

## In This Issue

[Songs They Can't Forget](#)

[Home Modifications](#)

[Early Stage Memory Loss  
workshops](#)

[EVersion of Newsletter](#)

[Legacy of Love](#)

[Happenings](#)

## We Are Moving Our Office Location



Not only are we on the **MOVE** to end Alzheimer's, but we will soon be on the **MOVE** with our office.

Effective Monday, **November 2nd, 2009**, our office will be located in lower Queen Anne at

**100 W. Harrison St**

**North Tower**

**Suite 200**

**Seattle, WA**

**98119**

[Click Here for Map](#)

Greetings!

Welcome to the Alzheimer's Association Western and Central Washington State Chapter's electronic newsletter. This monthly publication is meant to keep you up to date on issues and events in the fight against Alzheimer's disease.

What would you like to see in **ENews**? Willing to contribute as a guest writer? What's your story? Contact Keri Pollock, Communications Director at [keri.pollock@alz.org](mailto:keri.pollock@alz.org)

## → The Songs They Can't Forget

*New York Times*

Tom was a wanderer. When his wife, Elsie, came to visit him at a care unit for [residents] with dementia, he would give her a perfunctory kiss, then wander off through the rooms and stare out the window. Elsie tried to walk with him and hold hands, but he would shake her off, leaving her heartsick.



A music therapist at the facility, Alicia Clair, was searching for ways to help couples like Elsie and Tom connect. Ms. Clair asked Elsie if she'd like to try dancing with Tom, [READ MORE...](#)

For more on the power of music and dementia, watch [The Music in Hugh: A Look at Young Onset Dementia.](#)

And Dr. Oliver Sacks' [Musicophila: Tales of Music and the Brain.](#)

## Quick Links

[Memory Walk](#)

[Support Groups](#)

[Support the Association](#)

---

## → **Modifying Your Home for Someone with Alzheimer's** from *Fisher Center for Alzheimer's Research*

### **What does it mean to modify the home environment?**

Research studies and anecdotal experience suggest that factors in the physical environment, such as lighting, color or noise, can greatly impact the behavior of a person with Alzheimer's.

Making changes and adjustments to the home environment can help make day-to-day activities easier and safer for the

person with Alzheimer's and can reduce specific symptoms, such as wandering. [READ MORE...](#)



---

## → **Early Stage Memory Loss workshops**

If memory problems are affecting your life or the life of someone you know, learn more about our **Early Stage Services**. Our Chapter offers support and tools to individuals who are in the early stages of Alzheimer's or dementia and those who are part of their support family.



Our **Early Stage Memory Loss workshop** provides information and education, group discussion on medical causes and treatments, and also looks at planning for the future.

Join us to learn ways to cope, meet others who understand, and to get the facts. Programs are led by trained facilitators. There is no charge to participate.

**Early Stage Memory Loss (ESML)** workshops are planned for the following date and locations:

**Friday, August 14th**, 1:30-4:30 pm  
Point Defiance-Ruston Senior Center,

4716 N. Baltimore, Tacoma, WA 98407

*Registration Deadline:* Tuesday, Aug. 11, 2009

**Beginning Tuesday, September 8th,**

**through**

**Tuesday, October 27th**, a weekly

**Early Stage Memory Loss Seminar** will be

held for **eight** (8) consecutive Tuesday afternoons, beginning at 1:00-3:00 pm.

Beautiful Savior Lutheran Church

126th and Mill Plain Blvd, Vancouver, WA

*Registration Deadline:* Tuesday, Sept 1, 2009

**Tuesday, October 13th**, 12:30-3:30 pm

St. Mark Lutheran Church

2109 College St SE, Lacey, WA 98503

*Registration Deadline:* Thursday, Oct. 8, 2009

**Wednesday, October 21st**, 1:00 pm-4:00 pm

Harrison Medical Center Annex

750 Lebo Blvd, Bremerton, WA 98310

*Registration Deadline:* Friday, Oct. 16, 2009

***Pre-Registration by phone is required as space is limited.*** Call **Samantha Woodward** at the Alzheimer's Association, Western & Central Washington State

Chapter at (206) 529-3868 or 1-800-848-7097 ext. 229.

For additional **ESML** resources, [CLICK HERE](#).

---

## → Register to Receive Our Newsletter Electronically

**Working hard at being donor dollar- and environmentally-friendly**

We know our newsletter is a valuable communication tool, but we are also mindful of how we utilize your dollars. Transition to an all-electronic newsletter will allow us to invest those dollars into other valuable programs and services to reach individuals and families affected by Alzheimer's and related dementias.



If you currently receive the hard copy of our [Quarterly Chapter newsletter](#), we encourage you to transition to the electronic version.

Visit our website - [www.alzwa.org](http://www.alzwa.org) and click on the [Subscribe to Newsletter](#) button in the left hand column of our home page to *Save A Tree*.

---

## → Celebrating the Legacy of Love

Our **4th Annual African American Caregivers Forum** is scheduled for **Saturday, October 17, 2009**, and will again be held at the Northwest African American Museum at 2300 South Massachusetts St, Seattle.

**Registration deadline** for the forum in **October 1st**.



The forum and luncheon are free, but space is limited. To reserve your spot and learn more about what is planned for the day, [click here](#).

---

## **SAVE THE DATES!**

Please make note of the following events:



### [Memory Walk 09](#)

Check the Memory Walk webpage for dates and locations of our four annual walks. **PLEASE NOTE:** The [Pacific Northwest \(Seattle\) Walk](#) is changing location. We outgrew Magnuson Park and will be gathering at [Seattle Center's Mural Amphitheatre!](#)

### [4th Annual African-American Caregivers Forum](#)

*Celebrating our Legacy of Love*

**Saturday, October 17, 2009 from 9 a.m. to 2 p.m.**

Northwest African American Museum, Seattle

For more information, [click here.](#)

**[25th Annual Regional Education  
Conference](#)**

*Moments in Mind*

**Thursday & Friday, April 15 - 16, 2010**

Washington State Convention & Trade Center, Seattle

**Call for Presentations** now being accepted. [Click Here](#)  
for more information.

