

July 2010

Dear Friends of the Alzheimer's Association:

About a year ago we said that our goal was to convert the quarterly newsletter to an electronic format. Since that time we have been collecting email addresses and building the distribution list to make that happen.

This issue of our quarterly newsletter – Summer 2010 – will be our *last printed* issue.

There are several factors that drove this decision. First, our staff is committed to living gently on the earth and to decreasing our carbon footprint. We concluded that the environmental and energy costs of paper manufacturing, inks, and getting the newsletter to readers' mailboxes are simply too much. Eliminating the print version of the newsletter is a visible demonstration of our commitment. Second, we are equally committed to being careful stewards of donor dollars. The cost of developing, printing, and mailing the newsletter four times a year to more than 14,000 addresses is \$80,000 annually. The cost savings, coupled with the positive environmental impact, just makes good sense.

Our Chapter team has given careful consideration to the communication needs of our wide constituency. We believe we can be even more effective by using the many electronic formats that are widely available throughout our area.

We will continue to bring you news, insights, and information, but in different, more immediate and timely ways. For example:

- **ENews** will now be distributed twice a month, rather than once a month, beginning in July. Watch for it on the 2nd and 4th Tuesdays of each month (see how to subscribe below).
- We have both a **Facebook** page and a **Twitter** page that you can access from our website.
- Our website continues to grow more robust with information, resources, and events.
- Printed resources are still available by contacting **Helpline** at **800.848.7097**, visiting our office in Seattle, or at our website - **www.alzwa.org**.

Not currently receiving our **ENews**? Subscribing is easy:

- Go to our website: **www.alzwa.org**
- Click on the Subscribe to Newsletter button on the bottom of the left hand column of our home page.
- Follow instructions, and you are registered!
- It's also easy to unsubscribe at any time.

Thank you for your continued support as we move forward with bringing you current, meaningful content in new, exciting ways!

We're on the **MOVE** to end Alzheimer's!



Nancy J. Dapper, Executive Director



**We're on the MOVE
to end Alzheimer's**

memory walk

August 28

South Sound, Tacoma

September 11

Pacific Northwest, Seattle

September 18

Olympic Peninsula, Silverdale

September 25

North Sound, Mt. Vernon

Visit www.alzwa.org for more details!

SAVE THE DATE

Memories are Made of This

Fall Gala | November 13, 2010

Fairmont Olympic Hotel

Dine Around the World
with Beloved Northwest Chefs

For more information visit: <http://www.alzwa.org/cms/etr>

5th Annual African American Caregivers Forum

*Remembering our
Legacy of Love*

November 20, 2010

8:00 am to 2:00 pm

DoubleTree Guest Suites
16500 Southcenter Parkway
Tukwila, WA 98188



PROGRAM INCLUDES:

- **Connie Thompson**, KOMO News anchor & consumer reporter, family caregiver
- **George Dicks**, Mental Health Practitioner at Harborview
- **LeNora Hughes**, advocate, educator & Activity Therapist
- **Dr. James Leverenz**, UW/VA Alzheimer's Disease Research Center

TOPICS:

- Coping with Behavioral Symptoms of Dementia
- In-Home Activities: An Integral Part of Caring
- Alzheimer's Research

VISIT: www.alzwa.org