



Submitted by
Eileen Godek
RESEARCH &
VOLUNTEER
COORDINATOR

*We Help.
We Care*

OTSEGO COUNTY COMMISSION ON AGING

120 Grandview Blvd., Gaylord, Michigan 49735

Join us for the Gaylord Walk to End Alzheimer's scheduled for November 12th!

According to 2011 *Alzheimer's Disease Facts and Figures*, a report published on the Alzheimer's Association website, www.alz.org, 5.4 million Americans are living with Alzheimer's disease. The report estimates that someone develops the illness every 69 seconds and that one in eight people aged 65 or older have been diagnosed with it! In the United States, Alzheimer's disease is now the sixth-leading cause of death and the fifth-leading cause for 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 \$183 billion a year. Not included in this total is the 17 billion hours of unpaid care provided by 14.9 million family members and friends, valued at \$202.6 billion. These numbers will surely grow as more Americans 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. 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 Gaylord Walk to End Alzheimer's at the Otsego County Sportsplex on Saturday, November 12, 2011, from 8:30am 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 Walk to End 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 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 attending the Gaylord Walk to End Alzheimer's on November 12h.

The walk also includes a licensed raffle (#R13335), 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 Walk to End 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 Ellie Panci, who is the social services director of Tendercare Gaylord, and will take place at 6:00pm 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, RAFFLE, CANDLELIGHT VIGIL, OR THE 2011 GAYLORD WALK TO END ALZHEIMER'S, PLEASE CALL THE OCCOA AT 732-1122.



SHINER THE KLOWN INVITES YOU TO ATTEND THE 14TH ANNUAL WALK TO END ALZHEIMER'S



JOHN PANCI, OCCOA ADVOCACY ASSISTANT COORDINATOR AND MMAP COUNSELOR, WILL EMCEE THE 2011 MEMORY WALK TO END ALZHEIMER'S



ALL AGES ARE WELCOME TO ATTEND THE WALK TO END ALZHEIMER'S



CANDLELIGHT VIGIL FRIDAY NOVEMBER 11th

Home

- Board of Directors
- Agency Representatives
- FAQ
- Customer Service
- Staff
- Aging Resources
- Complaint Resolution Procedure

Activities Calendar

Advocacy Department

- Transitions in Life

Caregiver Support Group

Creating Confident Caregivers Workshop

Donations and Planned Gifts

- Make a Donation
- Make a Planned Gift
- Testimonials
- Donor Wall

Educational Breakfast Series

Employment Opportunities

Fall Prevention Programs

- A Matter of Balance
- Young at Heart

Grandparents Raising Grandkids

In-Home Service

Meal Program

- Menus
- Meal Reservations

Medical Resources Department

Medical Transportation Program

Medicare / Medicaid Assistance Program (MMAP)

Memory Walk

Otsego Haus - Adult Day Services

Parkinson Support Group

Prime Times

Senior Project FRESH

Special Events

- See What's New!

Technology & Aging ~ TAP

Volunteer Program

- Volunteer Opportunities
- Volunteer Registration

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

120 GRANDVIEW BLVD. ✧ GAYLORD, MICHIGAN 49735