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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)

## → All-Night Care for Dementia's Restless Minds *New York Times, 06/12/09*

THE patients were on the loose again, moving their shrunken frames through the nursing home's shadowy halls, chattering and giggling like children sneaking out of camp.



It was after midnight. Nearly everyone inside the [Hebrew Home at Riverdale](#), which hugs the banks of the Hudson River in the northern Bronx, was fast asleep. The group crept past a large fish tank and rounded a corner, startling a security guard who jumped at the sight of them. [READ MORE...](#)

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## → Do I Really Want to Know if I Have Alzheimer's? from CBS News

Do I really want to know if I have Alzheimer's?

The answer is "yes." An estimated 5.3 million Americans suffer from Alzheimer's Disease, the majority - 5.1 million - over the age of sixty five. Research suggests that less than 35 percent of people with Alzheimer's or other dementias are properly diagnosed. Early diagnosis is crucial for many reasons, including: [READ MORE...](#)



We offer information about Alzheimer's and other forms of dementia. Our website includes [Know the 10 Signs](#).

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## → Knowledge is Power

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 program** 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

**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](#).

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 **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 Street, 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](#).

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## **Help Us to Save A Tree (or two or three)**

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

Our Chapter newsletter is distributed to 14,500 addresses each quarter. On average, we spend approximately \$12,000 to produce and distribute each quarterly newsletter.

We know the 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*.

## → **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 meeting at [Seattle Center's Mural Amphitheater!](#)

### [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](#)

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

Washington State Convention & Trade Center, Seattle

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

