

PURPLE PROFILES *of* COURAGE



Name: Dick Warneke

My Connection to the Cause: I have lost someone to Alzheimer's disease.

My Inspiration: My wife Charlene

How I Stay Strong: The number one source of strength for me is my religious belief and the power of prayer. In addition, I was and am uplifted by attending the local support group meetings, as well as from educating myself about Alzheimer's disease by reading articles and books and viewing informative videos on Alzheimer's disease.

My Advice to Others: All caregivers must learn to take care of themselves first. Too many caregivers pass away before the person they love with Alzheimer's. As the disease progresses, understand that your loved one is not the same person you once knew. As a caregiver, you have to "move to their world" when you communicate with them. Finally, caregivers must find "release time" to get away from the stressful nature of caring for a loved one.

My #ENDALZ Battle Cry: "The battle is uphill – but we can find a cure!"