



Greater Maryland Walks to End Alzheimer's

Walk to End Alzheimer's Staff
1.800.272.3900

Central Maryland

Lisa Boccia
Development Director
lboccia@alz.org

Kisha James
Associate Director, Special Events
kjames@alz.org
Greater Baltimore & Anne Arundel Walks

Rolanda Oliver
Development Manager
roliver@alz.org
Howard County Walk

Adrian Martin
Development Associate
amartin@alz.org
Harford County Walk

Western Maryland

Kristen Weddle
Development Coordinator
kweddle@alz.org
Frederick Walk

Eastern Shore

Damian Magarelli
Development Manager
dmagarelli@alz.org
Salisbury Walk

Happy New Year Walkers!

More than 5,000 residents from Maryland joined the Alzheimer's Association's Walk to End Alzheimer's® and united in a movement to reclaim the future for millions last fall. Participants raised more than \$900,000 to fund Alzheimer's care, support and research programs.

6 Walks
5,311 Walkers
664 Teams
\$902,603.46 Total Raised
276 New Teams
388 Repeat Teams
280 Champions
1600 T-shirts Distributed
15 Statewide Sponsors
56 Local Sponsors



"I was inspired by the number of people uniting in the fight against Alzheimer's disease at Walk to End Alzheimer's," said Cass Naugle, Alzheimer's Association Greater Maryland Chapter Executive Director. "With the funds raised, the Alzheimer's Association will be able to continue to provide much needed care and support to people affected by the disease and their families as well as fund critically needed Alzheimer's research."

Alzheimer's disease is a growing epidemic and is now the nation's sixth-leading cause of death. As baby boomers age, the number of individuals living with Alzheimer's disease will rapidly escalate, increasing well beyond today's more than 5 million Americans living with Alzheimer's. In Maryland alone, there are 86,000 people living with Alzheimer's.

Thanks to all the Walkers, donors, sponsors, fundraisers, volunteers, committees and staff for their hard work and commitment that made 2013 a successful year in the fight against Alzheimer's. Your support gives us the support for a future without Alzheimer's.



Thank You to our Corporate Sponsors

Platinum Sponsor

Brightview Senior Living
Correct RX
Genesis HealthCare
Morningside House Senior Living
Pizza Hut of Maryland, Inc.
Giant Food, LLC

Silver Sponsors

Baltimore Coffee & Tea
Copper Ridge
Frederick Business Properties
Heartfields Assisted Living
Panera Bread
Sommerford Assisted Living & Alzheimer's Care
The Silver Group

Bronze Sponsors

Baird Financial Advisor
Capital Funding Group
Country Meadows
Howard Bank
Lighthouse Senior Living
Mid-Atlantic Health Care
Pharmasite Research, Inc.
Planning Solutions Group
Shaffer, McLaughlin & Stover, LLC
WeCare Private Duty Services, Inc.

Health Sponsors

Autumn Assisted Living
Buckingham's Choice
Citizens Care & Rehabilitation
COPT
Deborah L. Herman, CPA
ERA Martin Associates
Homewatch CareGivers
Lorien Health Systems
Lynch Retirement and Investment Group
NARFE Chapter 409 Frederick
National Aging and Place Council
NeurExpand Brain Center
The Okun Group
The Silver Team
University of Maryland
Eastern Shore
Vantage House

A Record Breaking Year



Behind this year's record success is the Walk to End Alzheimer's committee members. These leaders in the community are family members, health care providers and concerned citizens. Their dedicated volunteer service makes a difference and helps us raise awareness for the Walk.

My involvement in the Walk to End Alzheimer's is both personal and professional," says Mary Fridley. "Personally, I have lost loved ones to the disease and professionally, I empower caregivers to stay strong while they follow the paths of their journeys. A colleague once said to me, 'We are part of the healing and hope for a cure,'" says Mary.

Committee members are always behind the scene but their unwavering support and their commitment to the cause does not go unnoticed. Their efforts are vital to educating people about Alzheimer's disease and the Association's critical role in the fight against it. We could not accomplish our Walk goals without their participation and ongoing support. They are champions who help us plan the Walk year-round.

This year, committee members:

- Coordinated blitz days to distribute brochures, flyers and posters in major cities
- Recruited local businesses to sponsor the Walk
- Conducted phone banks to encourage past Walkers to register
- Coordinated Walk logistics, and secured in-kind donations
- Cultivated relationships with each other and people in their community.

Thank You Volunteers!

We thank each of our volunteer committee members for their hard work. Whether you can spare only a few hours or you can make a more significant time commitment, we hope you will consider sharing your time and talent. There are many opportunities to serve. We can find the right fit for your interests and skills! If you are interested in joining a Walk to End Alzheimer's committee and be a part of a group changing history, please contact our main office at 800.272.3900.



Volunteer Spotlight!

More than 200 volunteers served more than 1000 service hours at six Walk sites throughout Maryland in 2013. Here are a few of our amazing volunteers recognized for their service this year!

Harford County Walk: Colleen Dombroskie



Colleen understands the personal toll of Alzheimer's disease on families. Her uncle was diagnosed at the age of 60, and her 96-year-old grandmother (pictured to the left) has vascular dementia. Colleen is also an administrator at Autumn Assisted Living, a facility that includes a 16-bed dementia care unit.

Colleen got involved with the Walk to End Alzheimer's in 2012, and in 2013, she volunteered as sponsorship chair of the Harford County Walk to End Alzheimer's planning committee. She has quickly become one of the most active members of the committee. Colleen is the team captain of Our Family Tree in honor of all of the buildings at Autumn Assisted that are named after trees. Her team walks for all of their residents and their families.

Howard County Walk: Kristen McArdle

Kristen is a second generation insurance agent at The McArdle Agency in Columbia, MD. This was her first year on the Howard County Walk to End Alzheimer's planning committee.

Kristen's interest in volunteering with the Alzheimer's Association began in 2003 when she became a Sigma Kappa at the University of Maryland. Her sorority volunteered at an Assisted Living facility where she met many families affected by the disease. It was that moment she knew she wanted to make a difference and help raise awareness for Alzheimer's. Kristen looks forward to future events in support of the Alzheimer's Association.



Eastern Shore Walk: Bill Martin



As co-chair of the 2013 Eastern Shore Walk To End Alzheimer's, Bill Martin went above and beyond the call of duty. His Walk team was the 2nd highest fundraising team in the Greater Maryland Chapter, and he also recruited the Kuhn's Jewelers team, which was the highest fundraising team!

During walk season, Bill tirelessly promoted the Walk and the Alzheimer's Association to his friends, family and business associates. Thanks in large part to his efforts, the Eastern Shore Walk surpassed it's goal and set a new fundraising record for the Eastern Shore Walk.

Walk Day Sponsors

Arden Courts
Atrium Village
Being There Senior Care
Blakehurst Buckingham's
Choice
Chesapeake Utilities Corporation
Christ United Methodist
Church
E. E. Streets VFW Memorial
Post 5118
Edenton Retirement & Home
Care Services
Geried Consulting LLC
Golden Living of Frederick
Harford County Office on Ag-
ing
Hebron Savings Bank
Heritage Harbour Health and
Rehabilitation
Michael Hodes LLC and
Ominsky Family Charitable
Foundation
Holly Hill Nursing Home
Home With You
Johns Hopkins School of Nursing
Kent Island Benevolent Order
of Elks Lodge #2576
Keswick
S. A. Elite by Sports Authority
Senior Care Partners
SolarCity
Stella Maris
The Sawyer Group
The Village at Rockville
Tiki's Playhouse
Tony Tank Tribe #149
Tranquility at Fredericktowne
Wegmans
Wells Fargo Advisors
White Oak Health Care

Media Sponsors

The Aegis
Baltimore STYLE Magazine
The Baltimore Sun Media
Group
The Beacon
The Business Monthly
CITYPEEK.com
Comcast
Frederick Magazine
Harford Cable Network
WCEI
WJEJ
WMDT
WNAV
YELP

Top Fundraisers

Greater Baltimore Walk

Top 5 Teams

1. Fannie's Pack-\$6,305
2. Board Walkers-\$5,590
3. Baltimore Brightstars-\$5,590
4. Esther's Buddies-\$5,212
5. Associated Administrators \$4,910

Top 5 Individuals

1. Benjamin Dubin-\$4,457
2. Betsy Cummings-\$3,010
3. John Schulze-\$3,005
4. Barbara Harris-\$2,930
5. Kay Sullivan-\$2,100

Howard County Walk

Top 5 Teams

1. Forbes Family and Friends -\$10,304.37
2. Elsie's Girls-\$10,275
3. PSG-\$7,200
4. Team Muz-\$6,604
5. Vantage House-\$5,523

Top 5 Individuals

1. Janice Twardowicz - \$4,170
2. Cindy Forbes Cameron-\$3,346
3. Kathleen Lockhart-\$3,156
4. Katie Wilder-\$3,012
5. Jennifer Taylor-2,710

Harford County Walk

Top 5 Teams

1. Brightview Senior Living and Avondell-\$10,304
2. Oak Crest Striders-\$8,641
3. Delaware Women's Lacrosse-\$4,712
4. Citizens Care & Rehab Center-\$3,781
5. Team Talley-\$3,457

Top 5 Individuals

1. Edward Drost-\$3,050
2. Temica Carter-\$2,992
3. Harold Forst-\$2,544
4. Ricci Blinke-\$1,699
5. Joyce Kuhns-\$1,500

Volunteer Spotlight!

Western Maryland Walk: Boy Scout Troop 460



This is the third year members of Boy Scout Troop 460 of Mount Airy, Md., have dedicated an entire day of service to help at the Western Maryland Walk to End Alzheimer's. The boys, along with troop leaders and a handful of parents, work to set up tables, chairs, tents and banners. They work throughout the day by handing out water to hundreds of participants and lend a hand

wherever needed. After the last walker has crossed the finish line, they then start on clean-up, ensuring all trash is picked up and no items are left behind. There isn't a task or a problem that can't be solved when the Boy Scouts are on site. We are so grateful for all their hard work and dedication. Thank you Boy Scout Troop 460!

Greater Baltimore Walk: Debbie Hill

Debbie Hill is captain of Team Baltimore Bright Stars, named after the company BrightStars. Debbie's passion comes from her personal experience as her mom is fighting dementia. Debbie also is fighting for her clients and their families; BrightStars' mission is to take care of patients with cognitive and physical limitations and their families.



Debbie has been an active Walk committee member for three years. This year, she conducted her own blitz days and secured sponsors and recruited company teams. "My favorite part of the walk is seeing all these people – almost all that are personally touched by this horrific disease in some way – walking with their promise flowers in their hand. It is beautiful and moving," says Debbie.

BrightStars raised an amazing \$5,500 this year. Debbie's nephew, Dennis, came up with a unique contest three days before the walk. He challenged the team to raise \$500 more dollars and he would match it with \$500 from his own pocket. Debbie's network came up with over \$1,300 more dollars, and then Dennis put in \$500 to boot!

Anne Arundel County Walk: Phyllis Currie Spencer and Bruce Genevan

Phyllis and Bruce are co-captains for Team Sunrise. More than 51 friends, family and co-workers for Sunrise of Annapolis and Sunrise of Severna Park, combined to build a Super team. This year, they raised more than \$9,000 to support the Anne Arundel Walk. Sunrise has been a longstanding support of the Alzheimer's Association, and Phyllis and Bruce are leading the way. They have a personal connection to Alzheimer's. Both having lost their father to the disease. They use their personal commitment and dedication to Sunrise to collaborate on unique ways to raise awareness and funds for their Walk team.

Featured Fundraisers

Eastern Shore Walk: Susan Purnell

There is no cause Susan Purnell feels more adamant about than Alzheimer's disease. Her mom has suffered with memory issues for the past 12 years. "Mom still lights up when she sees me, but isn't sure what our relationship is anymore. All those wonderful memories we shared are wiped out, but luckily for me, the feeling of love still seems to be there," says Susan. Susan raised more than \$12,000 and her team, Kuhn's Jewels, raised more than \$17,000, making her the top individual fundraiser and the top team in Maryland!



Greater Baltimore Walk: Ben Dubin

This year's Greater Baltimore Walk was Ben's 4th Walk as the Team Captain of Esther's Buddies. Ben walks in honor of his wife, Esther, who was diagnosed with Alzheimer's five years ago. Ben and his daughter, Rachel Dubin, work tirelessly to raise awareness and funds for the Walk. Ben's support does not end with the Alzheimer's Association. He serves as the Vice Chair for the Baltimore County Commission on Disabilities and is heavily committed to helping individuals with disabilities in the community. A strong heart for service and fighting for those who cannot, Ben is motivated to keep fighting by "knowing the money raised is going to a multitude of research and support to find a cure." The success of Ben's team, Esther's Buddies, could not have gone without the generous donation and support from Ben and Rachel's friends and family! Thank you, Ben, for joining us in the Walk to End Alzheimer's and raising more than \$5,200!



Starting a Walk company team is a unique way to personally connect a company with the Association and a community of people fighting Alzheimer's. Corporate Office Properties Trust (COPT), an office Real Estate Investment Trust based in Howard County has supported the Walk as a sponsor for the past 2 years. COPT encourages every employee to donate 8 hours of service by volunteering in the communities where they work and live. This year, they decided to support the Howard County Walk to End Alzheimer's with a Walk team as part of their Donate 8 volunteer program. Led by Team Captain Maria Crawford, the first-year Walk team raised more than \$4,000.

Howard County Walk: Team Copt

Starting a Walk company team is a unique way to personally connect a company with the Association and a community of people fighting Alzheimer's. Corporate Office Properties Trust (COPT), an office Real Estate Investment Trust based in Howard County has supported the Walk as a sponsor for the past 2 years. COPT encourages every employee to donate 8 hours of service by volunteering in the communities where they work and live. This year, they decided to support the Howard County Walk to End Alzheimer's with a Walk team as part of their Donate 8 volunteer program. Led by Team Captain Maria Crawford, the first-year Walk team raised more than \$4,000.



Mark your Calendars for 2014

Howard County

Sat., Sept. 27
Centennial Park in
Ellicott City, MD

Western Maryland

Sun., Oct. 19
MD School for the Deaf
Frederick, MD

Anne Arundel

Sat., Oct. 25
Susan Campbell Park
Annapolis, MD

Eastern Shore

Sat., Oct. 18
Wicomico Senior Center
Salisbury, MD

Greater Baltimore

Sat., Oct. 25
Rash Field
Baltimore, MD

Harford County

Sat., Nov 1
Bel Air Equestrian Center
Bel Air, MD

Top Fundraisers

Western Maryland Walk

Top 5 Teams

1. Team Marie-\$8,764
2. Team Hope-\$8,490
3. For the Love of Ed-\$6,592
4. Crestwood Village Walkers & Friends-\$5,381
5. Team Franceso-\$4,3250

Top 5 Individuals

1. Kathy Siggins-\$8,490
2. Dottie Charuhas-\$3,073
3. Al Clapp-\$3,151
4. Diane Menapace-\$3,100
5. Mary McCormack-\$3,035

Eastern Shore Walk

Top 5 Teams

1. Kuhn's Jewels-\$17,440
2. Team ERA-\$11,100
3. The Pines-\$5,826
4. Shamrock & Roll-\$3,230
5. Hebron Savings Bank-\$3,063

Top 5 Individuals

1. Susan Purnell-\$5,725
2. Gayle Widdows-\$4,315
3. Bill Martin-\$3,140
4. Susan Megargee-\$2,345
5. Jim Volk-\$2,325

Anne Arundel County Walk

Top 5 Teams

1. Team Sunrise - \$9,256,020
2. Millie's Memories-\$8328
3. Charlie's Angels-\$8,095
4. Team Roberto-\$7,530
5. Team NIC-\$6,930

Top 5 Individuals

1. Ruby Golch-\$\$6,020
2. Oren Whyche-\$5,260
3. Gina DeStefano-\$2,710
4. Jessica Owenby-\$2,158
5. Pam Silvers-\$2,158

Featured Fundraisers

Western Maryland Walk: Mary McCormack



This was Mary's first year participating in the Walk to End Alzheimer's. She walked to honor her mother, who passed on Feb. 10, 2013, after suffering from dementia for many years. She admits Walk day was emotional for her, but it was also a great day with friends and the community. Mary is an outstanding champion for the Alzheimer's Association and an amazing fundraiser for the Western Maryland Walk.

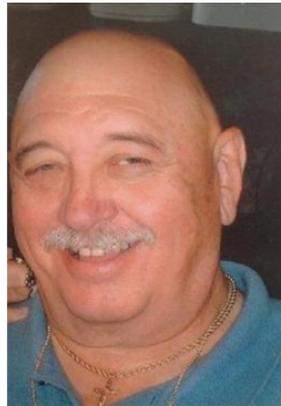
As a result of her leadership, dedication and friendly competitive nature, she raised more than \$3,035. She holds the 5th place for both top fundraising

individual and top fundraising team! Thank you, Mary, for the commitment and fun spirit you brought to the Walk this year! Congratulations on being a Walk Champion!



Anne Arundel County Walk: Ruby Golch

Though this was Ruby's first year as a team captain, with her team, Charlie's Angels, comprised of family and friends walking in honor of her late husband, Charlie, she showed herself to be a dedicated fighter of Alzheimer's. Ruby was committed to the fight to end Alzheimer's long before Charlie's diagnosis. Charlie's mother and his seven aunts and uncles all passed from Alzheimer's. This year, the support of Ruby's family and friends, including a donation can at her friend's dry cleaners, helped her raise more than \$6,000.



Always looking for new ways to spread the word about Walk, Ruby passed out fliers during town events in Annapolis, where she resides. Ruby even made purple bandanas to accessorize dogs as they walked around this year's boat show. Thank you Ruby for your commitment to the fight against Alzheimer's!



Harford County Walk: Ricci Blinke

After her grandmother was diagnosed with Alzheimer's, Ricci Blinke decided to join the Walk to End Alzheimer's cause in 2013 with the help of her students at Thomas Johnson Elementary Middle School. Her two fundraisers, one in which kids got to pie their teachers in the face, brought in more than \$1,000. Blinke's team, Team Oma, raised a total of \$1,799, second highest among Harford's new teams. Thank you, Ricci, for joining the cause to fight Alzheimer's and making such an immediate impact!



And the Winner is.....

We are proud to announce the winner of the 2013 Walk Grand incentive prize. This year, we awarded one of our lucky Walk champions and 5 guests a beautiful vacation in Palmas del Mar: Puerto Rico. The package, valued at \$2,500, includes an eight-day, seven-night stay at a beautiful resort, which has two golf courses, tennis club, country club, casino, and approximately 15 restaurants. The winner was drawn from Team Captains that raised \$7,500 and Individual Walkers that raised \$5,000 or more.

Congratulations to Team Sunrise of the Anne Arundel Walk!

2013 Walk Memories



Where Does the Money Go?

All of the money raised goes to support our mission: to eliminate Alzheimer's disease through the advancement of research; to enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Some of our services include:

- **24/7 Helpline:** Our 24/7 Helpline offers information, referral and support for Alzheimer's disease or related dementias. Reach out anytime at 1.800.272.3900.
- **Support Groups:** Support groups are for both caregivers and people living with dementia. They are led by trained professionals who provide a confidential, supportive environment for attendees.
- **MedicAlert® + Alzheimer's Association Safe Return®:** A program for people with dementia who live at home and could potentially get lost. Participants are given identification jewelry and enrolled in a national database that assists local law enforcement in the event that an individual with dementia is missing.
- **Alzheimer's Association TrialMatch®:** This is an online database of dementia research studies that matches people up with studies they may qualify to participate in after completing a user profile. Call the 24/7 Helpline to learn more.
- **Education:** The Association hosts many different opportunities for families, the community and professionals to learn about Alzheimer's, including annual conferences, professional trainings and more.
- **Respite:** Respite care provides caregivers a temporary rest from caregiving, while the person with Alzheimer's continues to receive care in a safe environment.



STAY INVOLVED YEAR-ROUND!

AS A LEADER IN THE FIGHT AGAINST ALZHEIMER'S, WE KNOW YOU ARE INTERESTED IN STAYING ENGAGED WITH THE CAUSE YEAR-ROUND. HERE ARE A FEW WAYS:

RAISE FUNDS. You can begin your Walk to End Alzheimer's fundraising early.

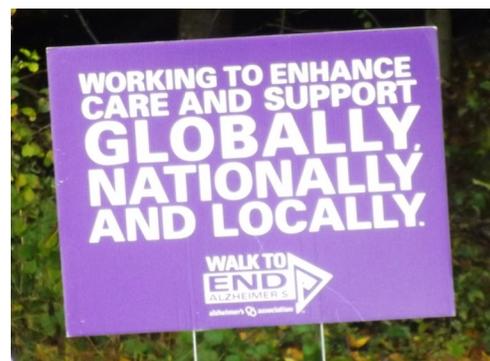
VOLUNTEER. Reach out to your local chapter to volunteer as part of the Walk Planning Committee or to volunteer at other fundraising events or local Association activities.

ADVOCATE. The Alzheimer's Association invites you to share your voice as an advocate on both national and local levels. We speak up for the needs and rights of all those affected by Alzheimer's disease. Learn more at alz.org/advocacy.

SPREAD THE WORD. You can advance the cause year-round by telling others about the prevalence of Alzheimer's disease and introducing the Alzheimer's Association as a resource for those who need help and hope.

LIKE US. Stay up to date with all of our events, programs and services. Like us on [facebook.com/marylandalz](https://www.facebook.com/marylandalz).

CORPORATE INVOLVEMENT. Beyond the toll Alzheimer's takes on families, it also has an impact on the workplace. An increasing number of employees are balancing career responsibilities with the challenges of caring for a loved one with Alzheimer's disease. Offer your employees the opportunity to Walk for and be involved in a cause that has a personal impact. Or, sponsor the Walk or any of our special events to demonstrate your company's commitment to supporting individuals with Alzheimer's and the fight to change the course of this terrible disease.



Alzheimer's Association Greater Maryland Chapter
1850 York Rd, Suite D
Timonium, MD 21093
410.561.9099 p
410.561.2433 f

alzheimer's  association®