

The Validation breakthrough: Naomi Feil to keynote 2008 Regional Conference

Save the date! On April 4, 2008, Naomi Feil, A.C.S.W. will deliver a Keynote Address entitled "Insights into Aging." Ms. Feil grew up in Montefiore Home for the Aged in Cleveland where her father was the administrator and her mother was the social worker. Ms Feil earned a Master's Degree in Social Work from Columbia University. She returned to Cleveland in 1963 to work with the aged and has been developing the Validation method ever since.

Validation is an evidence-based method for both professionals and family caregivers that reduces anxiety while enhancing dignity. Validation accepts that people with Alzheimer's often return to the past and communicate through hindsight. A restoration of the past enables good times to be revived and past struggles to be resolved. Ms. Feil authored two highly acclaimed books and produced eleven award-winning films. She is a true pioneer who challenged current thinking and found a way to connect with people throughout the latest stages of Alzheimer's. Ms. Feil will share her journey and then offer workshops on verbal, non-verbal, and symbolic communication.

Ms. Feil will be joined by Dr. Daniel Christensen, Clinical Professor of

Psychiatry and Neurology at the University of Utah, who will present a research update including emerging medications and treatments. In addition, he will provide a workshop entitled "Dementia: Diagnosis to Death." Using video vignettes of his clients, Dr. Christensen will highlight opportunities for intervention and advocacy.

Joining Dr. Christensen is Mr. Christopher Nowinski, who played Harvard football, wrestled professionally, and is the author of "Head Games." During a match in 2003, Mr. Nowinski sustained a concussion and experienced post-concussion symptoms. Currently, he is a retired professional athlete who is courageously shouting a warning about the effects of concussions. Mr. Nowinski will share the current research and offer methods for prevention.

New this year, we will end the conference with a Closing Keynote. Karen Stobbe is back to perform "Sometimes Ya Gotta Laugh" which is about Alzheimer's disease, caregiving, humor, and stress. She performs the show with her husband and fellow actor Mondy Carter.

This year's conference has been expanded to seven different learning



Naomi Feil, A.C.S.W.

tracks designed for: dementia care leaders, hands-on staff, activity professionals, advance practitioners, advocates, family caregivers and a newly added general audience track. Our conference workshops are evidence-based, innovative, and focus on increasing practical skills.

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

Pre-Conference Workshops

Again this year, we are offering three Pre-Conference Workshops on April 3.

Laura Baker, PhD will offer a three-hour advanced practice workshop on different dementias.

Continued on page 5

Executive Director's message



Nancy J. Dapper, Executive Director

As we close out the year 2007 it is a good time to reflect back on our accomplishments and look ahead to the possibilities of the new year. Our Chapter has much to be thankful for as we look back on 2007. With increased support from our many donors, funders, and volunteers we have expanded our services to meet the growing needs of families who are facing the challenges of care giving. For the first time in our history we were chosen to receive funding from the United Way of King County and are very proud of this recognition.

I especially want to share with our readers the growing support for Memory Walk because many of you can take credit for this success. In 2007 the four walks brought in a record \$559,000! This represents an increase of 23% from the previous year and a 93% increase in the last five years.

But it isn't just about the dollars. Memory Walk is as much about raising awareness about the disease as it is about raising money. Our national office supported Memory Walk in

2007 with compelling and eye catching ads in popular publications such as *Parade*, *The Oprah Magazine*, *Newsweek*, and others, and aired commercials for Memory Walk on major TV stations throughout the country. In our local community, Aegis Living sponsored bus ads during the weeks leading up to the walks. This greatly enhanced marketing effort has gotten results.

In addition to having great support from individuals we were especially pleased to have solid support from corporate teams who excelled in their fundraising efforts. Faerland Terrace (Pacific NW), Accu- Med (North Sound), Franciscan Health System (South Sound) and Emeritus Oaks of Silverdale (Olympic Peninsula) took top honors in each of the four Memory Walks. We were also fortunate to have the support of the Kiwanis Pacific Northwest District. They chose the Alzheimer's Association as their charity of choice and put an all out effort into raising money for Memory Walk.

Memory Walk support is a good proxy for just how well we are reaching the community. Memory Walk committees are forming now to plan and set goals for 2008. Join us in this national effort to increase awareness about Alzheimer's disease and its devastating impact on people and families living with it. How often do you get the chance to have fun and do good at the same time? ●

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Nancy J. Dapper, Margaux Gillespie, Patricia Hunter, and Helen Payton

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

2nd Annual African American Caregivers Forum a resounding success

By Rowena Rye

On Saturday, October 13, the Alzheimer's Association presented the 2nd Annual African American Caregivers Forum, *Continuing the Legacy of Love*.

Dr. Lauren Lee rejoined us to update caregivers about current research related to African Americans and Alzheimer's, and our Caregiver Panel, facilitated by Letitia London, returned to update the group on changes in their lives over the past year as their loved ones' dementia progressed. Mechelle McClain was also back this year, donating the healing touch of massage to stressed caregivers.

New additions to this year's program included Attorney Felicia Yearwood

who provided the group with a Legal Planning Checklist and poet Dorothy Hubbard-Bown read *In Sickness, My Love, Together As One*, a tribute to her beloved husband, Augustus Bown, who passed away shortly thereafter, on November 4th. A luncheon roundtable discussion, "What kind of caregiver support works for me?" was facilitated by Charlotte Ruff, and Pastor Gwendolyn Phillips-Coates provided a closing to the day's events that inspired our caregivers to take heart.

If you were unable to attend this year's forum, but want to be informed about next year's event, contact Rowena Rye at (206) 363-5500, 1 (800) 848-7097 or Rowena.Rye@alz.org ●



Dr. Lauren Lee updated caregivers about current research related to African Americans and Alzheimer's.

Many individuals and organizations generously gave of their time and resources to make *Continuing the Legacy of Love* a success. Special thanks to our sponsors and vendors: Aging & Disability Services, City of Seattle, Catholic Community Services' African American Elders Program, the Mayor's Office for African American Elders, Sound Mental Health, ElderHealth Northwest, Providence Elderplace, Forest Laboratories, Northwest Research Group on Aging, Providence Hospice of Seattle, AARP, Senior Services, Genworth, and Senior Specialty Services.

Special thanks to our planning committee members: Dr. Margaret Boddie, Gayle Johnson, Letitia London, Charlotte Ruff; to Dorothy Hubbard-Bown and Karen Winston for beautiful floral centerpieces; to Richard Hubbard, our volunteer videographer for the forum, and to all of our wonderful event volunteers.



In sickness and in health

Are you facing Alzheimer's?

A clinical research study is being conducted in your area to determine the effects of an investigational drug on daily function and memory in people with Alzheimer's disease.

Qualified participants must be:

- from 50 to 90 years of age
- in general good health
- diagnosed with mild to moderate Alzheimer's disease
- taking Aricept®, Exelon® or Razadyne®
- not taking Namenda®

- accompanied by a regular caregiver to 10 study visits over a 54-week period

If you qualify for participation, all study-related medical care, physical exams, lab tests and the study medication will be provided at no cost.

For more information, please call:

The Memory Wellness Program
VA Puget Sound Health Care System
University of Washington
Toll Free: (866) 638-8813 (Tacoma);
(888) 291-7316 (Seattle)



Top 10 websites that you should know!

By Patricia Hunter, MSW



Patricia Hunter, MSW

When I decided to take on this topic, I was faced with two concerns. First, that I would not be able to narrow down my choices to just ten. Second, that I would hear from angry readers that these were in no way “THE” top ten websites. None of these websites are perfect, but I find myself returning to them time after time because they are helpful. For the most part, they are kept reasonably current and fresh. There are many excellent web sites on the internet. If you know of one or two, please pass on the information. I will gladly accept your suggestion. The following are not in priority order:

1. BenefitsCheckUp-

<http://www.benefitscheckup.org>

Developed and maintained by The National Council on Aging. BenefitsCheckUp is the nation's most comprehensive web-based service to screen for benefits programs for seniors with limited income and resources. It includes more than 1,550 public and private benefits programs from all 50 states and the District of Columbia, such as: prescription drugs, nutrition (including food stamps), energy assistance, social security, tax relief, utilities and transportation. Simple to use. Many application forms for different program benefits available for downloading.

2. Dementia Advocacy and Support Network International

<http://www.dasninternational.org>

DASN International is an internet-based support network established to promote respect and dignity for persons with dementia, provide a forum for the

exchange of information and encourage support mechanisms such as local groups, counseling groups and internet linkages. Assists people in connecting with their local Alzheimer's Association. Approximately one-third of its members have dementia themselves. DASNI activities include an internet-based support group for people with various dementias and those involved with their well-being, an email community, chat rooms and a resource library. One of the first, if not the first, online support sites created, driven and managed by individuals who have AD.

3. Perspectives is a quarterly newsletter

written for people with dementia that addresses the concerns, reflections, and coping skills of individuals with Alzheimer's or a related memory disorder. It provides up-to-date research, explores relevant topics, provides a forum for discussion, and builds bridges between people with memory loss around the world. Individuals with Alzheimer's or a related disorder contribute their perspectives to this newsletter in the form of articles, poetry, or letters. Visit <http://adrc.ucsd.edu/newsletter/newsl.htm>. Created and organized by Lisa Snyder, LCSW who is a pioneer in providing support groups for people with memory loss.

4. Ageless Design and the Alzheimer's Store

<http://www.agelessdesign.com/products>

Provides unique products and information for those caring for someone with Alzheimer's disease. Every product in the store has been carefully selected to make living with Alzheimer's disease as easy as possible. Ageless Design Inc. provides education, information and consultation services. Lots of clever devices to help make one's day a little easier! Daily blogs and news releases.

Terrific products and helpful customer service.

5. Washington State Department of Social and Health Services

<http://www1.dshs.wa.gov/basicneeds>

Gateway to the public long-term care infrastructure that supports elders, adults with disabilities and family caregivers. Basic needs assistance and Medicaid funding. Find information about licensed care facilities (nursing homes, assisted living, adult family homes and boarding homes throughout

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It Goes Without Mentioning

National Alzheimer's Association

www.alz.org

For the most comprehensive information regarding Alzheimer's and dementia the National Alzheimer's Association is excellent. Information available covers advocacy, research, disease statistics, caregiver support, standards in care, educational materials and training for professionals. Search the national library online for books, videos, manuals and journal articles. Click on the map to find your local chapter.

Alzheimer's Association Western and Central Washington

www.alzwa.org

Offers information specific to our area including support groups, classes, research clinics and events. Find articles and tip sheets on Alzheimer's, related dementias, diversity, caregiving and coping with the disease. Contact a HELPLINE specialist through the website to have your specific questions answered.

Validation *Continued from page 1*

Dr. Baker will explore each of the different dementias in depth. She will focus on early detection tools and identification of the earliest symptoms as well as explore treatment concerns and advocacy issues. Dr. Baker's workshop is practical and goes well beyond the basics.

The second three-hour Pre-Conference Workshop is "Signing for Seniors" facilitated by Jen Mallett. "Signing for Seniors" is an innovative activity that may help people with dementia to stay connected with family, friends, and staff. "Signing for Seniors" is an enjoyable social activity that also stimulates the brain. Ms. Mallett will teach a variety of basic signs and then incorporate these signs into different activities. Soon you will be speaking a whole new language that is not dependent on the spoken word. Professionals will leave this training with the ability to begin this activity program in their own organizations.

In addition, a full day workshop is being sponsored by the Department of Social and Health Services/Aging and Disability Services Administration, The University of Washington Alzheimer's Disease Research Center and the Alzheimer's Association. Dr. Mary Mittelman will present her powerful research on caregiver interventions in dementia through the New York University Caregiver Intervention Study. Following Dr. Mittelman's presentation, a panel of practitioners will present on four other family caregiver support models involving counseling, consultation, and depression screening. The afternoon session will allow participants to learn more in-depth information about the individual models.

The workshops will also be held at the Washington State Convention Center. Registration for the Pre-Conference Workshops begins in late January. 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 23rd Annual Alzheimer's Regional Conference in Seattle on Friday, April 4, 2008, 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, adult family home workers, assisted living facility staff, and activity specialists who work in the home or residential setting are eligible
- Nominees must provide direct care to someone with Alzheimer's or other related dementia
- Family caregivers, owners, or licensed professionals are not eligible for this award
- Nominations must be postmarked by March 1, 2008.

Early Stage Memory Loss Training to be offered in 2008

The Alzheimer's Association is currently seeking dedicated volunteers* with a solid background in Alzheimer's disease to lead ESML seminars in 2008 and 2009. Volunteers must be comfortable working with individuals with memory loss as well as their family caregivers.

Early Stage Memory Loss Seminar (ESML) is a unique program to support individuals who have early stages of memory loss and their care partners through disease education information, sharing and peer support. During the 8 session seminar, individuals are provided education on the different types of dementia, ways to cope with changes in their lives and relationships, and discuss issues important to them and their futures.

Technical support, seminar coordination, and leader training provided by the Chapter. If you are interested in volunteering in this program please call or email Rosemary Como at (206) 529-3868, 1 (800) 848-7097, or rosemary.como@alz.org.

*Social workers, counselors, nurses, activity specialists, Adult Day health providers, health education specialists, doctors, physical therapists, occupational therapists, or anyone with a background in geriatrics or memory disorders are encouraged to sign up.●

Current Clinical Trials

University of Washington Alzheimer's Disease Research Center

To enroll in any of the following studies, call 1 (800) 317-5382 or (206) 764-2069. All studies are open to the public.

Study Subject	Description	Candidate Criteria	Time/Procedure
An investigational antibody treatment study for persons with Alzheimer's disease	We are testing an investigational antibody approach to removing a substance in the brain (called beta-amyloid plaque) that is thought to cause Alzheimer's disease.	Mild to moderate Alzheimer's disease, must be living at home or in an assisted living setting. Must have a caregiver who is willing to come with the person to all of their research appointments.	Approximately 15 visits to the research center over 72 weeks. Some people in this study will get the experimental antibody, and some will receive a placebo (a "dummy" treatment that has no medication in it).
Prazosin for the treatment of difficult behaviors in Alzheimer's disease	Evaluates usefulness of prazosin compared to placebo in treating agitation, uncooperativeness, pacing and other difficult behaviors.	Diagnosis of probable or possible Alzheimer's. Living at home with a caregiver. May be taking other medications.	10 weeks long includes two visits to the research center and 7 phone interviews.
Genetics, stress hormones and memory	Evaluates relationship among high levels of stress hormone cortisol, the type of protein (APOE) a person carries, and decline in memory.	Middle aged and older without memory problems or with mild memory problems or people with Alzheimer's. Must be living at home or in an assisted living facility.	2-8 visits to the research center over 5 years. Participants receive memory testing and have two lumbar punctures.
Genetic studies of dementia and Alzheimer's disease	Seeks to identify the genes responsible for various forms of dementia and Alzheimers. For further information, please contact Ellen Steinbart, RN at (206) 764-2112 or toll free 1 (800) 745-4511.	Families are sought with two or more individuals living with dementia and/ or Alzheimer's.	Participation could involve an interview, examination, review of medical records and a blood sample. Travel to research center not required.

Terry Parish Design

University of Washington and the Veteran's Administration Healthcare System—Memory Wellness Program

To enroll in any of these studies please call Seattle (206) 764-2809 or Tacoma (253) 583-2011.

Study Subject	Description	Candidate Criteria	Time/Procedure
MEAL – Macronutrient effects on Alzheimer's disease	Examines the effects of a high saturated fat diet vs low saturated fat diet on memory.	Healthy individuals age 55 years and older with and without memory problems.	5 weeks during which the participant will make 8 visits to the clinic.
NOREPI – Insulin, Norepinephrine and working memory	Explores the effects of insulin and norepinephrine (hormones associated with glucose metabolism) on working memory.	Healthy individuals age 55 years and older with or without memory problems.	7 clinic visits, each lasting approximately 3 hrs, spaced 2-6 weeks apart.
RECALL–Rosiglitazone effects on cognitive abilities in later life	Effectiveness of rosiglitazone (an oral diabetic medication) in improving memory in older adults with mild memory impairment.	Healthy individuals age 55 years and older with mild cognitive impairment (MCI).	20 months, during which the participant will be asked to make 12 visits to the clinic.
REFLECT – Effect of Rosiglitazone as additional therapy to acetylcholinesterase inhibitors on cognition	Examines the effectiveness of rosiglitazone (Avandia) as additional therapy to acetylcholinesterase inhibitors (Aricept, Razadyne, Exelon) on subjects with Alzheimer's disease.	Healthy individuals age 55 years and older with mild to moderate Alzheimer's disease.	54 weeks during which the participant will make 10 clinic visits.
SNIFF–Spray nasal insulin to fight forgetfulness	Looks at the beneficial effects of a nasal spray on memory for older adults with memory loss.	Healthy individuals age 55 years and older with mild cognitive impairment (MCI) or early Alzheimer's.	4 months during which the participant will be asked to make 8 visits to the clinic.
TRIM–Triglycerides and insulin in memory	Explores the influence of increased dietary fat on glucose and insulin metabolism, memory and biological markers associated with Alzheimer's.	Healthy individuals age 55 years and older with and without memory problems.	6 visits to the clinic in which each visit is between 2-6 weeks apart.

Current Clinical Trials (continued)

University of Washington 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 an 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.

New Chapter staff

Lora Lehner has joined the Connections program. She previously worked as a social worker in the dementia unit at Martha and Mary Health Center in Poulsbo and with Group Health Behavioral Health. She enjoys reading, photography and being in the mountains and/or at the ocean. She especially loves her animal rescues: 3 dog and 5 cat companions.



Lora Lehner, BS



Maggie Goss

Maggie Goss has joined the Connections program to work with individuals and families in the community who are affected by memory loss. She has worked for seven years with mental health agencies in King and Snohomish counties. Her most recent work has been with older adults in long-term care settings as a therapist and advocate. In her free time, she enjoys writing, photography, and movies. ●

24/7 HELPLINE

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



alzheimer's  association
memory walk'08®

Nationally presented by
Genworth Financial 

Thank You for Helping Us MOVE to End Alzheimer's

Dear Memory Walkers,

Congratulations! Thanks to each and every one of you, the 2007 Memory Walk was a record breaking event, raising over \$559,000 statewide. Your support and generosity strengthened and expanded the Alzheimer's Association's mission within our community. The funds raised make it possible for the important programs and services to continue to be provided to people and families living with Alzheimer's disease at no cost.

Ensuring care and support for everyone affected by Alzheimer's is at the heart of our mission. With your help we will continue to achieve important community needs in the coming years. Our 24/7 Helpline, support groups, care consultation, education classes, public policy, and research projects will continue to provide vital assistance and advancement in the fight against Alzheimer's.

Your dedication to Memory Walk shows your commitment to your local community, and your interest in a cause that is growing in importance and increasing in awareness across the nation. As the Board President of the Alzheimer's Association Western & Central Washington State Chapter, I would like to thank you once again for your hard work, leadership, and inspiration in the face of this devastating disease. You truly do make a difference, and I appreciate your support.

With sincere appreciation,



Nora Gibson
 Board President

Congratulations to the Top Fundraisers of 2007

With your support we raised over \$559,000!

(The fundraisers listed below were recognized based on totals received on the Walk day. Numbers may vary based on donations received after the Walk)

South Sound-August 25

Total Raised: \$129,579

Corporate

First: Franciscan Health System \$11,951

Second: Kiwanis Pacific Northwest District \$8,430

Third: Kindred Healthcare Lakewood Walkers \$5,435

Family

First: Hudson-Ripley \$4,290

Second: Best in the West \$3,605

Third: The Lundgren Family \$2,440

Individual

First: Jill Karon \$3,263

Second: Pamela Smith \$2,512

Third: Sunday Tollefson \$2,080

Best Team Sign or T-shirt

Franciscan Health System

North Sound-September 8

Total Raised: \$36,050

Corporate

First: Accu-Med Services of Washington \$6,585

Second: Kindred Healthcare of Bellingham \$1,390

Third: John McKeon & Associates \$1,385

Family

First: Stanwood-Camano Striders \$2,785

Second: Hoem Team \$1,255

Third: Memory Warriors \$1,130

Individual

First: Cathy Faulkner \$3,795

Second: Morry Denton \$1,871

Third: Ginna Sloan \$1,510

Best Team Sign or T-shirt

Team Shilling

Pacific Northwest-September 9

Total Raised: \$336,462

Corporate

First: Team Faerland Terrace \$21,551

Second: Aegis of Shoreline Callahan Crawlers \$8,412

Third: King 5 Home Team \$8,245

Corporate Group

First: Aegis Living \$26,924

Second: Alzheimer's Association \$10,180

Third: Kindred Healthcare \$5,344

Family

First: The Harold W. Busch Walkers \$16,500

Second: The Bray Team \$13,075

Third: Team Dodel \$12,580

Individual

First: Georgia Smart \$9,725

Second: Kathie Gilcher \$9,484

Third: Claudia Dodel \$8,965

Best Team Sign or T-Shirt

Team Betsy

Olympic Peninsula-September 15

Total Raised \$60,880

Corporate

First: Emeritus Oaks of Silverdale \$6,800

Second: Martha & Mary Health Services \$3,893

Family

First: Dowling Devils \$1,993

Second: Bremerton Caregiver Support Group \$1,880

Individual

First: Mark Wadlow \$2,668

Second: Sue Tucker \$1,616

Third: Bea Ragsdale \$1,236

Best Team Sign or T-shirt

Hattie's Heroes

A Special Thank You to Our Memory Walk 2007 Sponsors

Memory Walk's record success would not be possible without the generous support of our corporate and community partners.

National Presenting Sponsor

Genworth Financial

National Teams

Creative Memories
Home Instead Senior Care
Kindred Healthcare

Chapter Sponsors

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www.maui-condo.net

South Sound

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Aegis Living
Annie Wright School
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Avamere Health Services
Brookdale Senior Living, Inc.
Business Examiner
Cascade Park Communities
Choice Advisory
Clare Bridge of Shoreline View
DaVita
Evercare
Franciscan Health System
Franke Tobey Jones
Garden Terrace of Federal Way
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Home Instead Senior Care
John Korsmo Construction
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Korean Women's Association
Magna Cum Latte
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The Northwest Veteran & Fort Lewis
Ranger
Patriot's Landing
Pierce County Aging & Long Term Care
Regency at Tacoma
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Sandra Jerke & Associates, Inc.
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Sound Options, Inc.
Tacoma Lutheran Retirement Community
The Disclaimers
The Weatherly Inn
TRA Medical Imaging

North Sound

92.9 KISM Classic Rock
Ashley Gardens at Mount Vernon
Birchview, A Memory Care Community

Cascade Mall
Choice Advisory Services
Custom Rx Shoppe Pharmacy
Elder Law Offices of Barry M. Meyers
Haggen Food & Pharmacy
Long Term Care Solutions-Cindy Sherwin
Maggie's Fury
Port Susan Athletic Club
Senior Guidebook
Skagit State Bank
Skagit Valley Herald
Starbucks Coffee Mount Vernon

Pacific Northwest

A Place for Mom
Aegis Living
Alzheimer's Resource Directory
Angelo's Italian Restaurant
Benevia
Choice Advisory Services
Club Intrawest
Digital Reprographic Services, Inc.
Ecologically Sound Medical Services
ElderHealth Northwest
ElderMove Alliance
EvergreenBank
FX McRory's
Garden Terrace
JR Mailing Services, Inc.
Kick Start
KVI Talk Radio 570
Magna Cum Latte
Northwest Prime Time
Overlake Terrace
Spiritwood at Pine Lake
Sunrise Senior Living
The Joan Gottstein Alhadeff Family
Visiting Angels
Wattenbarger Architects, PLLC

Olympic Peninsula

A Home Care Solution
A Place for Mom
Abiding HomeCare
Ashley Gardens Bremerton
Bay Pointe Retirement & Marine Court
Canterbury Manor
Claremont East Assisted Living
Costco Wholesale #13
Crista Shores
Emeritus Oaks of Silverdale
Harbor House
Harrison Medical Center
Home Instead Senior Care #616
Hospice of Kitsap County
Kitsap News Group
KPS Health Plans
Life Care Center of Port Orchard
Martha & Mary Health Services
Messenger House Care Center
Montclair Park at Poulsbo
Orchard Point Memory Care Community
Richard CTizzano, Attorney at Law
Ridge View Adult Family Home, LLC
Silverdale Beach Hotel
Spirit 105.3
Starbucks Coffee Silverdale
Victorian Rose Tea Room

Memory Walk 2007 Steering Committee

Thank you to the many generous community members who volunteered their time, energy, and talent to the planning of Memory Walk in 2007.

South Sound Steering Committee

Co-Chairs:

Vicki Judge, Judge Advertising
Laurene Ellefson, Franciscan Health System

Candace Drew, Avalon at Narrows Glenn
Cindie Sorenson, Aegis Living
Dani Graves, Brookdale Senior Living
Debbie Baker, The Weatherly Inn
Dick Lundgren, Community Advocate
Jan Olson, Lakewood Healthcare Center
Joan McLaughlin, HeartWarming Care
Karen Reed, Home Instead Senior Care
Kathy Robson, Radcliffe Place Senior Housing

Kim Peterson, Pierce County Aging and Long Term Care

Laura Runkle, Franke Tobey Jones
Lisa Marshall, Brookdale Senior Living
Lynessa Tinglum, Advanced Health Care
Lynn Thorne, Garden Terrace-Alzheimer's Center for Excellence

Marykay Duran, The Weatherly Inn
Michelle Graham, A Place For Mom
Peter Adams, Cascade Park Communities
Sue McGuire, Segue Move Management Services

North Sound Steering Committee

Chair:

Denise Irely, Merrill Gardens at Cordata

David Kiersky, Senior Guidebook
Faith Martian, Community Supporter
Jean Bach, Community Supporter
Karen Conway, Utsalady Farms
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Kathy Robson, Radcliffe Place Senior Housing
Charles Booth, John L. Scott Real Estate

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Ellie McDermott, Hopelink Eastside Literacy
Heather Greisen, Aegis Living at Northgate
Janna Stern, Janna Stern Auto Consulting, LLC

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Steering Committee

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Jason Brooks, Kirkland Lodge at Lakeside
Jim Cox, Aegis Living of Issaquah
John Shoemsmith, Wattenbarger Architects
Karen Eames, Segue Move Management
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Chair:

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Kay Pursey, Harbor House at Liberty Shores

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Michelle Graham, A Place for Mom
Nina Lilyquist, Life Care Center of Port Orchard
Sabre Donovan, Orchard Pointe
Sarah Hester, Claremont East
Stephanie Low, Emeritus Oaks of Silverdale

Memory Walk 2006 Prize Donors

We would like to thank the following generous individuals and companies for donating a prize to Memory Walk this year! All prizes help thank our top fundraisers, participants, and raffle winners at the end of Memory Walk. A full list of prize donors was listed in the Walk programs. Prizes valued at \$75 or more are listed below.

South Sound

Advanced Health Care
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 The Weatherly Inn
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North Sound

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 Lincoln Theatre
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 Terry Steckler
 The Black Cat
 Wells Nursery

Pacific Northwest

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 Assisted Transitions
 Bray Brothers
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 Costco
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 Spectrum Dance Theatre
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 Tracy Dao
 Transitional Marketing Services
 Wal-Mart
 Wattenbarger Architects
 Yves Delorme

Olympic Peninsula

A Place for Mom
 Abiding Home Care
 Carl Johnson
 Central Kitsap Reporter
 Costco Wholesale
 Emeritus Oaks of Silverdale
 Finger Tip Touch Massage Therapy
 Jerry Graham
 Jim Fox
 Harrison Medical Center
 Karen McKinley
 Madison Sparks Salon
 Lou Ann Lauborough LICSW
 Silverdale Beach Hotel
 Windermere Real Estate

We would like to thank the following individuals for their commitment and dedication by serving as the Honorary Chairs for the 2007 Memory Walk.

Kenneth Alhadeff

Lifetime Chair and local philanthropist

Brad Goode and Joyce Taylor
 King 5 News Anchors

Jean Smart

Emmy Nominated Actress, "24"

Debbie Macomber

New York Times Best Selling Author

Congratulations to the 2007 Memory Walk raffle winners



We are on the MOVE to end Alzheimer's! Thousands of individuals turned out for this year's Memory Walks.

1st Prize Winner:

Kathy and Larry Liechty of Seattle-Alexander's Cousins Team

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

2nd Prize Winner:

Norma Emmons of Issaquah

1-week Kihei, Maui condominium

and air-fare voucher. *Donated by:* www.mau-condo.net and Kirkland Lodge at Lakeside. Valued at \$1,150. ●



The Top Corporate Group Team, Aegis Living, raised over \$26,500!



The Bray Team, led by Team Captain Deb Bray, raised over \$13,000 for the Pacific Northwest Memory Walk!

Top 10 *Continued from page 4*

Washington). Handles elder abuse investigations, complaints in care facilities. Can connect you to local offices that serve seniors and elders, senior centers, case managers, meals on wheels, transportation, long-term care ombudsman and respite care programs. The site has many layers of information that can be challenging, but if you stick with it, you will find good contact information for help across the state.

6. Washington State Department of Health

<http://www.doh.wa.gov>

Find provider credentials using this site's search function. DOH licenses health and long-term care professionals such as doctors, social workers, therapists and nursing assistants. They also license health facilities like home health and hospice agencies. Handles quality assurance for several health systems, provides information and educational programs on disease prevention, safety and state emergency preparedness.

7. Washington Law Help managed by Northwest Justice Project

<http://www.washingtonlawhelp.org/WA/index.cfm>

This website is well known to professionals who work with seniors and family caregivers. It provides legal education materials and tools, basic consumer-friendly information on a number of legal problems, and in some cases, detailed instructions and forms to help you represent yourself in court. Locate information on free legal aid programs in Washington, including basic eligibility and contact information. Informational topics include Medicaid, estate recovery process, powers of attorney, guardianship and other issues common to seniors. This reliable web site is maintained by the Northwest Justice Project in Seattle.

8. Washington State Legislature

<http://www.leg.wa.gov/legislature>

Track legislation that has an impact on people living with Alzheimer's, their families and health and long-term care systems. Find your local official's contact information here. If you want to be heard, contact your representative.

9. National Institutes on Aging

<http://www.nia.nih.gov/alzheimers>

Part of the National Institutes on Health, the NIA leads federal research on aging issues such as Alzheimer's and dementia. This site provides information on national and local research including how to enroll in research studies. As a public, U.S. Government-funded resource, the ADEAR Center strives to be a current, comprehensive, unbiased source of information about AD. This is the place to find out what local researchers are doing. Helpful links to other resources too.

10. Alzheimer's Research Forum

<http://www.alzforum.org/abo/mis/default.asp>

A dynamic scientific web based community dedicated to understanding Alzheimer's disease and related disorders. Find reports on the latest scientific findings, from basic research to clinical trials; discussion forums across disciplines; stimulating and thought provoking new ideas in AD research. Heavy on the science jargon and a bit intense. Offers telecast seminars, e-news, etc. ●

who were diagnosed in their fifties and taken by Alzheimer's in their sixties. As caregivers, they have caught a glimpse of an absolutely terrifying future with a high prevalence of a disease that will ravage generations to come, and are therefore most committed to the success of this important fundraiser.

As the chairs, they have gathered together an extraordinary group of committee members whose time, talent, and energy are producing a fundraiser that will be filled with fun, excitement, hope, and an opportunity to honor Mary and Scott Ferguson for their million dollar contribution to Alzheimer's research.

Please check our web site www.alzwa.org to view some of the exciting auction items.

Anyone interested in sponsorship opportunities, receiving an invitation, or more information about the auction is urged to contact Helen Payton at Helen.Payton@alz.org. ●

\$25 Remembrance Raffle

We would like to invite you to participate in a very special Remembrance Raffle. For the 2008 *An Evening to Remember* gala dinner and auction, Alvin Goldfarb has donated a very generous gift certificate in the amount of \$5,000 to be raffled off.

For \$25, you receive a chance to win. Only 500 tickets will be sold. The lucky winner will be drawn during the live auction at *An Evening to Remember* on March 15, 2008. You do not need to be present to win. Imagine! A \$5,000 gift certificate to Alvin Goldfarb Jeweler; *Searching the world to bring you the finest collection of jewelry and timepieces available anywhere*. Chances can be purchased by calling the Chapter office at (206) 363-5500. ●

An Evening to Remember

Benefit Auction Chairs Electa Anderson and Jack Tonkin invite you to join them in raising funds and awareness for the Alzheimer's Association at the annual *An Evening To Remember* gala dinner and auction at the elegant Fairmont Olympic Hotel, March 15, 2008.

Electa and Jack lived Alzheimer's disease from beginning to end as caregivers for their loving spouses, Norm and Donna,

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, 2007 through September 30, 2007.

\$1000 and above

A Place for Mom
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