



# Messages From The Mitten



alzheimer's  association



# Volunteer Spotlight

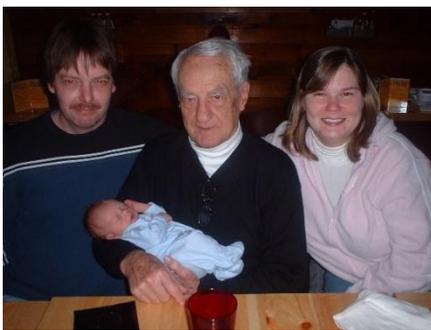
Every year, the Alzheimer's Association Walk to End Alzheimer's takes place in over 600 communities nationwide — an effort that could not be done without the help of dedicated Walk day volunteers. These individuals help with event set up, registration and check in, booths, advocacy efforts, cheerleading and more!

## Nicki Klama – Traverse City

Top 2020 and 2021 Traverse City Walk to End Alzheimer's fundraiser, Nicki Klama, is well on track for 2022 already. Her off the charts fundraising in 2021 totaled \$41,402 - earning her the #1 spot in Michigan and #28 nationally. Her motivation? Losing her grandfather in 2019. "I walk to make a difference for those people who haven't yet been diagnosed with Alzheimer's disease: my son, my best friend, myself. I want to make this disease go away!" Klama said. "I don't believe in doing anything in life half-heartedly. I can't leave ANYTHING undone. I try desperately to be excited about doing something...to allow the infection of the good energy to inspire others to do their best!" Nicki serves on the Traverse City Walk to End Alzheimer's committee and her fundraising model includes not only requesting bottle and can returns from friends, family and neighbors, but also local businesses, such as the second annual bottle/can return day at Marsh Automotive in August and various other hospitality industry businesses in the tourist centric region of northern Michigan.

## Abby Wilson – Kalamazoo

Nicki's sister, Abby Wilson, was also an integral part of the Kalamazoo Walk to End Alzheimer's for several years and the two tag-teamed up on their fundraising efforts with Nicki's employer matching a portion of both of their fundraising dollars in 2021. Those matching funds are an effective way to go from gap to goal in a heartbeat! Contact your employer or a local business to inquire about their community fundraising programs today and get them engaged to help us #ENDALZ, just like Nicki.



*Nicki's husband, Dean, Nicki's grandfather holding Nicki's newborn son, Sam and Nicki Klama*



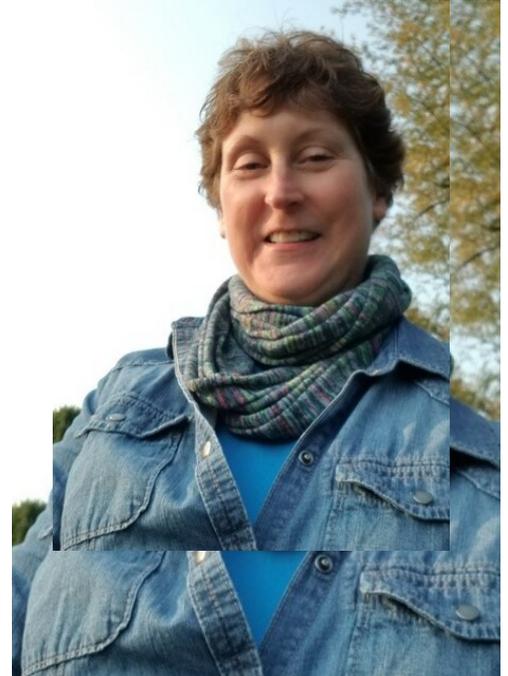
*Sister Abby's 2014 wedding day photo, Nicki in blue dress, grandpa on far left*



*Nicki and her son, Sam, host the 2021 Champions Club tent in Traverse City*

## Libby Ford – Washtenaw County

Libby was diagnosed with younger-onset Alzheimer's at 57 in 2019. She knew something was wrong but never imagined dementia! After she struggled with giving up her career as a transplant nurse, she said, "NOW WHAT!!" Libby sought information about her diagnosis, connected with support groups, and made friends that have taught her to live well with Alzheimer's. Libby stays active by participating in research studies, advocating and being a spokesperson for the Alzheimer's Association, and being on the Michigan Dementia Coalition to help develop roadmaps for care and resources needed by individuals that fall under the umbrella of dementia. She does all this while supporting the Walk to end Alzheimer's! Libby hopes that she can make a difference for future generations!



## Judy Labovitz – Lansing

When her husband was diagnosed with dementia following a stroke in 2015 Judy's whole life changed. She and her husband Alan sold their home and moved to an assisted living where he could get the care he needed. She watched her loving, intelligent, husband of 57 years slowly slip away. In 2018 Alan lost his battle with dementia and Judy lost the love of her life and biggest supporter. Even when he couldn't remember who she was she remembered who he was and never left his side till the end.

Judy supports the Alzheimer's Association because she doesn't want other families to go through the loss she did. She volunteers on walk day, in Lansing, in memory of her loving husband Alan.





# TEAM CAPTAIN CHALLENGE!

JOIN THE FIGHT



*Back by popular demand!*

Get your Walk to End Alzheimer's team registered by April 6 and you can earn the 2022 Team Captain Baseball Tee!

How it works:

- Register your team by April 6th at 11:59 p.m. to receive a 2022 Team Captain Baseball Tee.
- Already registred? You have earned your shirt
- There is more! Raise \$100 from April 1 to April 6 at 11:59 p.m. to get your team name printed on the back of your tee.

Previous fundraising does not count toward challenge funds. \$100 must be raised between April 1 and April 6 at 11:59 p.m.

# TEAM CAPTAIN GOAL-SETTING WORKSHEET



Walk to End Alzheimer's® Team Captains who set goals for their team are three times more successful in raising awareness and funds to support the Alzheimer's Association® than those who don't. Complete this worksheet to set your goals and track your progress toward success. Returning Team Captains: Include last year's totals for each category to help set your sights for this year!

## TEAM \_\_\_\_\_ GOALS



### TEAM CAPTAIN

As a Team Captain, it's important you lead by example. Make a self-donation to start your fundraising and embrace ideas that are easy, fun and increase involvement.

This year \_\_\_\_\_

Last year \_\_\_\_\_



### TEAM MEMBERS

Recruit at least 12-15 people to join your team and fundraise (be sure they register so all fundraising is tracked appropriately). Check out tips on how to recruit team members in the pages that follow.

This year \_\_\_\_\_

Last year \_\_\_\_\_



### \$100+ FUNDRAISERS

Every team member who raises at least \$100 will earn the official Walk to End Alzheimer's T-shirt. Encourage your team to check out the Participant Center at [alz.org/walk](http://alz.org/walk) for fundraising ideas and tips.

This year \_\_\_\_\_

Last year \_\_\_\_\_



### CHAMPIONS

The Champions Club recognizes and rewards participants who reach fundraising milestones of \$500, \$1,000 and \$2,500. Set a goal for how many team members will hit these milestones — be sure to include yourself!

This year \_\_\_\_\_

Last year \_\_\_\_\_



### FUNDRAISING EVENTS

Fundraising events are a great way to collect donations, inspire others and bond with your team members.

This year \_\_\_\_\_

Last year \_\_\_\_\_



### TEAM FUNDRAISING

Aim high! The average Walk team raises \$1,100.

This year \_\_\_\_\_

Last year \_\_\_\_\_



# 2022 Incentive Program

You must be a registered participant to earn incentive gifts.  
Register for a Walk to End Alzheimer's® event in your area at [alz.org/walk](http://alz.org/walk).



2022 Walk to End Alzheimer's participant T-shirt

**\$100**



Crossbody sling bag, heathered jersey hat or laptop LED light

**\$300**



Long-sleeved shirt; knit beanie and gloves; or pet leash and collar; AND Champion medal

**\$500**



Quarter-zip pullover\*, picnic blanket or tool belt

**\$750**



Wireless charger and power bank, #ENDALZ necklace and travel jewelry case, or 10 oz. Otterbox® stainless steel tumbler AND Grand Champion raglan shirt

**\$1,000**



50L duffel dry bag, zip-up hoodie that folds into drawstring bag\*, or lap desk

**\$1,500**



Coasters, tea infuser and ceramic mugs; packable hammock; or lined waterproof jacket\* AND Elite Grand Champion zip-up hoodie

**\$2,500**



truMedic® neck and back massager or folding chair

**\$5,000**



Quilted vest with heating panels\* or Ring® Video Doorbell 4 and garden flag

**\$7,500**



Solo Stove® Ranger or North Face® Arctic Down jacket\*

**\$10,000**

\*Available in men's and women's styles.

Individuals who reach the fundraising minimums for the participant T-shirt, Champion medal, Grand Champion raglan T-shirt and Elite Grand Champion hoodie will receive these items in addition to their selected incentive prize.

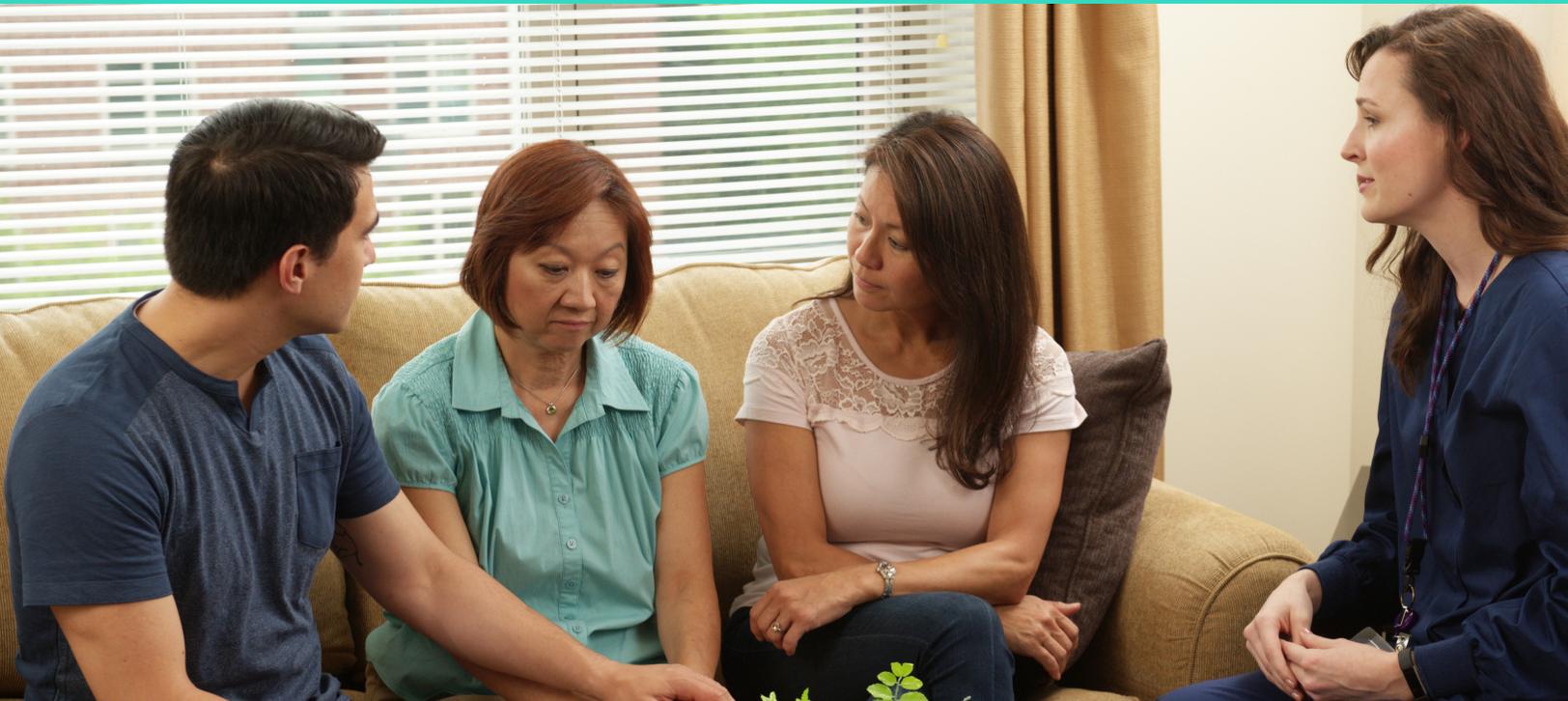
Visit your Participant Center at [alz.org/walk](http://alz.org/walk) for fundraising tools, tips and ideas.

Gifts are not cumulative; only one item is awarded to each fundraiser. Fundraiser may select one item at or below the level achieved.

Redemption certificates will be sent via email after the event. Contact your local chapter for the fundraising deadline.

Need help with your certificate or redeeming your prize? Call **855.462.7263** or email [ALZ.incentives@halo.com](mailto:ALZ.incentives@halo.com).

## CARE CONSULTATION PROGRAM



The Care Consultation Program provides assistance to individuals and families affected by dementia. It includes an assessment of needs, a person-centered plan of care, coordination of appropriate resources, and ongoing care and support. This program is offered by phone statewide and can take place in our office or in your home depending on your location. Please call or email our 24/7 Helpline at [800.272.3900](tel:800.272.3900) or [helplinegmc@alz.org](mailto:helplinegmc@alz.org) to learn more about the Care Consultation Program, program availability and to request a referral.

### Topics discussed may include:

- Coping strategies
- Effective communication
- Grief and loss
- Planning for the future
- Problem solving
- Understanding behaviors

# Spotlight



Meijer is a family-owned retailer committed to enriching lives in the communities they serve throughout Michigan, Ohio, Indiana, Illinois, Kentucky and Wisconsin. As they grow, they follow a simple philosophy established by their founder:

“Take care of your customers, team members and community ... and all of them will take care of you, just like a family.” - Fred Meijer

## Local Support throughout Michigan

Nearly ten years ago Meijer became a sponsor for the Grand Rapids Walk event in 2013. Shortly after their sponsorship extended to the Detroit Walk event. Now in 2022, Meijer’s sponsorship has grown to support not only Grand Rapids and Detroit, but also the Midland and Montcalm and Ionia Walk events.

This past year, Detroit held a great event at the Woodward Corner Market location in Royal Oak. Walk participants could stop by to drop off funds, take part in crafts, gather Alzheimer’s Association materials and support their local Meijer location.

**Thank you Meijer for your continued support of our communities and fight against Alzheimer’s and all other dementias.**



Woodward Corner Market  
Royal Oak, MI



Detroit Walk Participants showing their ALZ Support

alzheimer's  association®

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