

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.

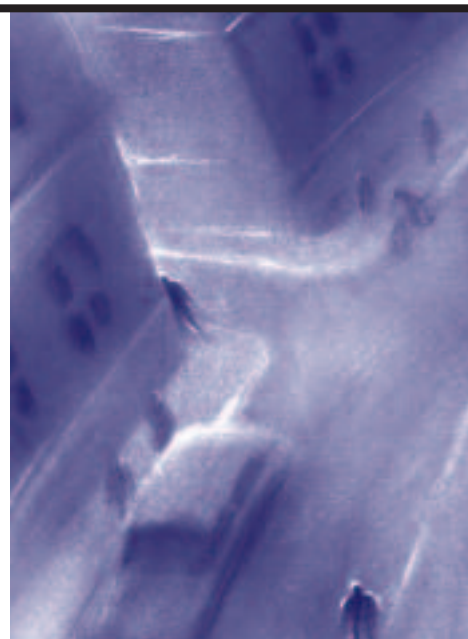
The Alzheimer's Association recognizes that a diagnosis of the disease alone is

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

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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/agelab

For more articles and resources on Alzheimer's and driving contact the Chapter at (206) 363-5500 or visit www.alzwa.org.

Executive Director's message



Nancy J. Dapper, Executive Director

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. ●

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Nancy J. Dapper, Patricia Hunter, Helen Payton and Karl Thunemann

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



David A. Snowdon, Ph.D.

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

New this year, we are offering two Pre-Conference Workshops on April 26. Gail Bosch, RPh., 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**

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 (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 of the year, Margaret Durkee



Volunteer of the year Margaret Durkee and husband Steve Durkee at the Chapter Annual Meeting.

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. Her mother, Marie Patterson, lived with Alzheimer's for many years, and it is a tribute to her that Margaret has dedicated her time and energy to raising money to help families living with the disease. 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. ●

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!

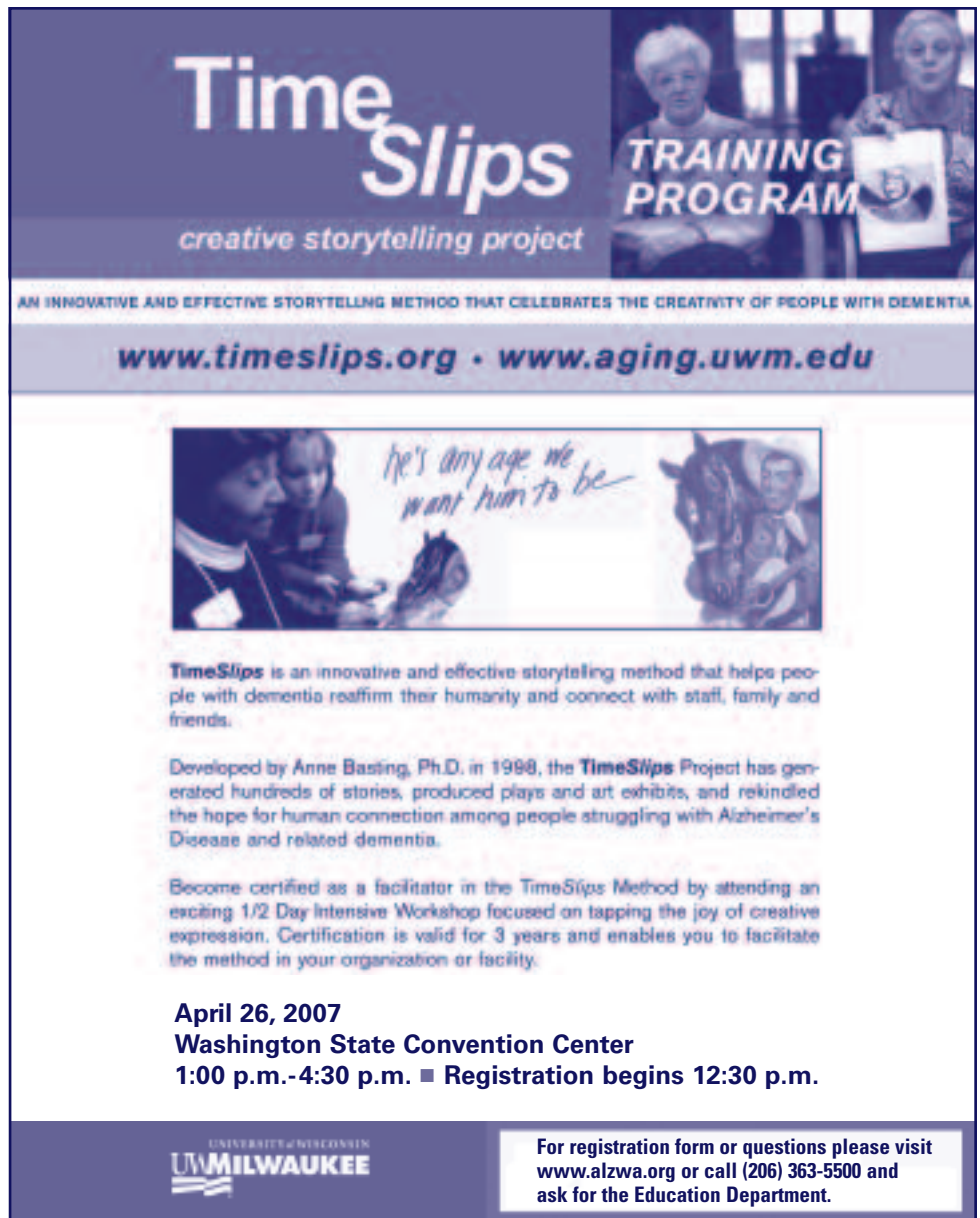
When is it time *Continued from page 1*

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.*




TimeSlips
creative storytelling project

TRAINING PROGRAM

AN INNOVATIVE AND EFFECTIVE STORYTELLING METHOD THAT CELEBRATES THE CREATIVITY OF PEOPLE WITH DEMENTIA

www.timeslips.org • www.aging.uwm.edu



TimeSlips is an innovative and effective storytelling method that helps people with dementia reaffirm their humanity and connect with staff, family and friends.

Developed by Anne Basting, Ph.D. in 1998, the **TimeSlips** Project has generated hundreds of stories, produced plays and art exhibits, and rekindled the hope for human connection among people struggling with Alzheimer's Disease and related dementia.

Become certified as a facilitator in the TimeSlips Method by attending an exciting 1/2 Day Intensive Workshop focused on tapping the joy of creative expression. Certification is valid for 3 years and enables you to facilitate the method in your organization or facility.

April 26, 2007
Washington State Convention Center
1:00 p.m.-4:30 p.m. ■ Registration begins 12:30 p.m.

UNIVERSITY OF WISCONSIN
UWMILWAUKEE

For registration form or questions please visit www.alzwa.org or call (206) 363-5500 and ask for the Education Department.

Welcome new Chapter staff



Dawn Morgan

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

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.

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

Terry Parish Design

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 call out her name. When the caregiver would ask who that was, my mother would turn blank 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. ●

In the last issue of this newsletter, I wrote of my father's grief at my mother's passing. At that time he seemed preoccupied with death. He even had developed a little ritual in which he "practiced" death.

How that has changed! Circumstances forced his beloved caregiver to leave the adult family home where he lived. It took three weeks to reunite them. He has moved in with her and her family. My dad has abandoned his death ritual. He loves watching football with the man of the house and going out for walks, meals and field trips. He still never speaks to me of my mother, but he did tell the caregiver that his wife had died "a couple of years ago," that he didn't remember the circumstances, and didn't want to talk about it.

My dad's doctor wants to see him, to follow up on the sudden weight loss he experienced after my mother died. His caregiver is busy letting out the waistlines of all my dad's pants and she's understandably eager to spring the news of his weight gain on the doctor.

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) 363-5500 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 public 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



“A” Team Volunteers John Daniels, David Brasefield, Jackie Gomes, and Carol Daniels handed out over 13,000 cups of water.

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



Team Captain Linda Busch Pfeifle stands with Tom MacDonald, who was Memory Walk's Top Seattle Individual Fundraiser with \$13,000.

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.

"An Evening to Remember: Let's Make Magic" truly is a special event. We hope to see you on March 3, 2007! 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
Merrilee Bauman
Chuck Cady
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
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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 Sandstede
Orin Smith
Spiritwood at Pine Lake
The Stack Foundation
Swedish Medical Center
Jack Tonkin
Cynthia & Mark Wadlow
Wal-Mart Foundation
Wattenbarger Architects PLLC

\$500-\$999

Aegis Assisted Living of Kent
Arcadia Health Services
Lois Bergman
Tom and Nancy Brown
Michael Cathy
City Lights Electric Supply, Inc.
Dean Claussen
Coastal Community Action Program
Comfort Keepers
Consolidated Restaurants, Inc.
CSI Construction Company
Dungeness Courte Alzheimer's Community
El Dorado West Retirement Community
Hampton Alzheimer's Community
Jim Hanson
Thomas and Deneen Heneghan
Kindred Foundation, Inc.
Charles L. LeFevre
William Lukov
Marine View Physical Therapy, Inc.
Messenger House Care Center
Metric Media, Inc.
Jon and Naomi Newman
Patriot's Landing Operations, LLC

Quellos Group, LLC
Renee Questad
Rainier Pacific Bank
Charles and Kathi 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 Swanson
The Weatherly Inn
Fred Wist 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 Homes
John & Sandy Bonifas
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.
Franke Tobey Jones Retirement
Greenway and Company PS
Jeffrey Haage
Janice & Dale Hall
Dr. Thomas Hulse
ILWU Longview 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 Loberg-Arnold
Norman Lorentzen
Dick & Dorothee Lundgren
William and Diane Modarelli
Alex and Theresa Molnar
George Muller
Peter & Kelly Mullin
Maria Theresa Namm
Sharon & Greg Nickels
Novartis
Janice Olson
Tom and Marcia Parks
John R. Pasley
Jerry & Stephanie Peters
Renaissance Narrows Glen
Kristine Rietz
Nancy Smith
Snohomish County LTC Ombudsman
Stewart Title of Kitsap County
Summit Leasing, Inc.

Joyce Talbot
Arthur Thiel
Karl & Faith Thunemann
Marie Willhite
Troy Woodworth
Joseph & Barbara Young

\$100-\$249

A-dec, Inc.
Norman & Aiko Abe
Patricia Ackerman
Carole Adams
Helen Adams
James Aitken
Fred Alexander
James Alexander
Joyce and Bruce Alexander
All American Electric, Inc.
Patricia Allison
Jacob Almo
Alzheimer's Resource Agency of Alaska
Nancy Amidei
Connie Anderson
Thomas Anderson
Kay Angkico
M.E. Ashurst
Allan Avery
Ann Babb-Nordling
Ellen Bagley
Annette F. Bailey
Barrier Motors, Inc.
Pamela & David Bartley
Estelle Becker
Howard & Marlida Bennett
Gina L. Bentley
Beresford,Booth,Demaray & Tingstad
Roger Biggs
Russell G. Brennen
Judge Dan and Nina Rose Brice
Edward and Pamela Bridge
Court Brown
Mary Brown
Randall and Jane Buck
Michael Budd
Bruce Cady
Diana C. Cady
George & Barbara Campbell
Ralph and Margo Campbell
Lester & Barbara Candee
Arthur & Joan Carbary
Frank & Judy Cardea
Castlewood Builders, Inc.
Gerard Centioli
Century 21 Exclusively
Dorothy Doreen Chapman
Chelan County P. U. D.
Joyce Chen
Wai S. Cheung
Alan & Janice Christensen
Laura J. Christianson
Peter Cline
Community Healthcarriage, Inc.
David Connor
Donald Conrad
Chenault M. Conway
Vivian Cotten
Robert Coyne, Jr.
Kathleen Crabtree
Sharon Crawford
Trudi Crystal-Pound
Harold & Sandra Darling
Marle Marie Dietz
Rebecca and David Dorey

Mike and Gay Dorsey
David Duncan
Stephen and Margaret Durkee
Clinton Eckman
Dean A. and Gloria W. Eckmann
Adolph & Mary Ehbrecht
John and Julie Eidson
Lowell and Marilyn Eldrenkamp
Violet Elduen
Laurene Ellefson
Jan and Doc Ellis
Louise Elwood
Juanita Eskes
Sheila Everett
Paul Fahey
C. Wesley Faulkner
Mary & Tom Felkins
Dan and Dianne Fergus
Ernest and Antionette Feser
Karen Fischer
Norma and Fritz Fitzmaurice
Bill Flint
Flow International Corporation
John and Colleen Flower
Dan Fozzard
Rhonda Freeman
Shelley French
Sharon and Dick Friel
Claire D. Gallagher
Dix & Lael Gedney
Ramon Gerard
Betty Ann Giboney
David & Diane Gordon
Melinda Grant
Michele Grant
Great Northern Bank
Richard and Marilyn Green
Marya & Timothy Groseclose
Mortimer and Donna Gusset
Kerry Hampson
Gerald & Leslie Hansler
W.R. Hanson
Timothy G. Hardtke
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Herschel and Gail Hatcher
James Heaton
John Heneghan
Paul & Barbara Heneghan
Theresa Heneghan
Terry & Judith Hodge
Michael and Sigrid Howard
Robert Howdeshell
Azuzena Huato
Eugene Hughes
Norman and Virginia Hunt
Lee and Virginia Huntsman
Emily Hylton
Pamela Hynes
F. Dougle Ikegami
Quentin & Bernita Jackson
Martha Jaffe
Linda James
Jay Kelly Media
Sandra Jerke
Gretchen M. Johnson
Mr. & Mrs. Ray Johnson
Roy K. and Marilyn L. Johnson
Russell Jones
Susan and Jerald Judy
Mike Kawauchi
KDW Architects P.S.
Margaret Kineke
Robert Kipp

Mr. and Mrs. Judd Kirk
James and Renee Klein
Lance and Lynn Kliever
Donald and Nancy Knudson
Allan Kollar
Rick and Joan Komen
Ruth Koutsky
L. R. Krusemark
Hugh and Tracy LaBossier
Anne Lambert
Mr. & Mrs. John W. Lane
Linda Larson
Kim Lawson
John W. Lee
Dale Lehman
Kenneth Leuthold
Donald H. and Joan Little
Richard and Helen Lone
Susan & Bob Long
David Lundgren
E. Bruce & Constance McCornack
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
Jennie Nedza
David and Robin Nelson
Ivan Nelson
Nancy Newenhof
Jon Nichols
Mae Nishitani
Robert Nordberg
Dennis Nordlund
Mark and Vickie Nysether
Sharron O'Donnell
Tim O'Neill
Scott Oborn
Chiyako Oka
Osborne Construction Co.
Alice Ostendorff
Outsource Music
Packouz Jewelers
The Pampered Chef
Samuel Park
Ralph and Julie Paul
Stephen Pavick
Helen Payton
James Perin
Fred and Barbara Petty
Susan Pollard
Port Orchard Care Center
James and Jeni Osenjak
Michael Powell
Precision Aerospace
Zachary & Michelle Proffitt
Puget Sound Bank
Ronald Raphael
Lynn Ray
Fern Raymond
James Reckers
Diane Regala

Lou Anne Reger
June Reilly
Lynn Reimer
Merle & Dorothea Remus
Dorothy Revelle
Grace & William Riley
Gwynn Rucker
Ralf Runquist
Suzanne Scallon
Arlin Schall
Barb Schaumberg
Russell Schustek
Inez Schwartz
Julie Sedlacek
Saul Segura
Luz Serrano
Gail Shaw
W & R Shaw
John & Kathy Shoemith
Winogene Shrauger
Jack Shryne
Gus and Marsha Simchen
SIO
SK Professional Firefighters
Steven and Catherine Slaton
Martin and Barbara Snoey
Karen Sorger
Jocelyn and Ryan Soules
Dorothy Southard
Mary Ellen Southard
St. Jude Thaddeus Adult Family Home
St. Vincent De Paul Parish
Stanwood Self Storage LLC
Statewide Liftruck, Inc.
Curtis Stecher
Edward and Sylvia Stern
Striegel Supply, Inc.
Ernest Stutheit
Summit Capital Advisors
Toshiko Sunohara
Sunrise of Lynnwood
Donald & Gloria Swisher
Joan Temple
Evonne Tersiski
Kari Thierer
Debi Thompson
Diana Tiliano
Jeffrey and Merrie Tomlin
W. Jeffrey Tucker
Twin City Foods, Inc.
Mark Ulloa
Cassandra Undlin
Cheryl Valentine
W.G. Clark Construction Co.
Mary Lou & Michael Waller
Christine Wallett
Washington Architectural Hardware Company
Edward Watton
Timothy & Darlean Weber
Wedgewood
Wilbur and Mary Ann Weeks
Dixie Welch-Coggins
Donald and Joan Werkhoven
Leroy and Libby Werkhoven
Mardelle Westover
Barbara Whately
Lillian Whitfield
Williams and Williams PSC
Williams, Kastner & Gibbs, PLLC
Robert and Christine Wise
With a Little Help
Elisabeth Wittenberg
Zachman Insurance Agency, Inc.

**Memorials
\$100 and Above**

James AI
A-dec, Inc.

Jeanne Allen
Louise Elwood

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. Bemheisel
Richard and Helen Lone

Ray Bouchey
Mike and Gay Dorsey

Dale Chinn
Gus and Marsha Simchen

Bernice J. Dahl
Ragnar Dahl

Sylvia Deiner Mardelle
Westover

William Drummond
Century 21 Exclusively

Macel Elkins
Marie Willhite

Maylen Eskes
Juanita Eskes

Jim Felt
Dale Lehman

Betty Geer
Linda James

Ann Glassey
Adolph & Mary Ehbrecht

Barbara Davey Green
Jack Shryne

Alfa Greulich
Ralf Runquist

Arnold J. Gunderson
Mike Kawauchi

Frances Holden
Ernest and Antionette Feser

Kay Hoy
Robert Kipp

Elsie M. Hughes
Eugene Hughes

Royal Johnson
Norman Lorentzen
Williams, Kastner & Gibbs,
PLLC

Bill Joost
Charles L. LeFevre

William Keilman Sr.
Precision Aerospace

Frank Kenney
Alex and Theresa Molnar

Mr. T.S. Lee
Samuel Park

Raymond Lindstrom
James Aitken
Barrier Motors, Inc.
Gerard Centioli
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

Nellie Maher
Judith Mullins

Grace Mullins-Wohl
Mark and Vickie Nysether

Elaine Nalder
Puget Sound Bank

Marian Nelson
David and Robin Nelson

Clara Nelson
Ivan Nelson

May Nishitani Gomes
Norman & Aiko Abe
Mae Nishitani

Patricia North Peterson
Veva Ann Elston

Stan H. Novotney
Frank & Judy Cardea

Gladys Ostman
Winogene Shrauger

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 Carbarry
John & Sandy Bonifas
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 & Marlida Bennett
Gerald & Leslie Hansler
Martin and Barbara Snoey

Muriel Thunemann
C. Wesley Faulkner

Thomas Tighe
Helen Payton

Anistasia Torres
Sharon Crawford

Marie Vallelunga
Ray Johnson

Frederick Waknitz, M.D.
E. Bruce & Constance
McCornack

Nancy Walker
Flow International
Corporation

Hope & Sumio Yukawa
Toshiko Sunohara

**Tributes
\$100 and Above**

Karen Conway
Chenault M. Conway

Brad Goode
Stephen Myers

Mary Edith Pasley
John R. Pasley

**Wendy and Scott
Sedlacek**
Edward and Pamela Bridge

Margaret Stanley
Kay Angkico

Rev. Stennis Watson
Alan & Janice Christensen
Harold & Sandra Darling
Dix & Lael Gedney
Quentin & Bernita Jackson
John W. Lee
Donald & Gloria Swisher

Thank You!

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.

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. ●

**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 on social and health care resources and less need for institutionalization,” the researchers concluded. ●

Western and Central
Washington State Chapter
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Seattle, WA 98125

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Return Services Requested

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.
