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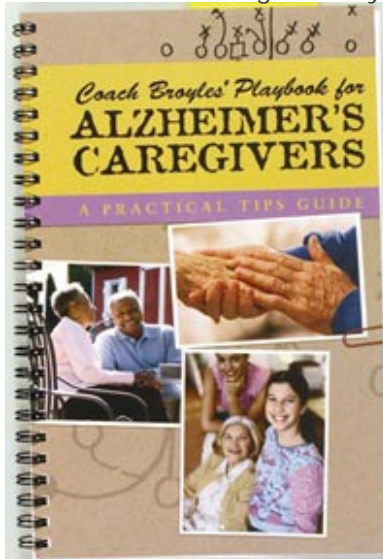
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Greetings!

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. If you would like to join our mailing list please contact Keri at keri.pollock@alz.org or (800) 848-7097.

→ Practical Tips Guide for Alzheimer's Caregivers

Coach Broyles' Playbook for Alzheimer's Caregivers is a practical, useful guide, available free of charge when you contact **Helpline** at **800.848.7097**.



If you or someone you know is caring for a loved one with Alzheimer's or a related dementia, the playbook is an invaluable, comprehensive resource that covers a wide gamut of topics, from bathing, dressing, eating, home safety, conversations with the doctor, to wandering.

Coach Broyles is the former athletic director for the University of Arkansas, and the playbook evolved from his experiences of caring for his wife, Barbara, who had Alzheimer's and passed away in 2004.

Aging and Disability Services of Seattle/King County has generously provided the Alzheimer's Association with a grant to underwrite the cost of mailing the Playbook to residents of King County.

→ Real Medicine on the Radio



This Saturday, June 13, from 1:00 to 2:00 pm, on KVI 570 AM

Rowena Rye, our Director of Community Resources, and James Leverenz, M.D., Associate Professor of Neurology, Psychiatry, and Behavioral Science at the University of Washington and the Alzheimer's Disease Research Center (ADRC) will talk with **Real Medicine** host Carrie Wallin about Alzheimer's and related dementias.

If you are interested in calling in with a question during the program, numbers are: 206.421-5757 and (Toll Free) 888.312-5757.

Brain Health in the News



Weekly curry 'may fight dementia' *from the BBC*

Eating a curry once or twice a week could help prevent the onset of Alzheimer's disease and dementia, a US researcher suggests. The key ingredient is curcumin, a component of the spice turmeric. Curcumin appears to prevent the spread of amyloid protein plaques - thought to cause dementia - in the brain.

But the theory, presented at the Royal College of Psychiatrists' annual meeting, has been given a lukewarm reception by UK experts. Amyloid plaques, along with tangles of nerve fibres, are thought to contribute to the degradation of the wiring in brain cells, eventually leading to symptoms of dementia.

Professor Murali Doraiswamy, of Duke University in North Carolina, said there was evidence that people who eat a curry meal two or three times a week have a lower risk of dementia. He said researchers were testing the impact of higher doses - the equivalent of going on a curry spree for a week - to see if they could maximise the effect. [Read more...](#)



Clues to lucid old age at bridge table *from the NY Times*

LAGUNA WOODS, Calif. - The ladies in the card room are playing bridge, and at their age the game is no hobby. It is a way of life, a daily comfort and challenge, the last communal campfire before all goes dark.



"We play for blood," says Ruth Cummins, 92, before taking a sip of Red Bull at a recent game.

"It's what keeps us going," adds Georgia Scott, 99. "It's where our closest friends are."

In recent years scientists have become intensely interested in what could be called a super memory club - the fewer than one in 200 of us who, like Ms. Scott and Ms. Cummins, have lived past 90 without a trace of dementia. It is a group that, for the first time, is large enough to provide a glimpse into the lucid

brain at the furthest reach of human life, and to help researchers tease apart what, exactly, is essential in preserving mental sharpness to the end. [Read more...](#)



Some Adult Day Health Centers Closing in Washington State

Washington's biggest provider of adult day-health care services is closing two of its six facilities in the state.

ElderHealth Northwest says that because of state budget cuts, it will close facilities in Seattle and Marysville on July 1 and lay off 40 workers. ElderHealth says that means scores of medically fragile seniors and people with disabilities will be left without services.



Sara Myers, executive director of Washington Adult Day Services Association, says another six adult day-health centers in the state are slated to close in the coming months.

In Spokane, Providence Health Care says it's closing one of its two day-health centers where low-income adults go for meals, exercise and care. Providence says it will offer services for those displaced by the closure at the remaining center.

To read more, [click here](#) and [here](#).



The Alzheimer's Project:

An HBO Documentary Series



If you don't subscribe to HBO, you can still view HBO's *The Alzheimer's Project*. Below are some of the resources from which you can view or purchase the entire documentary.

PLEASE NOTE: By August, the Chapter will have copies available in our lending library which can be checked out for a nominal fee.

HBO web site: <http://www.hbo.com/alzheimers/> You can view all four films in

the documentary free of charge by streaming it on your computer. The web site also offers the documentary for purchase as well as a complementary book. Fifteen short films collectively entitled *Momentum in Science: The Supplementary Series*, along with ancillary information, is also available.

Blockbuster Online and **Netflix**: If you subscribe to these services, the DVD is available to you now.

Amazon: Presales of the DVD are available now at a very reasonable cost. The documentary won't be released until late July.

To View the Documentary, [click here](#).

HOPELESS

→ SAVE THE DATES!



Please make note of the following events:

5th Annual Tasteful Evening

Pairing fine cuisine with a great cause

Thursday, June 11, 2009

Bell Harbor International Conference Center, Pier 66, Seattle

To reserve space, contact Elise Ricci, 206.363.5500, ext. 241, or by email at elise.ricci@alz.org

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, contact Rowena Rye, 1.800.848.7097, ext. 242, or by email at Rowena.Rye@alz.org



25th Annual Regional Education Conference

Thursday & Friday, April 15 - 16, 2010

Washington State Convention & Trade Center, Seattle

