



OCCOA

OTSEGO COUNTY COMMISSION ON AGING



Submitted by
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RESEARCH &
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COORDINATOR

*We Help.
We Care*

120 Grandview Blvd., Gaylord, Michigan 49735

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GAYLORD HIGH SCHOOL MEDICAL OCCUPATION CLASS STUDENTS KARLY BURKE AND ALLIE SIMMONS ASSISTED WITH THE 2009 MEMORY WALK, SWIM, SKATE.

Join in the fight to end Alzheimer's!

According to *2010 Alzheimer's Disease Facts and Figures*, a report published on the Alzheimer's Association website, www.alz.org, 5.3 million Americans are living with Alzheimer's disease. The report estimates that someone develops the illness every 70 seconds and that one in eight people, aged 65 or older, have been diagnosed with it! In 2006, Alzheimer's Disease was the seventh leading cause of death across all age groups and the fifth leading cause among those people aged 65 and older. Women, because they have a higher average life expectancy than men, are more likely to have Alzheimer's.

The Alzheimer's Association estimates that the illness is currently costing Americans \$172 billion a year. Not included in this total is the 12.5 billion hours of unpaid care provided by 11 million family members and friends, valued at \$144 billion. These numbers will only climb as greater numbers of Baby Boomers enter their retirement years.

Although there are several types of dementia, Alzheimer's disease is the most prevalent, accounting for 60 to 80 percent of the diagnosed cases. Anyone who has ever known or cared for a friend or family member living with Alzheimer's knows that it is a brain disease that progresses in stages, initially sneaking up on those it afflicts by robbing them of short term memory. Over time, it causes severe memory loss, incontinence, and the inability to walk, sit or stand without assistance. In the

end stage, swallowing, speaking, and smiling are usually severely impaired.

Caring for a loved one living with Alzheimer's can be a very stressful long-term journey. Even if you are not caring for anyone with Alzheimer's, chances are good that you know someone who is. Should this disease touch your life, how prepared will you be? Will better treatments be available? Will you, as a patient or caregiver, have the physical, emotional, and financial support you need?

The Alzheimer's Association is a voluntary health organization that has been working hard since 1982 to eliminate the disease. Their single largest fundraiser has been through community-sponsored Memory Walks. This fall, thousands of people across the nation will once again be "on the MOVE to end Alzheimer's" by supporting Memory Walks in their communities. You can be one of them by participating in the 13th annual Memory Walk, Swim, Skate for Alzheimer's at the Otsego County Sportplex on Saturday, November 6, 2010, from 8:30 a.m. to Noon. The Gaylord walk is the only one in Michigan that bears the distinction of offering participants the opportunity to also skate and/or swim. All funds raised on behalf of the Memory Walk, Swim, Skate for Alzheimer's will help with research and provide supportive services in Northern Michigan, including benefiting caregivers who attend the monthly Caregiver Support Group sponsored by the Otsego County Commission on Aging (OCCOA).

Those who wish to participate can register beforehand by going to the www.alzgm.org website and following the prompts. (When you reach the website, highlight *Join the Cause*, click on *Memory Walk* and enter your zip code. Next, click on *Gaylord, MI* and then click on *Sign Up*. You can elect to start a team, join an existing team, walk individually, or simply donate to a team participant.) You can also lend your support by volunteering or attending the walk on November 6th.

In addition to the walk, there are many other ways to join in the MOVE to end Alzheimer's. On Saturday, October 16th, a Riozzi Spaghetti Benefit Dinner will be held at the St. Mary Cathedral Parish Hall from 5:00 to 7:30 p.m. The suggested donation is \$5 per person, and all proceeds will go to the Gaylord Memory Walk, Swim, Skate for Alzheimer's.

The walk is also featuring a licensed raffle (#R08682) which is headed up by planning committee member Ron Dickerson. Tickets are \$20 and may be purchased from Ron or any of the planning committee members beforehand or on the day of the event. The grand prize is \$1,000. The first runner-up prize is \$300 and the second runner-up prize is \$100. Seven \$50 prizes will also be awarded. The prizes will be raffled off during the closing ceremony on the day of the walk. All funds raised on behalf of the Memory Walk, Swim, Skate for Alzheimer's will help with research and provide supportive services in Northern Michigan.

For those who would like to honor a loved one lost to Alzheimer's or lift up those who are currently caring for someone living with Alzheimer's, the planning committee will be hosting its 5th annual Candlelight Vigil on Friday, November 5th. The vigil is being planned by committee member Ellie Panci and will take place at 6:00 p.m. in the dining room of the Alten Zimmer.

Whichever way you choose to participate, you will be making a difference in the lives of those who are living with Alzheimer's disease, as well as those who care for them.

IF YOU WOULD LIKE TO LEARN MORE ABOUT:
RIOZZI SPAGHETTI BENEFIT DINNER - OCTOBER 16th,
CANDLELIGHT VIGIL - NOVEMBER 5th,

2010 WALK, SWIM, SKATE FOR ALZHEIMER'S - NOVEMBER 6th,
PLEASE CALL OCCOA AT 732-1122.



ON THE MOVE VOLUNTEERS - MARY AND SYL TOMASZEWSKI



2009 MEMORY WALK VOLUNTEERS BECKY THATCHER, BOB KASPRZAK, AND RON DICKERSON ARE ON THE MOVE TO END ALZHEIMER'S!

989.732.1122 • www.OtsegoCountyCOA.org • Advocacy 989.732.9977

Fax: 989-731-2739 • occoa@occoaonline.org • Weekdays 8:00 am to Noon and 12:30 to 4:00 pm

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