providing the positive role model for her children Stephen and Katharine, Margaret has encouraged them to get involved with the Chapter as well. To that end, Katharine volunteered all through middle and high school, and Stephen, an expert fly tier, provides an array of his talent for each and every auction. Husband Steve has provided steadfast support for all of Margaret’s interests. Congratulations to Margaret on this honor as the 2006 Chapter Volunteer of the Year.

Save these dates for Alzheimer’s advocacy

The chapter will be holding training on becoming an advocate on January 18, 2007 at the Tukwila Community Center. All are invited who want to become more involved with Alzheimer’s public policy and advocacy events. This includes individuals who have dementia, family, friends, professionals and caregivers. There is no cost to participate.

The training will cover:
- How to become an effective advocate by working 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.
- How to prepare for Alzheimer’s ADVOCACY DAY on February 7, 2007 in Olympia. We will review the Chapter legislative platform and advocacy day agenda for 2007.

Please pre-register by January 15. Training registration forms and information about ADVOCACY DAY are available at www.alzwa.org or by calling the chapter at 1(800) 848-7097 or (206) 363-5500.

Advocates Training
January 18, 2007
9:00 a.m. to 11:30 a.m.
Tukwila Community Center,
Banquet Room C
12424 42nd Avenue South
Tukwila, WA 98168
Directions:
http://www.ci.tukwila.wa.us
or call (206) 768-2822

Alzheimer’s Advocacy Day
February 7, 2007
All day event in Olympia
Visit www.alzwa.org or call us at
1 (800) 848-7097 for more information.

Volunteer corner

It all begins with having a vision—

Ask any volunteer—you get more than you put in.

All you need is a clear plan of action and the desire to make a difference.

Volunteering is a rewarding experience that empowers the individual through skills development and enrichment, additional work experience, exposure to career options, and a sense of personal fulfillment.

Contact Linda Whiteside at linda.whiteside@alz.org for current volunteer opportunities.

Turn On. Tune In. And Help Out!
When is it time  Continued from page 1

than just a hint. An independent driving evaluation might also be beneficial. As with other important life decisions, such as financial and care planning, it is helpful for families to talk about driving issues during the early stages of the disease process. If possible, talk about action steps for later on. Consider signing an agreement that acknowledges others may have to help make the decision and that the driver will abide by the decision when the time comes.

The Washington State Department of Licensing states that “your responsibility includes recognizing conditions which may affect your ability to drive safely.” Their responsibility is to “ensure the safety of our citizens on the highways.”

There are numerous resources to help determine when driving is no longer safe. There are also a number of helpful websites that can be used as a starting point in this decision making process. A partial list is on the front cover. Contact the Chapter for a more detailed resource list and to learn about alternative transportation options.

*A program of the Virginia Department for the Aging, administered by the VA Department of Motor Vehicles.

Welcome new Chapter staff

Meet new staff member, Dawn Morgan. Dawn graduated from college in 1987 with bachelors degrees in psychology and sociology. She moved to the Pacific Northwest 15 years ago, and began a career of working with seniors. She has volunteered with the Alzheimer’s Association for several years, and is looking forward to being an official part of the team. Dawn will be conducting outreach and education in the southwestern part of the state.

Dawn lives in Longview with her husband, Joe and daughters Delaney and Keely.

Margaux Gillespie is the newest development assistant. Margaux handles all donor-data information, including donor-relations, and works with the development “Team” to carry-out fund-raising efforts. A native of Las Vegas, Margaux recently moved to Seattle having worked in D.C. as an intern in the office of the Senate Democratic Steering Committee.
El Portal Northwest meets program goals and moves forward

Last year the Chapter began an exciting and important new program called El Portal Northwest. With funding from Seattle-King County Aging and Disability Services and a close partnership with SeaMar Community Health Centers, we have made major gains in reaching the Latino community. The Chapter hired Janet Ceballos to lead this effort, and in less than one year she has already met the performance targets for the program.

We are fortunate to have colleagues at SeaMar who have paved the way for Janet and eagerly shared their years of experience in providing services to members of the Latino community. Janet has participated in community health fairs and appears on a weekly radio program sponsored by SeaMar that attracts a Spanish speaking audience.

A large part of Janet’s work is education. She has provided in-service training to SeaMar staff who are eager to learn about how dementia affects their clients and the families who care for them. Janet also maintains an active community education schedule at senior and community centers. She helps people to understand Alzheimer’s disease and how to get services for their family if they are caring for someone with the disease. One of her presentations focused on how to follow healthy lifestyle practices to keep the brain healthy as well as the heart. Seniors really responded to the information and left the program with greater understanding of things they can do to stay healthy.

In a very short time El Portal Northwest has gained recognition in the Latino community and among social workers who serve Latino families as evidenced by referrals from the University of Washington Hospital and Harborview. A quote from a home health nurse sums it up: “I’m happy to hear that such service is available to the Spanish speaking community.”

El Portal was designed to meet the needs of the growing Latino community in King County. It is especially important because studies suggest that Latinos may be at greater risk of developing Alzheimer’s and dementia than other ethnic or racial groups. A growing body of evidence shows that vascular disease risk factors (including diabetes) may increase the incidence for Alzheimer’s disease and stroke-related dementia. The higher incidence of diabetes within the Latino community (64% higher than non-Hispanic white Americans) is a matter of particular concern.

We are gratified by the response from the community. And, we are thankful for a wonderful partnership with SeaMar that has helped this program to succeed.

Current Clinical Trials
School of Nursing Northwest Research Group on Aging Research Projects
To enroll in any of these studies, call Amy Moore at (206) 616-5550 or toll free 1 (866) 292-4464.

<table>
<thead>
<tr>
<th>Study Subject</th>
<th>Description</th>
<th>Candidate Criteria</th>
<th>Time/Procedure</th>
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<tbody>
<tr>
<td>NITE-AD Study: Sleep difficulties in the home setting</td>
<td>Evaluates 4 treatments to improve insomnia and nighttime behavior problems in AD patients.</td>
<td>Individuals have a diagnosis of AD or severe memory problems and live at home with a family caregiver.</td>
<td>Treatment visits during 2 months. 3 interviews during 6 months. All study activities are done in the home.</td>
</tr>
<tr>
<td>NITE-AD in AFH Study: Sleep difficulties in adult family homes</td>
<td>Evaluates a treatment to improve insomnia and nighttime behavior problems in AD patients.</td>
<td>Individuals have a diagnosis of AD or severe memory problems and live in an Adult Family Home.</td>
<td>Treatment visits during 1 month. 3 interviews during 6 months. All study activities are done in the Adult Family Home.</td>
</tr>
<tr>
<td>Sleep Description in AD patients</td>
<td>Assesses sleep of AD patients. No treatment is provided.</td>
<td>Individuals have a diagnosis of AD or severe memory problems and live at home with a family caregiver.</td>
<td>3 interviews during 6 months. All study interviews are done in the home.</td>
</tr>
<tr>
<td>Early Stage Memory Loss Seminar and Study</td>
<td>Evaluates individuals with early stage memory loss and their caregivers who attend the Alzheimer’s Association Early Stage Memory Loss Seminars.</td>
<td>Individuals have early stage memory loss and their caregivers attend the Early Stage Memory Loss Seminar.</td>
<td>3 interviews during 6 months. All study interviews are done in the home.</td>
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<tr>
<td>RALLI Study: Mild Cognitive Impairment (MCI) and exercise</td>
<td>Evaluates two exercise programs provided to individuals with MCI.</td>
<td>Individuals have MCI and are 70 years or older.</td>
<td>Exercise programs last 2 months. Study interviews are done in the home over a 36 month period.</td>
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An adult child’s grief can be more than it seems
By Karl Thunemann

As my mother’s death approached, I fantasized that I would make an easy transition. More than two years had passed since she stopped recognizing me, giving me plenty of opportunity to come to terms with the many rough spots in our relationship.

This is what I imagined, though at another level I knew—after years as a Helpline worker and hospice volunteer—that it would not go as I imagined.

My mother died a good death, despite her profound dementia. Not that it was perfect. I wish I had pushed to enroll her in hospice, instead of sending her to a specialist six weeks before she died. She spent just three days in hospice care. But she had devoted personal care from her favorite caregiver.

Until the final week, she had been carefree and cheerful. She was loved by the people in her adult family home and felt secure. During the preceding couple of years, she had gradually shed the sorrow, depression, and anger that had gripped her for more than 15 years. She was estranged from my sister, and sometimes would sob and say, “I don’t know.” At the end my mother seemed light and unencumbered.

A good death for her, but it left me troubled. After the first few weeks of predictable disorientation (forgetting the time of day and the day itself, uttering sentiments that came as a total surprise, losing track of the most basic tasks, and more) I began having a series of dreams about my relationship to my mother. Personal qualities that I had supposed to be innately my own now seemed to have been strategies devised to relate to her. Some were efforts to win her affection; others served as defenses against her.

I am thankful that she died while she still felt connected to people. My grief is not really about her dying, but for all these little strategies that have woven their way through my life. It’s time for me to leave them behind, and yet I’m not sure how to do that. I even feel defensive about the intensity of my feelings. When I talk to friends whose parents have died at a younger age with their faculties intact, I sometimes reproach myself. My grief should be less than theirs. Other times I feel resentful toward some people who don’t seem interested in my grief. Underneath this I know that I really feel resentful toward my mother for not connecting better with me.

I know this feeling will not always hold me captive. My dreams are shepherding me toward freedom. Many friends listen with patience, love and wisdom.

As a Helpline worker, I feel humbled by this experience. When Helpline callers lament that a parent or spouse no longer knows who they are, how easily we console them by blaming the disease for leaving them alone. Neither the person with dementia nor the family member is to blame. I believe this, yet my experience shows how the unconscious can write its own contrary version of the story. Am I alone? I doubt it.

We do need to blame the disease. Alzheimer’s is very blameworthy. We also need to hold each other gently, and accept that for some the emotional toll of this disease is entangled with other passions that take time to sort out.

Educational classes for people in early stages of memory loss

The Alzheimer’s Association will be offering free educational classes beginning Spring 2007 at various locations. These classes are designed specifically for people in the early stages of memory loss. A family member or support person is also welcome to attend with you. Topics range from information on the latest research to planning for the future. Pre-registration is required.

For more information or to discuss registration, please contact Joanne McMahon at (206) 383-5500 ext. 234, or 1 (800) 848-7097 ext. 234.
**Older Americans Act benefits early-onset Alzheimer's**

The Alzheimer's Association applauds Congress for renewing the Older Americans Act (OAA) to provide new help for families taking care of younger persons with Alzheimer's disease. A key provision in the Older Americans Act Amendments of 2006 (HR 6197), extends the existing National Family Caregiver Support Program and for the first time allows the program to provide supportive services, including caregiving training, respite care and counseling, to individuals caring for persons with early-onset Alzheimer's disease (those under age 65).

The Association also commends the efforts of Rep. Patrick Tiberi (R-Ohio) and Sen. Barbara Mikulski (D-Md.), who were the lead sponsors of the early-onset language, one of the first policy changes to benefit those with early-onset Alzheimer's disease.

“Seniors today are living longer, healthier lives. We must do what we can to help them be as independent and active as possible, and provide the resources necessary to meet new challenges,” Mikulski said. “By passing the OAA, we have honored one of the responsibilities we have to our seniors. Promises made when the OAA was created must be promises kept.”

Family caregivers of people with early-onset Alzheimer’s face enormous problems, but few programs are available to assist them. A report issued by the Alzheimer's Association earlier this year estimates that there may be as many as half a million persons with early-onset Alzheimer’s in the United States. This report also recommended that family caregivers of people with early-onset Alzheimer's disease be eligible for services funded through the National Family Caregiver Support Program.

At a congressional hearing in April, Alzheimer advocates testified in support of expanding the family caregiver program to allow services for caregivers of persons with Alzheimer's under age 65.

“This legislation is good news for those with Alzheimer’s, their caregivers and our senior population as a whole,” said Tiberi, the measure’s author. “The bipartisan approach we took in putting it together represents Congress at its best.”

The National Family Caregiver Support Program provides federal dollars to all 50 states to expand and enhance existing caregiver support services for family caregivers of people aged 60 and older. The caregiver program was created by legislation passed by Congress in 2000.

In addition to extending supportive services to caregivers of persons with early-onset Alzheimer’s, the OAA renewal bill authorizes additional funding for the National Family Caregiver Support Program. Expansion of the caregiver program is a key legislative priority for the Alzheimer's Association this year.

**Dedicated “A” Team members brave winter weather to raise awareness**

On Sunday, November 26th the Alzheimer's Association's “A” Team braved snow, wind, and rain to run and walk the University of Washington Medical Center Seattle Marathon. After months of training and fundraising, the eleven members of the “A” Team completed the half-marathon on Thanksgiving weekend with over 10,000 other Seattle marathon participants. Both novice and experienced runners committed themselves to the marathon in order to support the Alzheimer's Association.

Alzheimer's Association staff and volunteers also organized a water and aid stop at the 19 mile mark of the marathon course. Water station volunteers, including the Mothers and Daughters of the National Charity League of Mercer Island, faced the rain for hours to hand out 13,000 water cups to passing marathon runners.

This event raised nearly $7,500 with donations still coming in! The “A” Team was sponsored by Road Runner Sports, who generously supplied team shirts, duffle bags and running supplies. Thank you to each “A” Team participant for raising funds and awareness in our community!
Mark your calendars for Memory Walk 2007

August 25          Pierce County—Annie Wright School, Tacoma
September 8        North Counties—Skagit Transit Station, Mount Vernon
September 9        Seattle—Sand Point Magnuson Park, Seattle
September 15       Kitsap County—Waterfront Park, Silverdale

Memory Walk 2006 was a great success; we have raised nearly $450,000 and money is still coming in from workplace matching programs. If you made a donation to the 2006 Memory Walk and your company has a matching gift program, please send your company’s matching gift form to: PO Box 27088, Seattle, WA 98125.

The Pierce County Memory Walk raised a record-breaking $101,000!

Let’s make magic!

Join us on Saturday, March 3, 2007, at the Fairmont Olympic Hotel for our seventh annual An Evening to Remember Gala and Auction. This year’s theme is “Let’s Make Magic” and the event promises to be a fantastic evening of illusions and amazing moments. Last year’s auction brought in $438,000, nearly one-third of the Chapter’s operating budget. The money goes to support programs and services to some 10,000 people and families living with dementia in western and central Washington. A portion of the income is funding an important research project at the University of Washington.

There is something for everyone at the auction. There are trips to Key West, Las Vegas, Whistler, Hawaii, Calgary, and to learn and drive at a NASCAR professional track. Cordon Bleu-trained Chef Bertrand will prepare a private dinner party for a lucky bidder. And other temptations: Fly-fishing, original art and jewelry, and the opportunity to be a character in an upcoming book by New York Times best selling author Debbie Macomber. Experience the magic of the evening by listening to dynamic jazz musicians Soul Kata, magicians and illusionists, or sipping our signature cocktail in the beautiful Spanish Ballroom Foyer.

This year we are introducing the Family Tribute—a special opportunity to create a remembrance for a loved one by sponsoring a particular item or experience in the auction. There will be a toast ceremony at the auction to honor these family members and loved ones. There are both partial package sponsorships and exclusive sponsorships. All proceeds will be used to support Chapter services.

Seattle Fairmont Olympic Hotel.

“The Pierre County Memory Walk raised a record-breaking $101,000!”

Individual tickets are $250. Tables and sponsorships are available; special volunteers are also needed. Please call Jenny Daniels Freese or Helen Payton in the Development office at (206) 363-5500.
The Alzheimer’s Association, Western and Central Washington State Chapter gratefully acknowledges the following individuals, businesses, organizations, and foundations who have made contributions to our Chapter between July 1—September 30, 2006.

**$1000 and above**
- AARP
- Electa Anderson
- Merilee Bauman
- Chuck Cadby
- Choice Advisory Services
- Community Health Charities
- Ragnar Dahl
- Paul Diaz
- Veva Ann Elston
- Emeritus Corporation
- Employees Community Fund
- Estate of Christine M. Ratigan
- Estate of Darrell Ryan
- The Everett Clinic
- Foundation
- Forest Pharmaceuticals, Inc.
- Hearthside Manor
- Honolulu Freight Service
- The Joan Gottstein Alhadeff Family
- Judge Advertising
- Kindred Healthcare
- Operating Inc.
- The Knossos Foundation
- Martell Marital Trust
- Greg and Cindy Mortenson
- Northend Senior Care
- Coalition
- SafeWay, Inc.
- Lee Sandsted
- Ginn Smith
- Spiritwood at Pine Lake
- The Stack Foundation
- Swedish Medical Center
- Jack Tonkin
- Cynthia & Mark Wadlow
- The Weatherly Inn
- Fred Wiat II
- The Woodmark at Steel Lake

**$500 and above**
- Quello Group, LLC
- Renee Questad
- Rainier Pacific Bank
- Charles and Kathy
- Richmond and Family
- Neil and Elizabeth Roberts
- Sandra Jerke and Assoc.
- The Schwab Fund for Charitable Giving
- Susan Silver
- John Spalding
- David Steckler
- Bud and Maggie Swanston
- The Weatherly Inn
- Fred Wiat II
- The Woodmark at Steel Lake

**$250-$499**
- Aegis of Northgate
- William Arnold
- Steve and Anita Ashworth
- Dr. Eric Aston
- Mr. and Mrs. Charles Balleaux
- Bayview Manor
- James Allken
- Mark Boyce
- Kelly Burnaby
- Canterbury Manor
- Glenda Cantrell
- Mark Carr
- Roberto Cazzaro
- Carrie Chute
- Mary Collins
- Melinda Dixon
- Heather Eacker
- Eastern Aleutian Tribes
- Evelyn and Sam Ewing
- Fire Safety Service, Inc.
- Frankie Tobey Jones
- Retirement Group
- Greenway and Company PS
- Jeffrey Haagie
- Janice & Dale Hall
- Dr. Thomas Hulse
- ILWU Longshore
- Pension Group
- Johnson and Shute, PS
- Jack Jones
- Judy Karon
- Kern Funeral Home
- Kilo Middle School
- Leslie Kone
- Korean Women's Association
- Life Care Center of
- Mt. Vernon
- Nancy Lobreg-Arnold
- Norman Lorentzsen
- Dick & Dorothee Lundgren
- William and Diane Modarelli
- Alex and Theresa Molnar
- George Muller
- Peter & Kelly Mullin
- Maria Theresa Namm
- Sharon & Greg Nickels
- Novant
- Janice Olson
- Tom and Marcia Parks
- John R. Pasley
- Jerry & Stephanie Peters
- Renaissance Narrans Gllen
- Kristine Rietz
- Nancy Smith
- Snohomish County LTC
- Ombudsman
- Stewart Title of Kitsap County
- Summit Leasing, Inc.
- Joyce Talbot
- Arthur Thiel
- Karl & Faith Thunnemann
- Marie Whitehill
- Troy Woodward
- Joseph & Barbara Young

**$100-$249**
- A-dec, Inc.
- Norman & Aiko Abe
- Patricia Ackerman
- Carole Adams
- Helen Adams
- James Allken
- Fred Alexander
- James Alexander
- Joyce and Bruce Alexander
- All American Electric, Inc.
- Patricia Allison
- Jacob Almo
- Alzheimer's Resource
- Norma of Alaska
- Nancy Amidler
- Connie Anderson
- Thomas Anderson
- Kay Anglicki
- M.E. Ashurst
- Allan Avery
- Ann Babb-Nordling
- Ellen Bagley
- Annette F. Bailey
- Barrier Motors, Inc.
- Pamela & David Bartley
- Estelle Becker
- Howard & Maridella Bennett
- Gina L. Bentley
- Bersford,Booth,DeMarr & Tingsstad
- Roger Biggs
- Russell G. Brennen
- Judge Dan and Nina Rose
- Brice
- Edward and Pamela Bridge
- Court Brown
- Mary Brown
- Timothy and Jane Buck
- Michael Budd
- Bruce Cady
- Diana C. Cady
- George & Barbara Campbell
- Ralph and Margo Campbell
- Lester & Barbara Candee
- Anthony & John Carobay
- Frank & Judy Cardea
- Castlewood Builders, Inc.
- Gerard Centoli
- Century 21 Exclusively
- Dorothy Doreen Chapman
- Chenal County P. U. D.
- Joyce Chen
- Wai S. Cheung
- Alan & Janice Christensen
- Laura J. Christanson
- Peter Cline
- Community Healthcarriage,
- David Connor
- Donald Conrad
- Chenauch M. Conway
- Vivian Cotten
- Robert Coyne, Jr.
- Kathleen Crabtree
- Sharon Crawford
- Trudi Crystal-Pound
- Harold & Sandra Darling
- Marie Marie Dietz
- Rebecca and David Dorey
- Mike and Gay Dorsey
- David Duncan
- Stephen and Margaret
- Durkee
- Clinton Eckman
- Dean A. and Gloria W. Eckman
- Adolph & Mary Ebbrecht
- Lowell and Marilyn
- Eldenkamp
- Violet Eiden
- Laurentine Ellefson
- Jan and Doc Ellis
- Louise Enode
- Juanita Ekses
- Sheila Everett
- Paul Fahey
- C. Wesley Faulkner
- Mary & Tom Felkins
- Dan and Diane Fergus
- Ernest and Antonette Feser
- Karen Fisch
- Norma and Fitzmaurice
- Bill Flint
- Flow International
- John and Colleen Flower
- John Fazzard
- Rhonda Freeman
- Shelley French
- Sharon and Dick Friel
- Claire D. Gallagher
- Dix & Lel Gedney
- Ramon Giraldo
- Betty Ann Guboyne
- David & Diane Gordon
- Melinda Grant
- Michele Grant
- Great Northern Bank
- Richard and Marilyn Green
- Mary & Timothy Grosclose
- Mortimer and Donna Guisset
- Kerry Hampson
- Gerald & Lesley Hansler
- W.R. Hanson
- Timothy G. Hardtke
- Stephen & Kathleen Hard
- Herschel & Gail Hatcher
- James Heaton
- John Hickey
- Paul & Barbara Hehnegan
- Theresa Hehnegan
- Terry & Judith Hodge
- Michael and Sigrid Howard
- Robert Howeshedel
- Azzuna Huato
- Eugene Hughes
- Norman and Virginia Hunt
- Lee and Virginia Huntman
- Emily Hytton
- Pamela Hynes
- F. Double Ikegami
- Quentin & Bernta Jackson
- Martha Jaffe
- Linda James
- Jay Kelly Media
- Sandra Jerke
- Gretchen M. Johnson
- Mr. & Mrs. Ray Johnson
- Roy C. and Marilyn L.
- Johnson
- Russell Jones
- Susan and Jerald Judy
- Mike Kawashima
- KDW Architects P.S.
- Margaret Kineke
- Robert Kipp
- Mike and Mrs. Judd Kirk
- James and Renee Klein
- Lance and Lynn Kliever
- Donald and Nancy Knudson
- Allan Kollar
- Rick and Joan Komen
- Ruth Koutsby
- L. R. Krusemark
- Hugh and Tracy LaBossier
- Anne Lambert
- Lee Landson
- Linda Larsson
- Kim Lawson
- John W. Lee
- Dede Lehman
- Kenneth Leuthold
- Donald H. and Joan Little
- Richard and Helen Lone
- Susan & Bob Long
- David Lundgren
- E. Bruce & Constance
- McCormack
- Ben McCracken
- Susana Medina
- Mercedes-Benz of Bellevue
- Merrill Gardens at Stanwood
- Lucille Miller
- Mr. and Mrs. Bob Monarch
- Rose & Michael Moor
- Jack and Elizabeth Morford
- Cindy Mortenson
- M. A. Mortenson Company
- Donald & Beret Mott
- Judith Mullins
- Laura Murray
- Stephanie D. Murray
- Stephen Myers
- Marlene Myking
- Rita Nadreau
- Ben Nakagawa
- Carolyn Nay
- Kristin Nay
- David & Robin Nelson
- Ivan Nelson
- Nancy Newwenhof
- Joe Nichols
- Mae Nishitani
- Robert Nordberg
- Dennis Nordlund
- Michael and Vickie Nyswether
- Sharon O'Donnell
- Tim O'Neil
- Scott Oborn
- Chiyoko Oka
- Osborne Construction Co.
- Alice Ostendorf
- Outsource Music
- Packouz Jewelers
- The Pampered Chef
- Samuel Park
- Ralph and Julie Parker
- Stephen Pavick
- Helen Payton
- James Perin
- Fred and Barbara Petyn
- Susan Pollard
- Port Orchard Care Center
- James and Jeni Densjak
- Michael Powell
- Precision Aerospace
- Zachachay & Michelle Proffitt
- Puget Sound Bank
- Ronald Raphael
- Lynn Ray
- James Reckers
- Diane Regala
- Lou Anne Reger
- June Reilly
- Lynn Relroy
- Mere & Dorothea Remus
- Dorothy Revelle
- Grace & William Riley
- Gwynn Rucker
- Ralf Runquist
- Suzanne Scallon
- Arlin Schull
- Barb Schaumberg
- Russell Schaake
- Inez Schwartz
- Julie Sedlacek
- Saul Segura
- Luz Serrano
- Gill Shaw
- W & R Shaw
- John & Kathy Shoemish
- Winogene Strouger
- Jack Shyne
- Gus and Marsha Simchen
- SJ
- SK Professional Firefighters
- Steven and Catherine Slaton
- Martin and Barbara Snoey
- Karen Sorger
- Jocelyn and Ryon SOules
- Dorothy Southard
- Mary Ellen Southard
- St. Jude Thaddeus Family
- Home Family
- St. Vincent De Paul Parish
- Stanwood Self Storage LLC
- Statewide Liftrift
- Curtis Stecher
- Edward and Sylvia Stern
- Striegel Supply, Inc.
- Ernest Stutehe
- Summit Capital Advisors
- Toshiko Sunohara
- Sunrise of Lynnwood
- Jenni & Desta Swisher
- Joan Temple
- Evonne Tersisky
- Kari Thierer
- Deb Totten
- Diana Tiliano
- Jeffrey and Merrie Tomlin
- W. Jeffrey Tucker
- Twin City Foods, Inc.
- Mark Ufola
- Cassandra Uardin
- Cheryl Valentine
- W.D. Clark Construction Co.
- Mary Lou & Michael Waller
- Christine Walett
- Washington Architectural
- Hardware Company
- Edward Watton
- Timothy & Darlean Weber
- Wedgewood
- William and Mary Ann Weeks
- Dixie Welch-Coggins
- Donald and Joan Werkhoven
- Leroy and Libby Werkhoven
- Marivelle Westover
- Barbara Whatley
- Lillian Whiffeld
- Williams and Williamson PSC
- Williams, Kastner & Gibs, PLLC
- Robert and Christine Wise
- With a Little Help
- Elizabeth Wittenberg
- Zachman Insurance Agency, Inc.
Occupational therapy helps people with dementia

Occupational therapy—training to perform the activities of daily living—improved not only the lives of people with mild to moderate dementia, including Alzheimer’s disease, but also their caregivers, according to Dutch researchers at the University Medical Center Nijmegen.

“Because outcomes such as improvements in motor skills and the ability to do day-to-day tasks are associated with a decrease in need for assistance, we believe that in the long term, occupational therapy will result in less dependence, reduce estate taxes and simplify the transfer of your estate at death. The seminar will be held from 10:00 a.m.–12:00 p.m. with a box lunch following. Reservations will be on a first–come basis and seating is limited to twenty. Please call Margaux Gillespie at (206) 363-5500, ext. 243, to reserve your place. The cost of the event is $10.00.

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.

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**Memorials $100 and Above**

- James Al
- A-dec, Inc.
- Jeannette Allen
- Louise Ehwood
- Stephen P. Allen
- Wedgewood
- Norman Carl Anderson
- Electa Anderson
- Mrs. Betty Kay
- Anderson’s Parents
- John W. Lane
- Dennis Bauman
- Merrilee Bauman
- Donald Bell
- Lucille Miller
- Margery H. Bernheisel
- Richard and Helen Lone
- Ray Bouchez
- Mike and Gay Dorsey
- Dale Chinn
- Gus and Marsha Simchen
- Bernice J. Dahl
- Ragnar Dahl
- Sylvia Deiner Mardelle
- Westover
- William Drummond
- Century 21 Exclusively
- Maac Elkins
- Marie Willhite
- Maylen Eskes
- Juanita Eskes
- Jim Felt
- Dale Lehman
- Betty Geer
- Linda James
- Ann Glassy
- Adolph & Mary Ehbrecht
- Barbara Davey Green
- Jack Shryne
- Alf Gruelich
- Ralf Runquist
- Arnold J. Gunderson
- Mike Kawauchi
- Frances Holden
- Ernest and Antionette Feser
- Kay Hoy
- Robert Kop
- Elsie M. Hughes
- Eugene Hughes
- Royal Johnson
- Norman Lorentzen
- Williams, Kastner & Gibbs, PLLC
- Bill Joost
- Charles L. LeFevre
- William Killman Sr.
- Precision Aerospace
- Frank Kenney
- Alex and Theresa Molnar
- Mr. T.S. Lee
- Samuel Park
- Raymond Lindstrom
- James Aitken
- Barrier Motors, Inc.
- Gerard Centoli
- Consolidated Restaurants, Inc.
- Norman and Virginia Hunt
- Pamela Hynes
- Johnson and Shute, PS
- Rick and Joan Komen
- Charles and Kathi
- Richmond and Family
- Dixie Welch-Coggins

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**Planned Giving Seminar**

Please join us on March 14th, 2007 for part one of a two-part series on Planned Giving. The first seminar 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 seminar will be held from 10:00 a.m.–12:00 p.m. with a box lunch following. Reservations will be on a first–come basis and seating is limited to twenty. Please call Margaux Gillespie at (206) 363-5500, ext. 243, to reserve your place. The cost of the event is $10.00.

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**Tributes $100 and Above**

- Karen Conway
- Chenaault M. Conway
- Brad Goode
- Stephen Myers
- Mary Edith Pasley
- John R. Pasley
- Wendy and Scott Sedlacek
- Edward and Pamela Bridge
- Margaret Stanley
- Kay Angikco
- Rev. Stennis Watson
- Alan & Janice Christensen
- Harold & Sandra Darling
- Dix & Lel Gedney
- Quentin & Bernita Jackson
- John W. Lee
- Donald & Gloria Swisher

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**Thank You!**

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- Nellie Maher
- Judith Mullins
- Grace Mullins-Wohl
- Mark and Vickie Nystedt
- Elaine Naider
- Puget Sound Bank
- Marian Nelson
- David and Robin Nelson
- Clara Nelson
- Ivan Nelson
- May Nishitani Gomes
- Norman & Aiko Abe
- Mae Nishitani
- Patrick & North Peterson
- Veva Ann Elston
- Stan H. Novotney
- Frank & Judy Cardhea
- Gladys Ostman
- Winifred Struuger
- Betty Perrin
- Vivian Cotten
- Merle & Dorothea Remus
- Jacqueline Prall
- Mercedes-Benz of Bellevue
- Robert Ross
- Jan and Doc Ellis
- W & R Shaw
- Donald and Joan Werkhoven
- Owen Ruddy
- Robert and Christine Wise
- Mary Ann Pudge
- Sedlacek
- Arthur & Joan Carbery
- John & Sandy Bonfias
- Edward and Pamela Bridge
- Stephen and Margaret
- Durkee
- David & Diane Gordon
- W.R. Hanson
- Ben McCracken
- Packouz Jewelers
- Julie Sedlacek
- Rene St. Onge
- Ralph and Margo Campbell
- Dean A. and Gloria W.
- Eckmann
- Lynn Ray
- F. Luella Stutheit
- Ernest Stutheit
- Irene Sylvester
- Howard & Marilda Bennett
- Gerald & Leslie Hansler
- Martin and Barbara Snoey
- Muriel Thunemann
- C. Wesley Faulkner
- Martha Stutheit
- F. Luella Stutheit
- Lynn Ray
- Eckmann
- John R. Pasley
- Freeladin & Constance
- Frederick Waknitz, M.D.
- Ray Johnson
- Marie Vallelunga
- Sharon Crawford
- Anastasia Tomas
- Sharon Crawford
- Frederick Waknitz, M.D.
- E. Bruce & Constance
- McCormack
- Nancy Walker
- Flow International Corporation
- Hope & Sumio Yukawa
- Toshiko Sunohara
- Margaret Stanley
- Kay Angikco
- Rev. Stennis Watson
- Alan & Janice Christensen
- Harold & Sandra Darling
- Dix & Lel Gedney
- Quentin & Bernita Jackson
- John W. Lee
- Donald & Gloria Swisher

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**Institutionalization,” the researchers concluded.**

The University Medical Center Nijmegen.

occupational therapy will result in less dependence, reduce estate taxes and simplify the transfer of your estate at death. The seminar will be held from 10:00 a.m.–12:00 p.m. with a box lunch following. Reservations will be on a first–come basis and seating is limited to twenty. Please call Margaux Gillespie at (206) 363-5500, ext. 243, to reserve your place. The cost of the event is $10.00.

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Interested in signing up for our e-newsletter?

We are going to start an 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.

To our readers

If you are receiving duplicate copies of this newsletter, or you wish to stop receiving it, please let us know. Contact us by calling 1 (800) 848-7097 or (206) 363-5500, or by emailing margaux.gillespie@alz.org.