

Our neighbor, our champion

By Keri Pollock, Communications Director | Storyteller

Our neighbor Debbie resides in a small coastal town here in Washington State. Debbie's mom experienced Alzheimer's disease. She recalls, "It was very gradual at first, but all the signs were there: moments of lapsed memory, misplaced items, and minor suspicions. My mom **loved** to cook and she was a phenomenal cook. She cooked instinctively, without cookbooks. When she began to forget recipes, we knew for certain that something was wrong."



Connie Adler, Debbie's mom

The memory lapses and signs of dementia increased after the death of Debbie's father in 2004. As Debbie observed, "We didn't realize how much of a support our father was, or how he would compensate for her lapses until he was no longer there." Slowly Debbie began to recognize that truth and so began her journey of caring for someone with dementia. Little signs comfortably dismissed as "Mom's getting older" or "She's grieving because she's lost Dad" could no longer be set aside as signs of aging.

Debbie is a wife, mother of four, grandmother, and author. Yet, Debbie's story is not unlike the over 180,000 family, friends, and neighbors in

Washington State that are providing unpaid care to people experiencing dementia. Debbie has written novels, a cookbook, and knitting books. In her 30-year career, she has authored over 100 books with more than 130 million copies in print. This award-winning author celebrated a new career milestone in September 2007 when *74 Seaside Avenue* scored #1 on the *New York Times*, *USA Today*, *Publishers Weekly* and *Bookscan*

bestseller lists. Since then Debbie has seen two more of her books achieve this same success, most recently *92 Pacific Boulevard*.

If you have not guessed, our neighbor is author Debbie Macomber.

Debbie always knew she was a storyteller. As a stay-at-home mom, raising four kids, she found time within parenting and managing a household to create stories on a rented typewriter, her kitchen table as her office. When it was time for dinner, the typewriter was removed. Debbie shared a memory from those early days: "When my youngest was three years old and fussy, I had an idea I just needed to get on paper, and I can still see myself, my son

Continued on page 6

We've moved

Our new address in lower Queen Anne is:

100 W. Harrison Street
North Tower – Suite 200
Seattle, WA 98119

Phone and Fax have stayed the same:

Phone: (206) 363-5500 or 1 (800) 848-7097
Fax: (206) 363-5700



Save A Tree—we're going electronic with the newsletter

Saving money, energy and other resources, in addition to becoming more environmentally-friendly, are daily goals here at the Chapter.

The dollars we save will be invested in other meaningful places, such as programs, support, resources, research and outreach.



But we can't do it alone!

We need your email address.

Go to our website at www.alzwa.org, click on **Subscribe to Newsletter** (left hand column, last button) and follow the easy instructions.

Thank you!

Executive Director's message

As I write this column, the holiday season is underway with all of the joy and angst that permeate the mood. To keep my own feelings on the joy side of the spectrum, I am inspired by the many people in our community who join us in our mission to support people and families who are living with Alzheimer's disease.

The theme of this issue is about **community** in its many definitions. This has particular resonance for families as they journey through the caregiving experience.

Dick Lundgren, who is often asked to make presentations on our behalf and who is a family caregiver, a Champion, and a public policy committee member says, "You can't do it alone." It is a powerful statement from a man who knows, in the most personal way, the challenges that family caregivers face. The second part of Dick's message is, "Don't be afraid to ask for help."

The stories in this issue reveal the richness and depth of the Alzheimer's community. Each story highlights the many ways people contribute to the cause and provide support to families in our community.



Nancy J. Dapper, Executive Director

Please note that in 2010 we will launch our first **A Reason to Hope Community Breakfast**. This new event is designed to raise awareness about the disease and the services and programs provided by the Chapter. We hope you will join us and bring friends and colleagues.

And our **25th Annual Alzheimer's Regional Conference, Moments in Mind**, is sure to be informative and timely. We have a roster of speakers and presentations to engage a wide audience of professionals and family caregivers alike. Join us and find a community of individuals eager to share their experiences, lessons, and support. ●

Dates to remember

March 11: A Reason to Hope Community Breakfast, Benaroya Hall, Seattle. Details on page 5.

April 15 & 16: Moments in Mind, our 25th Annual Alzheimer's Regional Conference, Washington State Convention Center, Seattle. Details on page 7.

June 10: 6th Annual Tasteful Evening, Bell Harbor International Convention Center, Seattle. Visit www.alzwa.org for details.

2010 Alzheimer's Advocacy Day, date to be determined. Contact Patricia Hunter at patricia.hunter@alz.org or call 1 (800) 848-7097, ext. 227 for more information.

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Nancy J. Dapper, Patricia Hunter, and Keri Pollock

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From research labs to possible treatments for Alzheimer's disease

By Kirsten Rohde, R.N.



Research biologist Brian Kraemer, PhD

Editor's Note: In the Summer 2009 edition of our Chapter newsletter, we shared the story of Sherrill Miller, owner of E.B. Foote Winery. Sherrill created a special wine—**Remembrance**—which she bottled in memory of her husband Rich, whom she lost to young-onset Alzheimer's in the Spring of 2008. Sherrill has generously donated 60% of the purchase price to the Alzheimer's Association in support of research. Sherrill's ongoing support, outreach, and awareness building are greatly appreciated.

Below is an excerpted article about Dr. Brian Kraemer, the UW Alzheimer's Disease Research Center (ADRC) researcher whose work Sherrill's gift supports through our Chapter. The article appeared in the Fall 2009 issue of the ADRC's quarterly newsletter *Dimensions* and is reprinted with their permission.

When people think of medical research, they often imagine scientists in lab coats peering at Petri dishes through microscopes. Yet what generally makes news about Alzheimer's disease (AD) are the studies conducted with human participants, the clinical trials of promising new drug treatments. Both are important aspects of research and both can ultimately lead to the development of new treatments or even a cure for AD.

One laboratory at the University of Washington Alzheimer's Disease Research Center (UW ADRC) is looking at an organism very different from humans: a worm known as *C. elegans*. This round worm is less than one tenth of an inch long. It is barely visible to the naked eye, and its natural habitat is often the compost pile. Yet this tiny worm has about sixty percent of the same genetic material as humans, and that's the start of the story about how laboratory research might eventually lead to new treatments for dementia.

To find out more, I met with Brian Kraemer, PhD, a UW ADRC research biologist at the VA Puget Sound Health Care System (VAPSHCS) and Research Assistant Professor at the UW. Dr. Kraemer leads a research group focusing on the most fundamental causes of neurodegeneration in AD and related disorders. His research program is funded by three grants, one of which is from the Western and Central Washington State Chapter of the Alzheimer's Association.

Research into the causes of AD and other dementias begins by looking at what is going wrong in the brain tissue of affected people. The brains of people with AD have two types of distinctive changes: the development of *neurofibrillary tangles*, which are twisted strands of a protein called *tau* that is found inside brain cells (neurons), and *senile plaques*, which are complex deposits of amyloid and other proteins in the brain but outside of the neurons. The research conducted in laboratories such as Dr. Kraemer's is research that occurs at the level of DNA and the proteins within cells. This type of research works to recreate those AD-related changes to

Our new staff



Chris Vena, our Donor Relations Coordinator and Front Desk Manager, came to us from the Pratt Fine Arts Center in Seattle,

where his work included a similar role and responsibilities. With a Bachelor of Fine Arts in painting, Chris is an artist who spends his free time painting, a lot, going to art shows, biking, playing bass guitar, and engaging his artist's eye through digital photography. He also travels as often as he can.



Stephanie Watson, our Memory Walk Coordinator, came from the Cystic Fibrosis Foundation where she

worked as a Special Events Coordinator as well as the American Diabetes Association, where she helped with fundraising programs. Outside of work she likes to stay active through her adult gymnastics club, as well as jogging around Green Lake. Stephanie is also a volunteer for Inner City Outings and the Cystic Fibrosis Foundation.

neurons seen in humans so that experiments leading to possible treatments can be conducted. Researchers do this by using simpler organisms that can be studied more quickly and in larger numbers than research with human participants.

Continued on page 12

In my backyard: supportive living to keep elders in the community

By John Shoemith, AIA, Mithun and Steve Emmer, MSW, ElderHealth Northwest

What happens when elders who want to remain active in their communities do not have direct access to family or home and community-based services allowing them to realize that choice? Despite recent improvements in residential models for elders, many options are physically or perceptually ingrained in a separate retirement campus and require residents to leave the fabric of their existing communities. It's not uncommon for elders to have no interest in going "there." Supportive Living offers a positive alternative.

Supportive Living is defined by five key elements: small, familiar, friendly environments; home care to assist with meals and chores; home health services to assist with skilled nursing needs; care services coordinated by a multi-disciplinary team; and connections to day and health services. Together, these elements form an Integrated Neighborhood Network (INN).

An example of this concept is the Hope House project currently being planned for an existing intergenerational community at Hope Meadows in Rantoul, IL. Hope Meadows, which supports adoptive families and children coming out of the foster care system, has benefitted from the participation of seniors who have served as informal grandparents for more than a decade. However, these seniors now find it increasingly difficult to "age in place," as their health and mobility decline. The new Hope Houses, connected to an existing intergenerational center and adjacent to a new community house, are designed to allow seniors to stay and preserve their nurturing relationships with adopted children.

Mithun led an interactive series of workshops with staff and designers to create a concept that:

- Creates a place for seniors to continue to live and age in community as independently as possible.
- Includes connection to an intergenerational center (IGC) as the social, cultural and educational hub for the community.
- Features a new community center for large gatherings, adjacent and accessible to the Hope Houses and IGC, and replicable in other intergenerational communities.

All Gaffney House and Buchanan Place residents are technically eligible for nursing homes and have moderate to severe dementia. Twenty percent have come from assisted living, while forty percent have come from locked nursing home or hospital units. Although not licensed as Skilled Nursing Facilities, Supported Living houses have successfully served people with skilled nursing needs. In a Supported Living setting, it is the nurses' responsibility to assess the residents' clinical conditions, guide and train staff members on care needs, and delegate skilled nursing tasks as allowed to non-licensed team members.



Hope House rendering.


Far from the drawing board, residents of ElderHealth Northwest's Gaffney House and Buchanan Place have successfully lived in the supported living model for the past six years. Gaffney House and Buchanan Place are small-scale homes serving sixteen and twelve residents respectively. These households are in buildings indistinguishable from other homes in their neighborhoods.

The work of Supported Living is predicated on the belief that care giving is more about getting to know a person than it is about conducting a series of tasks. Everybody, regardless of title, is expected to do what it takes to support the residents. The House Manager, Nurses and Resident Assistants (RA's) all help with personal care, bathing, and dressing, and also contribute to

Continued on page 14

Mapping the mouse brain: a reason to hope

Save the Date



a reason
to hope


community breakfast

March 11, 2010

Benaroya Hall Grand Lobby

Registration at 7 a.m.
Program & Breakfast at 7:30 a.m.
\$125 suggested minimum donation

Featured Keynote Speaker
Elaine Jones, COO
ALLEN INSTITUTE FOR BRAIN SCIENCE



RSVP Today - Contact Liz McNeil at 206.363.5500 or liz.mcneil@alz.org

A new tool for medical research, the Allen Mouse Brain Atlas, provides a three-dimensional catalog of all the genes active in the brain and has revealed clues to diseases such as Alzheimer's, Parkinson's and Lou Gehrig's, as well as conditions such as autism.

The "Allen" of the Allen Brain Atlas is Microsoft co-founder and philanthropist Paul Allen. The Atlas was the inaugural project of the Allen Institute for Brain Science, which is a nonprofit research organization founded in 2001 and located in Fremont. The Atlas (brain-map.org), a Web-based map, shows the location and activity of approximately 21,000 genes in the mouse brain—a brain that is surprisingly similar to our own. The Atlas is free and available to anyone with an Internet connection.

Prior to the Allen Mouse Brain Atlas project, only 4,000 genes had been imaged, and all at low resolution, according to Jim Kent, a research

scientist at the University of California at Santa Cruz, who has been using the Atlas in his stem cell research. "It's not going to immediately lead to cures to disease but it is going to make virtually all the research leading to these cures happen faster than it would without the Atlas."

Presently, the Institute is involved in other projects and studies, including the *Allen Human Brain Atlas*, explained on their web site as "a genome-wide map of gene expression in the human brain. When completed, this revolutionary new tool will combine information about gene activity with anatomic knowledge—presenting a comprehensive resource to take researchers to dramatic new levels of understanding and discoveries surrounding the human brain. *The Allen Human Brain Atlas* may enable unprecedented insight into diseases such as Alzheimer's, autism, epilepsy, schizophrenia, and drug addiction, and help inform how best to intervene therapeutically." ●

Elaine Jones, COO of the Allen Institute, will be our featured speaker at our 1st Annual Breakfast, **A Reason to Hope, slated for March 11, 2010, from 7:30 AM to 9:00 AM, at Benaroya Hall, Seattle.** Elaine will talk about the groundbreaking work of the Allen Institute and how it ties to advances in Alzheimer's research, as we work together towards treatments and a cure.

Contact Elise Ricci at (206) 363-5500, ext. 241, or by email at elise.ricci@alz.org if you are interested in sponsoring the breakfast or would like to reserve a table or seats for this inaugural event. Admission is free, with a suggested donation of \$125 per guest.

Brain fitness pioneer opens regional conference

A renowned physician, neuroscientist, and psychiatrist, *Scientific American* magazine named him one of the world's top 50 innovators in science and technology.



Dr. Gary Small

He and his team of researchers developed brain imaging technology that allows physicians to detect the first signs of brain aging and Alzheimer's disease years before patients show symptoms. The team's efforts helped convince the Centers for Medicare and Medicaid Services to expand Medicare coverage to include PET scans to assist in the early diagnosis of dementia. In addition, his team has spearheaded health promotion programs for improving cognition and healthy aging.

So, who is he?

Dr. Gary Small, author of *iBrain*, *The Memory Prescription*, and *The Memory Bible*, and Director of UCLA's Center on Aging and the Memory & Aging Research Center. He lectures extensively throughout the world and is a frequent guest on the *Today* show, *CNN*, *ABC World News Tonight*, *NBC Nightly News*, and *CBS Evening News*. His research studies have been featured in the *New York Times*, *Wall Street Journal*, *London Times*, *Time* and *Newsweek*.

On **April 16th**, Dr. Small will provide a keynote address at our **25th Annual Alzheimer's Regional Conference—Moments in Mind**. In his keynote, Dr. Small discusses how technology not only changes our lives, but changes our brains. After the keynote, he will facilitate an additional workshop on brain fitness and dementia risk prevention. Dr. Small's keynote and workshop anchors a conference of amazing international, national, and local speakers. For more information about this conference, please visit our website at www.alzwa.org.

For community members who are unable to attend our conference, our chapter is co-sponsoring Dr. Small at a community forum on the evening at **April 15th at Town Hall Seattle** (www.townhallseattle.org) as part of their **Future in Health Series**. The program begins at 7:30 p.m. Tickets are \$5.00.

You can learn more about Dr. Small and his work by visiting www.drgarysmall.com.

Our neighbor *Continued from page 1*

bouncing on my hip, me typing with one finger as I captured that thought on paper.” It took five years for Debbie to find a publisher who would buy a manuscript.

Debbie uses her life experiences, friends, family and community in her writing. She lovingly and courageously shared her experience with her mother. Her writing has increased awareness about the experience of people with dementia and their caregivers.

In *Susannah’s Garden*, the focus of this novel is on the relationships across three generations of women in the Leary family. Early in this novel, the character Vivian becomes lost in the neighborhood where she’s lived for over 40 years:

Vivian Leary stood motionless at the corner of the street, her eyes darting from side to side. She had no idea where she was or how she’d gotten lost. After all, she’d lived in Colville her entire life. She should know—did know— every square inch of this town. But the last thing she remembered was going out to collect the mail and that must have been hours ago.

The street didn’t look familiar and the houses weren’t any she recognized. The Henderson house at the corner of Chestnut and Elm had been her marker, but it was nowhere in sight. She remembered that the Hendersons had painted their place white with green shutters. Where was it? She wondered, starting to feel frantic. Where was it? George would be upset with her for taking so long. Oh no, how could she have forgotten? George was dead.

The portrayal of Vivian’s memory loss and her daughter, Susannah’s, reaction is realistic, thoughtful and honest. Debbie shares her readers’ response, “It’s interesting. Some readers have



Photo by Nina Subin

Debbie Macomber

shared that they went through the same experiences with their parents. Others began to recognize through the characters and the stories that might be what is wrong with their loved one.”

In the Blossom Street Series books, the main character, Lydia, is challenged by her Mom’s memory loss. *Summer on Blossom Street* tells the story of sisters Lydia and Margaret who are caring for their mother, who has diabetes and memory loss.

My sister swallowed visibly. “Mom didn’t recognize Julia when we went to see her a few days ago.”

I felt a jolt of pain—for Margaret, for her daughter, Julia, for Mom. This was the first time Margaret had mentioned it. Our mother’s mental state had declined rapidly over the past two years and I suspected that in a little while she wouldn’t recognize me, anymore, either. Margaret and I shared responsibility for checking in on her and making sure she was well and contented. These days my sister and I had taken over the parental role, looking after our mother.

I could pinpoint exactly when that role reversal had taken place. It’d been the day Mom’s neighbor found her unconscious in the garden. She’d collapsed while watering her flowers. Everything had changed from that moment on.

Debbie explains, “I see where characters with memory loss have come to prepare my readers for what might be ahead in their own lives. It’s also resulted in readers ‘making connections’ with what they are experiencing and what they’re reading.”

Since the death of her mother in 2005, Debbie has become an advocate and champion for people experiencing dementia and their caregivers through her novels and her philanthropy. Debbie supports our Olympic Peninsula Memory Walk and was the keynote speaker of this walk in 2008.

Debbie is one of those gifted authors that make us feel! She allows us to laugh, to cry, to confront our fears, to feel heartache, to cheer life’s triumphs and to escape. Above all, her novels and her life help us to open our hearts to the lives of others. She courageously uses storytelling to increase awareness by realistically, respectfully portraying people with Alzheimer’s and their caregivers. In addition, she wisely and thoughtfully prepares us for what’s ahead. ●

VOICE

A world without Alzheimer’s begins with your VOICE.

Join us for

2010 ALZHEIMER’S ADVOCACY DAY

For more information contact:
Patricia Hunter
patricia.hunter@alz.org or
1 (800) 848-7097, ext. 227

Moments in Mind

25th Annual Alzheimer's Regional Conference

Save the Date: **April 15-16, 2010**

Washington State Convention Center, Seattle

For more information visit: www.alzwa.org

Moments, by definition, are specific events in time. Some moments are so significant they become etched in our minds. These etched moments often resist the ravaging effects of



neurological diseases and can be used when caring for people experiencing dementia. This year's conference will focus on how to use these retrievable moments as well as exploring the

value of creating new memorable moments in our minds. In order to accomplish this, we challenged our faculty with creating interactive evidence-based workshops that also address issues of diversity. In addition, we asked them to provide practical tools and skills that are easily taught to others and are easily implemented. Our conference has something for everyone. Specialized tracks are intended to guide attendees to the focus of the workshop. Attendees may attend any track and any workshop on the day of the conference.

Direct Care/Family Caregivers

For people providing direct care to people experiencing dementia

Activity

For activity and recreation professionals

Leadership

For administrators and program directors focusing on systemic programming or organizational issues

Advanced Practice

For social workers, care/case managers, counselors, nurses, and experienced professionals

General Audience

For everyone and anyone interested in dementia

Our Keynotes

Gary Small, MD, neuroscientist from UCLA and author of *iBrain*, *Memory Bible*, and the *Memory Prescription*

Penelope Garner, creator of SPECAL CARE, a dynamic, evidence-based direct care approach

Our Faculty

Aegis Therapies Staff
Diana Waugh, RN, BSN
Karen Feldt, PhD
Karen Kent, MSG, LMHC, GMHS
James Leverenz, MD
Juliet Hoyt Klinger, BSW, MA
Joshua BrownSilva, Chef
Katie O'Shea, MS, LMHC
Kathy Moio, RN, BSN
Linda Levine Madori, PhD
Sue McCurry, PhD
Elaine Peskind, MD
Murray Raskind, MD

April 15

Three Hour Pre-Conference Intensives Topics

Lesser Known Dementias

Early Detection, Treatment, Care Concerns

Screening, Assessing, and Interviewing People Experiencing Dementia

Dementia and Developmental Disabilities

Early Detection, Treatment, Care Concerns, and Activities

SPECIAL CARE for Administrators and Program Directors

Strategies and Implementation

April 16 Conference Topics

Brain Exercises
De-escalating Agitation
Dining and Meal Preparation
Fall Prevention
Home Adaptations
Medications for Agitation
Models for Problem Solving Care
Prevention
PTSD and Dementia
Stress and Dementia
TTAP Activity Program
Using the Wii Gaming System
And much more...

For additional information, please visit our website at www.alzwa.org. Registration begins in January. Space is limited; early registration is recommended. ●

More conference highlights on page 13



Dear Memory Walk participants and supporters,

You did it again! Our Memory Walks were great successes because you came together as part of our greater community, helping to build awareness and financial support for our Chapter's programs and services.

Rain or shine. All ages. Lots of friendly dogs. Loads of celebrating. Memory Walk is about families, friends and communities coming together and uniting around a common cause. It's about celebrating the lives of those individuals touched by this disease and looking toward the future for a cure. It's about a network of support and hope.

From Tacoma to Silverdale, Seattle and Mount Vernon, your voices were heard as we walked together to MOVE to end Alzheimer's. Each dollar you raised will be used wisely and purposefully to meet the needs of individuals and families affected by Alzheimer's and related dementias: 24/7 Helpline, Connections, support groups, education, outreach, public policy, advocacy and research are just a few of the areas where your gifts bring continuing value.

The move of our Pacific Northwest Memory Walk to Seattle Center allowed us to reach higher visibility within the community, interface with people who didn't know about us, and settle in at a venue that allows for growth (just two blocks from our new office location)!

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 our Memory Walk 2009 top fundraisers

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

National Team Totals

Genworth Financial: \$3,080
Home Instead Senior Care: \$54.70
Kindred Healthcare Inc.: \$19,390.09
Brookdale Senior Living: \$4,671.60

South Sound—August 29 Annie Wright School Tacoma

Total Raised: \$94,027

Corporate

First: Franciscan Health System \$11,371.53
Team Captain: Jill Karon
Second: Lakewood Walkers \$5,447.21
Team Captain: Jan Olson
Third: Rainier Vista Care Center \$4,006
Team Captain: Erika Pedder

Family

First: Hudson-Ripley \$4,700
Team Captain: Rhonda Watts
Second: Team Kathi \$1,900
Team Captain: John Caldwell
Third: Fuji's Team \$1,645
Team Captain: Linda Nix

Individual

First: Jill Karon \$2,665
Second: Linda Nix \$1,325
Third: Cortney Rushforth \$1,260

Pacific Northwest—September 12 Seattle Center

Total Raised: \$325,000

Group

First: Alzheimer's Association Board \$12,488; final total \$13,173
Second: Merrill Gardens \$6,375
Third: Sunrise Senior Living \$6,005.39; final total \$8,346.31
Fourth: A Place for Mom \$5,696.71; final total \$8,223.31

Corporate

First: Emeritus Senior Living \$38,200
Team Captain: Leah Belisle
Second: Alzheimer's Association Staff \$18,000
Team Captain: Melissa Soules
Third: King 5 Home Team \$9,388
Team Captain: Evonne Tersiisky

Family

First: The Harold W. Busch Walkers \$13,300
Team Captain: Linda Busch Pfeifle

Second: Cook Out \$6,420
Team Captain: Judy Cook

Third: Team Minden \$4,005
Team Captain: Pete Minden

Individual

First: Linda Busch Pfeifle \$6,682
Second: Judy Wright \$6,032
Third: Eileen Alexander \$4,531

Olympic Peninsula—September 19 Waterfront Park, Silverdale

Total Raised: \$40,200

Corporate

First: Emeritus Oaks Joining Their Journey \$3,635
Team Captain: Lindajo Dutton
Second: Life Care Forget Me Nots \$2,436.91

Team Captain: Kari Tyson

Third: Big Blue \$1,900

Team Captain: Sue Tucker

Family

First: Dowling Devils & Darlins \$1,335.75
Team Captain: Jana Harris

Second: Shirley's Helpers \$726.95

Team Captain: Allison Ryan

Third: Bremerton Caregivers Support Group \$650

Team Captain: Gail Bosch

Individual

First: Robin Murphy \$3,395

Second: Bea Ragsdale \$1,008.35

Third: Sue Tucker \$801

North Sound—September 26 Skagit Transit Station

Total Raised: \$30,852.13

Corporate

First: SEIU Healthcare 775NW \$2,050
Team Captain: Misha Werschkul

Second: Accu-Med Services of Washington \$2,025

Team Captain: Kay Matier

Family

First: Team Brooks \$2,830

Team Captain: Erica Gretch

Second: The Burks \$1,300

Team Captain: Charlean Burks

Individual

First: Erica Gretch \$1,235

Second: Charlean Burks \$1,100

Thank you to our generous Memory Walk 2009 sponsors

This year's success wouldn't have been possible without the support of our corporate and community partners.

National Presenting Sponsor

Genworth Financial

Platinum National Teams

Genworth Financial
Home Instead Senior Care
Kindred Healthcare Inc.
Brookdale Senior Living

Member National Teams

A Place for Mom
ComForcare
Evercare—UnitedHealthcare
GE Healthcare
Parrot Heads in Paradise
Sigma Kappa Sorority
SunBridge Healthcare

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South Sound

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Joesepi's Italian Ristorante
Judge Advertising Inc.
Life Care Center of Federal Way
MetLife Reverse Mortgage
Multicare Health System
Olympic Alzheimer's Residence
Patriot's Landing
Pierce Cty. Aging & Disability Resource Center
Prestige Senior Living/Expressions at Enumclaw
Regency at Tacoma
Renaissance at Narrows Glen
Senior Scene—Lutheran Community Services*
Signature Home Health
Silver Creek Retirement & Assisted Living Community
Sound Options, Inc.
Starbucks Coffee at Old Town
Tacoma Lutheran Retirement Community
Talking Rain
The Rhythm Method
The Woodmark at Steel Lake
TRA Medical Imaging

Pacific Northwest

Bartell Drugs*
Bayview Retirement Community
CHOICE Advisory Services, Inc.*
ElderHealth Northwest
Fred Meyer*
FX McRory's Steak Chop & Oyster House
Garden Terrace*
JR Mailing Services, Inc.
Kick Start

KING 5 TV*
KIRO FM 97.3*
KIXI AM 880*
Magna Cum Latte
Mirabella
Pacific Medical Centers
Panera Bread*
Retirement Publishing
Safeway*
Seattle Center
Senior Care Coalition
Senior Housing Assistance Group
Spiritwood at Pine Lake
Starbucks at Queen Anne
Starbucks at Seattle Center
Starbucks at University Village
Sunrise Senior Living
Swedish Medical Center
Visiting Angels

Olympic Peninsula

Ashley Gardens Bremerton
Austin Jenckes
Bay Pointe and Marine Courte Memory Community
Bremerton Health & Rehabilitation Center
Canterbury Manor
Claremont East
Comfort Keepers
Costco Wholesale #13
Debbie Macomber, Inc.
Emeritus Oaks of Silverdale
Extencare
Harbor House
Harrison Medical Center
Home Instead Senior Care
Life Care Center of Port Orchard
Martha and Mary Health Services
Montclair Park
Orchard Pointe MCC
Prudential Northwest Real Estate
Silverdale Beach Hotel
Starbucks at Silverdale

North Sound

Ashley Gardens at Mt. Vernon
Bellingham Health Care and Rehabilitation Services
Birchview Memory Care
Cascade Mall
Elder Law Offices of Barry M. Meyers
First Legacy Financial Group
Haggen, Inc.
Home Place Special Care Center
Josephine Suites
Latitude Marine Services
Maggie's Fury
Merrill Gardens at Stanwood
Mt. Vernon Presbyterian Church Care Team
Senior Guidebook
Skagit Publishing
Starbucks on College Way
The Courtyard
United General Hospital
Western Hearing Aids

* indicates a multi-walk sponsor

Memory Walk Volunteers of the Year

Pacific Northwest Memory Walk (Seattle)



Derek Sandbeck first got involved with the Memory Walk committee in 1998. "There are many reasons I serve as a committee member," Derek says, "but the biggest reason is because of the effect this disease has on families. Helping people better cope with and manage the disease are two of the greatest things we can do. And that is what the Alzheimer's Association does so well." Derek manages Sales and Marketing at the Stratford at Maple Leaf, an assisted living community, as well as the memory care neighborhood within the community. He and his wife Iris serve as musicians and worship leaders at their church in downtown Seattle.

Sound South Memory Walk (Tacoma)



Jan Olson has worked for Lakewood Healthcare for over 9 years where she is the Admissions Coordinator and also does marketing. Jan's mom is the reason she participates in Memory Walk (MW). Jan's mom died last November at the age of 96 and suffered for many years with dementia. She has served on the MW steering committee for the past three years, and is clear to share that she could not do what she does without a lot of support from both her family and everyone at Lakewood Healthcare. Jan and her husband enjoy four children and three grandchildren.

Olympic Peninsula Memory Walk (Silverdale)



Janet Presley lives in Bremerton and is the Life Enrichment Director at Ashley Gardens. She has been involved with Olympic Peninsula Memory Walk for three years, having walked three walks and volunteering for the steering committee for the past two years. Janet is also a Support Group Facilitator for our Chapter's Early Stage Memory Loss 8-week Program. She walks because she is honored to work with those affected by Alzheimer's disease and related dementias. She also walks in the Memory Walk in honor of her Grandma.

North Sound Memory Walk (Mount Vernon)



Melinda Herrera has been the Admissions Coordinator at Bellingham Health Care & Rehabilitation Services (BHCRS), a Kindred-owned facility, since February 2008. Melinda has participated in the Memory Walk for two years and the steering committee for one. The Association is close to her heart because BHCRS has a Special Care Unit which provides memory support for 23 residents. Melinda believes all people should be treated with respect and cared for with love.

Memory Walk 2009 Steering Committee

Thank you to the many generous community members who volunteered their time, energy and leadership to the planning of the 2009 Memory Walk.

Pacific Northwest Steering Committee

Chairs:

Eileen Alexander, D.A. Davidson & Co.
Derek Sandbeck, Stratford at Maple Leaf
Rachael Kwong, Seattle Association for Jews with Disabilities

Co-Chairs:

Abbey Lyons-Ellison, Clare Bridge of Lynnwood
Juli Garzon, Wattenbarger Architects
Roxie Crawford, Brookdale Senior Living—Clare Bridge Silverlake

Abby Durr, Silverage
Ashley Kraft, Aegis at Northgate
Barb Edquist, Community Supporter
Carol Richardson, Genworth Financial
Fran Kwak, 3 Degrees
John Shoemith, Mithun
Kathy Liechty, Swedish Medical Center
Laura Hjort, Fursee & Hall Realty
Marie Adan, Seniors Helping Seniors
Mary Watkins, Sunrise Brighton Gardens
Tara Coffland, Medical International

South Sound Steering Committee

Chairs:

Jan Olson, Lakewood Healthcare Center
Lisa Marshall, Merrill Gardens at Gig Harbor
Michelle Apodaca, Expressions at Enumclaw

Co-Chairs:

Erica Oakley-Smith, Maxim Companion Services
Derek Esses, Signature Home Health
Cindie Batterman, Village Green Retirement
Annalee Bibee, Clare Bridge at Shoreline View
Dru Fleming, Aegis Living of Kent
Jeanne Karr, Hearthside Manor
Jeni Jones, Clare Bridge at Shoreline View
Jodi Hocking, Harbor Place & Cottesmore of Life Care
Kathy Wells, Narrows Glen
Mary Miller, Merrill Gardens at Gig Harbor

Peggy Washington, Narrows Glen Vintage Senior Living
Sue Wilhelm, Harbor Place at Cottesmore
Therese Brown, The Woodmark at Steel Lake
Victoria Hankwitz, ReMax Professionals

North Sound Steering Committee

Chair:

Faith Martian, Community Advocate
Debbie Allen, City of Sedro Woolley
Hannah Martian, Community Supporter
Jody Iverson, Northwest Care Management
Vicki McCarty, Mt. Vernon Presbyterian Church
Ron McCarty, Mt. Vernon Presbyterian Church
Kevin Lloyd, First Legacy Financial Group
Melinda Herrera, Bellingham Health Care & Rehab
Roger Holbrook, Josephine Sunset Home
Roxie Crawford, Brookdale Senior Living—Clare Bridge Silverlake
Terry Steckler, Josephine Sunset Home

Olympic Peninsula Steering Committee

Chairs:

Cynthia Pealstrom, Community Advocate
Rose Jacobs, Claremont East
Amber King, Orchard Pointe
Amy Schroeder, Ms. Washington Pageant
Anne Mullis, Upside
Barbara Seiber, Home Instead Senior Care
Gail Bosch, Hospice of Kitsap County
Janet Presley, Ashley Gardens of Bremerton
Kari Tyson, Life Care Center of Port Orchard
Kate Chamberlain, Claremont East
Kay Pursey, Harbor House
Lindajo Dutton, Emeritus Oaks of Silverdale
Marcia Brown, Bay Pointe Marine Courte
Nina Lilyquist, Ridgemont Terrace
Nita Wilson, Home Instead Senior Care
Renee Setterlund, Ashley Gardens Bremerton
Ronnie Croley, Bay Pointe Marine Courte
Sharon Dommermuth, Upside
Sheryl Page, Ashley Gardens of Bremerton
Stephanie Low, Merrill Gardens Gig Harbor

Memory Walk 2009 prize donors

Through the generosity of prize donors we are able to reward our top fundraisers, participants and raffle winners at Memory Walk. Thank you to the following individuals and companies for helping us thank those who deserve it most! A full list of prize donors were listed in the respective walk programs; prizes valued at \$75 or more are listed below.

South Sound

Children's Museum of Tacoma
 Genworth Financial
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 Mount Rainier Scenic Railroad
 Sooji's Day Spa
 Sysco
 Tacoma Arthur Murray School of Dance
 Tom Torren's Sculpture Design, Inc.
 Tree Top
 Yardley Chiropractic Clinic

Pacific Northwest

Alhadeff Companies (Majestic Bay Theatre)
 Argosy Cruises
 Beautiful Living Adult Family Home
 Bonney's Pro Am Waterski School
 Dick's Drive-In Restaurants
 Duke's Chowder House
 Faerland Terrace
 Fuzzy Buddy's Dog Daycare
 Galderma Laboratories
 Grand Central Baking Company
 Heavy Restaurant Group
 Krispy Kreme

Linda Rethke
 Mithun
 Pan Pacific Hotel
 Pike Brewing Company
 Salish Lodge
 Seattle Repertory Theatre
 Seattle Sounders FC
 Seattle Symphony
 Space Needle
 Spectrum Dance Theatre
 Team Photogenic
 The Comedy Underground
 Trader Joe's
 West Seattle Thriftway

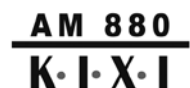
Olympic Peninsula

Ambrosia Catering, LLC
 CRISTA Senior Living
 CRISTA Shores
 Ed Hannifan
 Farrell's Home Health
 Finger Tip Touch Massage
 Hoodsport Winery, Inc.
 Karen McKinley
 Miriam Loker
 Rhonda Brown
 Silverdale Beach Hotel
 Silverdale Fitness

North Sound

Bellingham Athletic Club
 Camano Island Coffee Roasters
 Clare Bridge Lynnwood
 Lincoln Theatre
 Mystic Sea Charters
 Stanwood Café
 Terry Steckler
 The Majestic Inn & Spa

Thank you to our Memory Walk 2009 Presenting Sponsors



Champion Fundraisers

Team Emeritus Senior Living raised an all-time Washington State Memory Walk record of \$38,000. Since 2005, Emeritus Oaks of Silverdale, along with Emeritus' corporate office in Seattle, have raised over \$99,086. This includes sponsorships and fundraising efforts. We are grateful to Emeritus Senior Living for their exceptional leadership and for "Walk(ing) With a Purpose!"



Pacific Northwest 1st Place Corporate Fundraiser: Team Emeritus Senior Living.



Olympic Peninsula 2nd Place Corporate Fundraiser: Life Care Forget-Me-Nots.



Above: North Sound 1st Place Family Fundraiser: Team Brooks.



Above: Team Emeritus Senior Living Walkers Stacy Cranston, Teresa and Denis Franklin.



South Sound 2nd Place Top Family Fundraiser: Team Kathi.



Left: Pacific Northwest Team: Wee Women With Wings.

The Memory Walk Grand Prize raffle winners have been drawn.

Thank you to all team captains and participants who bought and sold tickets to benefit the Memory Walk. We would also like to thank Holland America Line, D.A. Davidson & Co. and Clare Bridge Brookdale Senior Living for generously donating the prizes.

1st Prize: 7-day Holland America Line cruise for two to Alaska, the Caribbean, Mexico or Canada/New England—*Kathryn from Seattle*

2nd Prize: Visa Gift Card—*Beth Hillerstom*

Alan Alabastro for Team Photogenic © 2009

Rolan Wong for Team Photogenic © 2009

Alan Alabastro for Team Photogenic © 2009

Memory Walk superstars

The Harold W. Busch Walkers



Harold W. Busch Walkers

Team Captain **Linda Busch Pfeifle** set a personal goal in 2003 to raise \$100,000. With the inclusion of the \$13,300 they turned in at the Pacific Northwest Memory Walk on September 12th, they've raised **\$106,363.53**. As Linda shares, "Not too bad for two little towns—Camas and Washougal—and a dozen-plus volunteers!" We have enormous gratitude for Linda and her incredible team.

Salmon Bake



Nita Grandy

Team Captain **Nita Grandy** and her Memory Walk team, **Team Mercer Island Band-Aides**, put their fundraising skills to the test with

a Charity Event Salmon Bake held September 12th at the VFW Hall on Mercer Island. The dinner included a silent auction. Thank you to Nita and her team who raised over **\$8,000** in one night. This team went above and beyond, and we thank them for their hard work.

Port Townsend Memory Walk



Karen Trahan (left)

Port Townsend held an Alzheimer's Association Memory Walk (MW) on September 12th at Larry Scott Memorial Trail. The walk was coordinated by MW volunteer, **Karen Trahan**. Thanks to Karen, all team captains and

volunteers who participated in an amazing walk which included over 100 participants. Karen's commitment, passion and tireless efforts helped raised more than **\$3,700**. Thanks to everyone who helped.

Research labs *Continued from page 3*

C. elegans has the experimental advantage of being a very simple organism: they reproduce quickly, with a new generation about every three days, and you can see inside of them while they are still alive. Moreover, there are only 302 neurons in the adult *C. elegans*, whereas the number of neurons in humans is estimated to be as many as one hundred billion. In contrast to mice or humans, the nervous system of *C. elegans* has been completely mapped out.

Dr. Kraemer explains that "we take the human *tau* gene that has a dementia-causing mutation in it and put it into the worms so that the worms 'express' the human *tau* in their neurons. In other words, we create a situation where we can see what happens if they have the same abnormal *tau* in their nerve cells as do humans with AD. When we do this, the neurons stop functioning normally, which in a worm shows up as problems with moving—they become slowed down and uncoordinated. When we look biochemically at the worms, we also see some other changes that are similar to what we know happens in the brain cells of humans with dementia."

Using this model, it then becomes possible to experiment with ways to make the worms well again. One way that Dr. Kraemer and his staff approach this is by deleting genes and then searching for worms that appear to be resistant to the ill effects of the mutated *tau* that has been placed in them. In other words, watching under a microscope to see if the worms start moving normally. This allows the researchers to identify particular genes that when deleted from the worms ("knocked out") allow the worms to remain unaffected by the toxic effects

of the *tau* mutation. Dr. Kraemer and his staff have found two such genes, and one of them has a related gene in humans (mammalian SUT-2). The theory is that this gene may prevent the breaking down of abnormal proteins and may thus allow further damage to occur to the nervous system.

The next phase of Dr. Kraemer's research is the area of study that is funded by the Alzheimer's Association. "We've taken a collection of drugs that are not patented anymore, drugs that have already been tested and approved for humans for all sorts of medical conditions," he explains, "And we're looking to find a drug that makes the worms better. So we will systematically test every one of about 1,100 drugs in the worms and then, by observing them under the microscope, we will see if they get better. If so, we can narrow our search and focus on the drugs that show improvement in the worms. Our ultimate goal is to find drugs that prevent *tau* pathology and may lead to the development of a treatment for *tau* pathology (that is, *neurofibrillary tangles*), in AD."

Dr. Kraemer and his colleagues can now take the next step and search for possible drugs that may make a difference in worms. A drug discovery in the worms could then be applied to higher animals, and eventually to people who suffer from AD. Kraemer is appreciative of the enthusiasm and support of the Alzheimer's Association for his research—"If this research were to pan out," he says, "It would be fantastic." ●

For inquiries about research studies at the University of Washington Alzheimer's Disease Research Center, call: (206)764-2069 or 1 (800)317-5382 or visit www.uwadrc.org.

Moments in Mind: conference session highlights

Bon Appétit: dementia-friendly meals

Whether at home or in a residential care setting, dementia-friendly recipes, menu planning, and nutrition are a breeze with the help of **Juliet Holt Klinger**, National Director of Dementia Care and Programs at Brookdale Senior Living, Chicago, and **Joshua Brown-Silva**, Brookdale Chef.

At our upcoming **25th Annual Alzheimer's Regional Conference, Moments in Mind**, Juliet and Joshua, in three separate sessions, will explore:

Dementia-friendly menus with “brain healthy foods” and nutritious recipes. Specific culinary techniques which can be used at home or in a residential setting to adapt food and menus for the person with dementia, along with how to use seasonings and herbs specifically designed for the senior population. Wrap up with an interactive food presentation demonstrating how everyone's favorite dishes can be modified to prepare them as “dementia-friendly.”

Dining and dementia in the home setting. Beginning with specific challenges a person with dementia may experience related to dining, the presentation then demonstrates several strategies, prompting techniques and environmental adaptations to help a person with dementia dine safely and more effectively.

A comprehensive, multi-faceted dining and nutrition program for persons with dementia residing in assisted living. This three-part presentation outlines the distinct features of the dining program; a sound clinical assessment of nutritional status and dining skills, application and management of person centered interventions and prompting techniques, and the overall management of the dining environment. ●

Contented Dementia: 24-hour wraparound care for lifelong wellbeing

Five thousand miles to the east of Washington State, tucked into the Cotswolds region of England, is the town of Burford. Dotted with ancient cottages, old Tudor homes and shops, and offering beautiful views of the countryside bordered by the River Windrush, it looks like the setting of a Jane Austen novel. Burford is also the birthplace of an incredibly effective, evidence-based approach to dementia care developed by Penny Garner.

Penny's professional career has been in the field of dementia care, with a particular interest in the older person, pioneering a radical approach to the management of dementia known as The SPECAL Method. SPECAL is a word which began as an acronym (Specialized Early Care for Alzheimer's), and is now used as an adjective to denote ‘specially taking into account the subjective experience of dementia tailored to the individual concerned.’

Penny's experience spans three decades. In her words, “The first was spent learning about the subjective experience of dementia from my mother who developed the disease around the age of 60; the second I spent working hands-on with patients alongside the nursing staff, often around the clock, as part of the multi-disciplinary team in a small eleven bed community hospital in Burford, England; the third has been devoted to working primarily with family carers (caregivers), friends and health and social care professionals in a training capacity. I still work directly with people with dementia on one day a week at Burford, which has been home to SPECAL since 1990. The only way of describing my professional status would be, I suppose, to call me a *SPECAList!*”

For years, practitioners of the SPECAL method encouraged Penny to write a book. Time was the driving factor that didn't make room for this. However, Penny's son-in-law, Oliver James, is both an accomplished author as well as a leading clinical psychologist. He took on the task of capturing the SPECAL approach in the form of a book, released in late 2008, entitled *Contented Dementia*. The book provides hands-on exercises and examples, as well as case studies of SPECAL in practice.

And on April 15th and 16th at our 25th Annual Alzheimer's Regional Conference, **Moments in Mind**, Penny will bring the SPECAL method to Seattle. This method provides direct-care staff, family caregivers, and advanced professionals with a whole new set of practical strategies and hands-on techniques for working with people experiencing dementia. On the 15th, Penny will provide a 3-hour preconference intensive for administrators, program directors, and advance practice professionals. In this intensive workshop, she will explain the core concepts, techniques, and strategies of her method and explain how to implement this groundbreaking, evidence-based program into any organization, facility, or program. On the 16th, Penny will make a keynote address to all attendees. In her address she will explain how the memory of someone experiencing dementia is like a photo album. In addition, she will conduct two education sessions, one focused on tools for family caregivers and the other crafted for direct-care providers. To learn more about Penny Garner, the SPECAL Method, and *Contented Dementia*, visit <http://www.specal.co.uk/>

See you at Conference! ●

Backyard *Continued from page 5*



Buchanan Place, Seattle.

cleaning, cooking, meal service and laundry. Emotional support and behavior management are additional aspects of household life that are shared by everyone working in the Supported Living houses.

Close coordination with hospice providers allows these houses to serve people through dying and death. This has been a crucial aspect of the model of Supported Living from its beginning. Many of those who have lived at Gaffney House and Buchanan Place have died there in their own beds, in their own rooms, and in their own households.

Where implemented, the Supportive Living model has resulted in households where elders experience true person-centered care that has allowed them to age with grace, dignity, respect, and purpose. Most importantly, it offers a good choice for those resistant to leaving their communities when their needs require additional care outside their own homes. ●

John Shoemith is an architect and principal at Mithun, a sustainable design practice that creates lasting places for people of all ages and abilities. He also serves on our Board of Directors. Steve Emmer is a Social Worker who's dedicated to caring for individuals with Alzheimer's and related dementias. He is the founding Administrator of both Gaffney House and Buchanan Place. This article is based on the presentation that John and Steve made jointly at the 2009 Pioneer Network national conference in August.

4th Annual African American Caregivers Forum—another great success

The 4th Annual African American Caregivers Forum—*Celebrating Our Legacy of Love*—was another great success! Pouring rain and challenging winds aside, attendees braved the elements to fellowship, to learn more about Alzheimer's disease, strengthen their caregiving skills, and to explore new approaches to better take care of themselves. The forum focused on the holistic approach to caregiving, supporting attendees with tools to nurture mind, body and spirit.

Keynote Speaker **Rev. Gwendolyn Coates** opened the forum with an invocation, and later in the program presented on end-of-life care for people with dementia. **Dr. Kristoffer Rhoads**, Neuropsychologist, Physical Medicine and Rehabilitation at Virginia Mason Medical Center facilitated a session on “Detecting and Diagnosing Dementia: Neuropsychological Assessment.” **Edna Daigre** provided workshops on Iso-Rhythmic movement as well as mini-break refreshers during the program for the entire audience, and throughout the day massage therapists **Beverly Frazier** and **Vonda Prioleau** provided caregivers with soothing massages. Before lunch, **Shirley Bondon**, Manager of the Office of Public Guardianship, presented on the topic: “Who Decides? Helping Your Loved One with Alzheimer's with Planning Needs and Legal Decision-Making.” During breaks in the program and at lunch, resource tables and a wellness center were available for forum participants. The forum concluded with a conversation facilitated by **Gayle Johnson**, Immediate Past President, The Links Incorporated, Greater Seattle Chapter: “A Discussion: Community Planning” to receive input from caregivers about what elements they would like to include in future forums. Rev. Coates closed the day's activities, delivering the benediction. The event was catered by **Chef Jemil Aziz Johnson**.

Over 100 participants attended the forum and over 50% of this year's attendees were new to the forum. ●

Thank you to our sponsors



City of Seattle

Aging and Disability Services &
Mayor's Council for African American Elders



Thank you to our community partners



King County
Long Term Care Ombudsman



Radcliffe Place
Senior Apartments

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 August 1, 2009 – October 9, 2009.

**Tributes
\$100 and above**

Sharon Levy
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Anthony Matsumoto
Mary Edith Pasley
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Russell J. Reymore
Julie Reymore
My Dear Brother Bob
Mardelle & Jay Stafford
Bruce Campbell
Leslie & Ian Tubbs

**Memorials
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Washington State
Obedience Training Club

Brain and Heart Healthy Eating

Giao Trac lives on Bainbridge Island, “where the fir trees meet the sea,” and she fuses her love of healthy, homemade food with her gift for photography, writing and web design. We found Giao through her website—www.kissmyspatula.com—which features nourishing, delicious recipes, including this granola. Giao lost her dear Uncle Lam to Alzheimer’s. “He had a zest for life,” Giao shares. “I never remember him ever being in a bad mood...and I miss his laugh.”



Best Homemade Granola
yields 7-8 cups

Ingredients

- 4 cups organic rolled oats
- 1/2 cup chopped or slivered almonds
- 1/2 cup chopped hazelnuts
- 3 tbsp flax seeds
- 1 cup shredded coconut
- 3 tbsp brown sugar
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 tsp salt
- 1/3 cup veggie or olive oil (or 1/3 cup applesauce)
- 1/3 cup good honey
- 1/3 cup apple juice or apple cider
- 1 cup dried cranberries, or favorite dried chopped fruit

Method

1. Heat oven to 350°. In a large mixing bowl, stir together the oats, nuts, flax seeds, brown sugar, cinnamon, nutmeg and salt. Whisk the oil, honey, and apple juice in measuring cup.
2. Pour the liquid mixture over the oat mixture and stir with a wooden spoon until all the oats and nuts are coated. Spread onto a large sheet pan.
3. Bake, stirring occasionally with a spatula, until the mixture turns a nice, even golden brown, around 30-40 minutes, depending on oven.
4. Remove granola from the oven and allow to cool completely, stirring occasionally. Add cranberries. Store cooled granola in an airtight container.

Art Programming for older adults

Therapeutic Thematic Arts Programming (TTAP) for Older Adults is an innovative book articulating a 9-step methodology to actively engage older adults and help preserve their cognitive functioning using an integrative approach to therapeutic art. Known as the TTAP Method, older adults explore a broad theme using a range of artistic expressions, including music, dance, poetry, sculpture, and photography. The author and creator, **Dr. Linda Levine Madori**, is herself an artist, as well as a researcher and professor. Dr. Madori will be teaching her TTAP Method at our upcoming **25th Annual Alzheimer’s Regional Conference** on April 16. To learn more about TTAP, visit <http://www.levinemadoriphd.com>. ●

Invest in a world without Alzheimer’s— and discover the financial benefits you’ll get in return

Every significant discovery in the fight against Alzheimer’s disease has occurred within the last 20 years. With continued support, one day we will achieve our goal of a world without Alzheimer’s.

You can make a difference in our mission through planned giving. Planned gifts allow you to make charitable contributions through your estate toward Alzheimer’s research, care, and support programs, while benefiting from tax savings and steady income opportunities. To learn how to leave a legacy of support for millions of families living with this disease, call or email Mary Bohmke, Director, Planned Giving, mary.bohmke@alz.org, (425)967-3120 or visit www.alz.org/plannedgiving for helpful information. ●

Western and Central
Washington State Chapter

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Save the Date

**A Reason to Hope
Community Breakfast**
March 11, 2010
at Benaroya Hall, Seattle

Details inside, page 5

To our readers

If you are receiving duplicate copies of this newsletter, or you wish to stop receiving it, please let us know. Contact us by calling 1 (800) 848-7097 or (206) 363-5500, or by emailing chris.vena@alz.org.
