

about the alzheimer's association

The Alzheimer's Association, South Central Wisconsin Chapter, is a non-profit organization that is specifically designed to provide a link to resources for people with Alzheimer's disease and related dementias. We are also deeply concerned with providing support to those who care for persons with dementia. Our mission is to help caregivers take care of themselves as well as provide a quality life for the person with Alzheimer's disease or related dementia.

The South Central Wisconsin Chapter serves nine counties including: Columbia, Dane, Grant, Green, Iowa, Lafayette, Richland, Rock and Sauk. We are a chapter of the National Alzheimer's Association, Inc.

Alzheimer's Association
South Central Wisconsin Chapter
Grant/Richland Regional Office
8820 Hwy 35/61 S
Lancaster, WI 53813
Phone: 608.723.4288 or 800.272.3900
Email: suzanne.bottum-jones@alz.org
Website: www.alz.org/scwisc

alzheimer's  association™

the compassion to care, the leadership to conquer

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**South Central Wisconsin Chapter
517 North Segoe Road, Suite 301
Madison WI 53705**

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abc's of alzheimer's and dementia

**Thursdays, October 9, 16
and Tuesday, October 21**

6:00 - 8:15 p.m.

**Boscobel Area Health Care
205 Parker St., Boscobel**

A three-part workshop for families that provides information on ways to effectively care for a family member with Alzheimer's disease or other dementia

This program is co-sponsored by Boscobel Area Health Care

thursday, october 9

Part I

Medical Overview of Alzheimer's and Other Dementias

Dr. Robert Smith, Richland Area Geriatric Assessment Center

- Defining dementia
- Effects of dementia on the brain
- Stages and symptoms of Alzheimer's and other dementias
- Treatment options and medications
- Current research

thursday, october 16

Part II

Living With Changes and Responding to Needs

Suzanne Bottum-Jones and Jody Curley, Alzheimer's Association staff

- Effects of dementia on the person's functioning and behavior
- Problem-solving techniques to help minimize caregiving challenges
- Tips and strategies to help with communication, structure and routine, activity planning, and safety

tuesday, october 21

Part III

Resources and Support to Help You

Suzanne Bottum-Jones, Alzheimer's Association staff and Carol Nimlos, former family caregiver

- What local resources and supports are available and how to use them
- Tips on successful caregiving from an experienced caregiver
- Ways to care for yourself while caring for others

Pre-registration requested.

A light meal provided by Boscobel Area Health Care is available at 5:30 p.m. RSVP at least one week prior to program if you plan to attend the meal.

Please register with the Alzheimer's Association at 608.232.3400 or 800.272.3900

No fee required. \$5.00 per session donation to cover the cost of materials is appreciated.
