

# Early Stage Programs South Central and South Western Wisconsin

## Dane County

### **Crossing Bridges**

A four-week education and discussion program that helps answer the questions, “How can I live well with this diagnosis?” and “What do I need to consider to make the most of today while planning for the future?”

**Who is eligible to attend?** People with a diagnosis of either mild cognitive impairment (MCI) or any type of dementia in the early stage who are interested in and able to actively discuss the topics introduced. A care partner, spouse, family member, or close friend is also encouraged to attend.

**What is the application process?** An in-person interview is required prior to attending.

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| Location: Alzheimer’s Association<br>517 N. Segoe Rd., Madison<br><br>Contact: Mary Reines or Pat Wilson<br>608.232.3400<br><br><a href="http://www.alz.org/scwisc">www.alz.org/scwisc</a> | Cost: No cost to participants; donations accepted<br><ul style="list-style-type: none"><li>• Offered four times per year</li><li>• Held on consecutive Wednesdays</li><li>• 9:30 am - 12:00 pm</li></ul> |
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### **Meeting of Minds**

A two-hour, 12-week cognitive enhancement group (choose to meet once or twice weekly). Each session includes memory enhancement activities, Tai chi based exercise for balance and stress management, and creative expressive activities.

**Who is eligible to attend?** People with a diagnosis of either mild cognitive impairment (MCI) or any type of dementia in the early stage who can actively participate and contribute to discussions and program activities.

**What is the application process?** An in-person interview is required prior to attending.

(A program for caregivers is not included.)

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| Location: Middleton Senior Center<br>7448 Hubbard Avenue<br><br>Contact: Jody Curley<br>608.661.8427<br><br>A program of the Alzheimer's Association<br>South Central Wisconsin Chapter<br><a href="http://www.alz.org/scwisc">www.alz.org/scwisc</a> | Cost: \$120 to participate twice a week; \$60 to participate once a week; financial assistance available if needed<br><ul style="list-style-type: none"><li>• Offered in 12-week sessions, three times per year</li><li>• Mondays and Thursdays</li><li>• 1:00 – 3:00 pm</li></ul> |
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Revised October 2008. Due to the changing nature of services, this list may not be comprehensive. Although the Alzheimer’s Association does not endorse or promote any services other than those of the Association, we are available to answer questions and help clarify service needs.  
608.232.3400 / 800.272.3900 / [www.alz.org/scwisc](http://www.alz.org/scwisc)

# Early Stage Programs

## South Central and South Western Wisconsin

### Learning Among Friends

A support program for people with early memory loss, which includes a separate support group for care partners.

**Who is eligible to attend?** People who have completed the Crossing Bridges program.

**What is the application process?** Completion of the Crossing Bridges program.

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| Location: Good Shepherd Lutheran Church<br>5701 Raymond Rd., Madison<br>Contact: Mary Salzieder or Pat Wilson<br>608.232.3400<br>A program of the Alzheimer's Association<br>South Central Wisconsin Chapter<br><a href="http://www.alz.org/scwisc">www.alz.org/scwisc</a> | Cost: No cost to participants <ul style="list-style-type: none"><li>• Ongoing group with drop-in format</li><li>• Meets monthly on Tuesdays</li><li>• 10:00 – 11:30 am</li></ul> |
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### New Friendships - Buddy Program

A program that matches a first or second year medical student with a person who has mild cognitive impairment (MCI) or early Alzheimer's disease or related dementia. Participants get to know one another and take part in informal activities based on shared interests.

**Who is eligible to attend?** People who have participated in either the Crossing Bridges or Meeting of Minds program.

**What is the application process?** Crossing Bridges and Meeting of Minds participants are individually invited to participate. Participation is limited to the number of interested medical students.

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| Location: Individually determined<br>Contact: Pat Wilson<br>608.232.3400<br>A program of the Alzheimer's Association<br>South Central Wisconsin Chapter<br><a href="http://www.alz.org/scwisc">www.alz.org/scwisc</a> | Cost: No cost to participants <ul style="list-style-type: none"><li>• Limited time program</li><li>• Meet individually for two to four hours per month throughout the nine month school year</li><li>• Mutually agreed upon dates, times and places</li></ul> |
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