



# OCCOA

## OTSEGO COUNTY COMMISSION ON AGING



Submitted by  
**Eileen Godek**  
RESEARCH &  
VOLUNTEER  
COORDINATOR

*We Help.  
We Care*

120 Grandview Blvd., Gaylord, Michigan 49735

## Gaylord Memory Walk, Swim, Skate for Alzheimer's scheduled for November 12th!

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**VOLUNTEERS ELIZABETH MARKS AND MARDEE STORING**

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. There is currently no cure for Alzheimer's disease.

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, "Walk to end Alzheimer's" by supporting Memory Walks in their communities. You can be one of them by participating in the 14th annual Memory Walk, Swim, Skate for Alzheimer's at the Otsego County Sportsplex on Saturday, November 12, 2011, 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 in the event can register beforehand by going to the [www.alz.org](http://www.alz.org) website. Then, just click on the *Walk* tab at the top of the website and then select the state of Michigan from the map. This will take you to a listing of the 22 walks scheduled throughout the state. Under the Gaylord listing, click on *register*. This will take you to the Gaylord registration page. Simply follow the directions listed there. 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 12h.

In addition to the Walk, Swim, Skate event, there some other ways you can help. A Riozzi Spaghetti Benefit Dinner is planned in October (the date and time will be posted on the OCCOA website, [OtsegoCountyCOA.org](http://OtsegoCountyCOA.org) in August). All proceeds raised will go to the Gaylord Memory Walk, Swim, Skate for Alzheimer's.

The walk will feature a licensed raffle, headed up by planning committee member Bill Wishart. Tickets are \$20 and may be purchased from Bill 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 Gaylord 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 6th annual Candlelight Vigil on Friday, November 11th. The vigil is being planned by committee member Social Services Director Ellie Panci of Tendercare Gaylord and will take place at 6 p.m. in the dining room of the Alten Zimmer, located at 120 Grandview Blvd. in Gaylord.

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 THE RIOZZI SPAGHETTI BENEFIT DINNER, THE CANDLELIGHT VIGIL, OR THE 2011 GAYLORD MEMORY WALK, SWIM, SKATE FOR ALZHEIMER'S ON NOVEMBER 12TH, PLEASE CALL THE OCCOA AT 732-1122.**



**VOLUNTEERS ALMA HARRISON, LLOYD SIMMS, AND PAT ROWLEY ENJOYED GREETING WALK PARTICIPANTS LAST YEAR**



**MAKENZIE MILLER SIGNS IN TO SWIM AT LAST YEAR'S WALK AS GRANDPA BILL MILLER AND VOLUNTEER ELAINE CRAWFORD LOOK ON**

**989.732.1122 • [www.OtsegoCountyCOA.org](http://www.OtsegoCountyCOA.org) • Advocacy 989.732.9977**

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

**120 GRANDVIEW BLVD. ✧ GAYLORD, MICHIGAN 49735**