



OCCOA

OTSEGO COUNTY COMMISSION ON AGING



Submitted by
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RESEARCH &
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*We Help.
We Care*

120 Grandview Blvd., Gaylord, Michigan 49735



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

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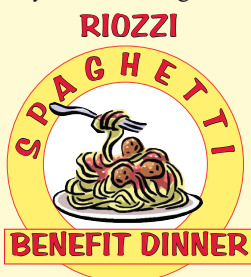
- Volunteer Opportunities
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OTSEGO COUNTY SPORTSPLEX EXECUTIVE DIRECTOR AND MEMORY WALK PLANNING COMMITTEE MEMBER BILL MICHAELS INVITES YOU TO ATTEND THE 2011 WALK TO END ALZHEIMER'S!

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 8:30 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 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 volunteering or attending the Gaylord Walk to End Alzheimer's on November 12th.



Additionally, there some other ways you can help. A Riozzi Spaghetti Benefit Dinner is planned on Saturday, October 29th, from 5:00 to 7:30pm at the St. Mary Cathedral Parish Hall. The suggested donation is \$5 per person and includes spaghetti with sauce, salad, breadsticks, and a drink. For those with a sweet tooth, pie will also be available for \$1 per slice. All proceeds raised will go to the Gaylord Walk to End Alzheimer's.

The walk will also feature 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.



THE GAYLORD BLUE DEVILS HOCKEY TEAM WILL BE SKATING THIS YEAR TO END ALZHEIMER'S!

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 8:30 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 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).



KEITH ELLIOT JOINED MARGARET MADAGAME FOR A MUSICAL DUET AT LAST YEAR'S WALK TO END ALZHEIMER'S!

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 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 WALK TO END ALZHEIMER'S, PLEASE CALL THE OCCOA AT 732-1122.

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