

MONTHLY TEAM CAPTAIN NEWSLETTER

THIS NEWSLETTER IS SENT TO ALL CLEVELAND AREA
TEAM CAPTAINS AND SPONSORS

JUNE 2020

JUNE IS ALZHEIMER'S AND BRAIN
AWARENESS MONTH!



THIS JUNE, WE CELEBRATE YOU!

This June, during Alzheimer's & Brain Awareness Month, we are celebrating the commitment, strength and perseverance of the Alzheimer's community during these unprecedented times. You give us hope. Hope for a world without Alzheimer's and all dementia and hope for a brighter tomorrow. During Alzheimer's & Brain Awareness Month, we celebrate YOU.

We're also taking this time to recognize the perseverance of dementia caregivers, frontline workers caring for our vulnerable population, and all those fighting to end Alzheimer's. Thank you for your unwavering strength and dedication!

To our volunteers: you've gone virtual, made calls, shot off countless emails & put pen to paper. Thank you to all our volunteers, fundraisers & advocates who are continuing to move the fight to end Alzheimer's forward. We celebrate your hard work this Alzheimer's & Brain Awareness Month (and always).



Are you a currently a caregiver?

Monthly support groups are now meeting virtually throughout our five-county service area. Each group is led by a trained facilitator and provides information and support to persons caring for someone with Alzheimer's or other dementia. Groups offer vital links to other caregivers and an opportunity to learn more about caring for a loved one with dementia. Group members support and encourage each other while also exchanging practical information and resources.

Visit alz.org/cleveland for a full listing of support groups

MEET TEAM MOSCARINO.



Team Capatin Mike Moscarino and his family on Walk day 2019

How did you first learn about the Alzheimer's Association?

I learned about the Association from a Google search when I was trying to learn more about the disease. I then talked to a co-worker who helped me understand even more about what the Alzheimer's Association had to offer.

How has this disease impacted your life?

My mom has had the disease for a long time. The disease has slowly but surely taken away the person my mom was. My dad, who is 90, is still her primary caregiver. The need to support my mom and dad grows with each passing day.

What is your favorite part of Walk day?

My favorite part of Walk day is seeing everyone come together for a common cause, sharing their stories and their commitment to help. Walk day generates a great deal of positive energy and great memories for everyone who participates.

What is one thing you would like to share with the community about Alzheimer's disease or how the Association has helped you?

The one thing that resonates with me is that you are not alone. The staff and volunteers provide a great deal of support and a sense of community for those of us dealing with Alzheimer's disease. The Alzheimer's Association 24/7 Helpline (800.272.3900) is a great resource and is available around the clock, 365 days a year.

**JOIN TEAM MOSCARINO AND REGISTER
FOR THE 2020 CLEVELAND WALK AT
[ACT.ALZ.ORG/CLEVELAND](https://act.alz.org/cleveland)**

Meet Visiting Angels of NE Ohio



Team Captain, Suzanne Matheke and her Granddaughter on Walk Day 2019

How did you first learn about the Alzheimer's Association?

I Team Visiting Angels of NE Ohio, first started walking in 2013 when our walk was first at Holden Arboretum, but we quickly outgrew that venue as support for the cause grew.

How has this disease impacted your life?

It has changed it dramatically. I was a caregiver for family members and then I eventually became an STNA for Visiting Angels of NE Ohio and now I am a full-time caregiver for clients, many of whom are traveling this journey. I pray we find a cure soon.

What is your favorite part of Walk day?

The ceremony, always very uplifting and moving. It helps us to know that we are not alone in this journey and that we have support from the Walk to End Alzheimer's Community and our friends and family.

What is one thing you would like to share with the community about Alzheimer's disease or how the Association has helped you?

It has helped myself and many others find support as we travel this journey with our family members and friends who struggle with Alzheimer's.

**JOIN TEAM VISITING ANGELS OF NE OHIO
AND REGISTER TODAY FOR THE 2020
KIRTLAND WALK TO END ALZHEIMER'S!
[ACT.ALZ.ORG/ASHTABULAWALK](https://act.alz.org/ashtabulawalk)**



MONTHLY ACHIEVEMENT BADGE



SELF-DONOR

APRIL
SELF-DONOR



MAY
STORYTELLER



JUNE
FACEBOOK FUNDRAISER



JULY
EMAILER



AUGUST
ROCKSTAR RECRUITER



SEPTEMBER
T-SHIRT EARNER

EARN YOUR JUNE FACEBOOK FUNDRAISER BADGE!

June is Alzheimer's and Brain Awareness Month! Set up a Facebook Fundraiser through your Participant Center and all donations you receive will go directly to your personal Walk fundraising efforts!

ALZ Pro Tip: Go purple! Change your Facebook profile photo, take a photo wearing your ALZ swag or share a picture of your Walk team to further demonstrate your commitment to the Walk to End Alzheimer's and raise awareness for Alzheimer's and all other dementias.

Congrats

CURRENT TOP WALK TEAMS

1. Cleveland-Cliffs - \$11,730
2. RM Burak - BMF CPA - \$8,062
3. Saber Healthcare Foundation - \$8,000
4. Team Moscarino - \$3,215
5. Loving Memory of Bill Hrabnicky - \$1,395
6. Italian Chiks - \$1,266
7. Hamlet at Chagrin Falls - \$1,231
8. Team Southpark Square - \$1,112
9. Grandma Jean's Team - \$1,100
10. Lenny's Legacy - \$1,075



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Champions Club

Thank you to this group of elite participants who have raised \$500 or more, earning them a spot in our Champions Club! Whether you are living with the disease, love someone who is and/or are fighting to end Alzheimer's, we honor you!

WALK TO END ALZHEIMER'S
alzheimer's association

#ALZCHAMPS2020

24 CHAMPIONS CLUB MEMBERS	HAVE RAISED \$34,530 IN 2020
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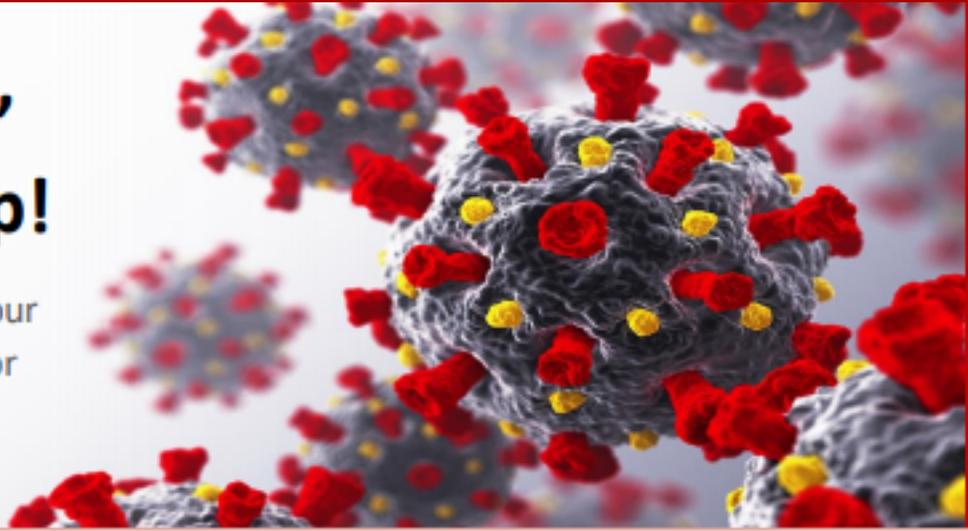
Thomas Adams Fran Bevis Robert Burak Liane DiGiandomenico Ruth Elliott Jon Fowler Maria Gatto Rosanna Hrabnicky	Dee Hyer Jennie Laeng Katie Mang Suzanne Matheke Allen Mistysyn Mike Moscarino Andrea Nespor Kelsey Ott	Chelsae Poelking Dave Rickey Dona Romano Mary Ann Shamis Nancy Udelson Laura & Paul Yama
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CHAMP SPOTLIGHT →

ANDREA NESPOR
Champions Club member Andrea Nespor raised \$860 by emailing EVERYONE in her network asking for donations. She also successfully reached out to local businesses asking for their support!

Family Caregivers, We Need Your Help!

We would like to learn more about your experience as an unpaid caregiver for family or friends during COVID 19



Understanding Caregiving Experiences During COVID 19

Do you provide unpaid care to a family member, friend, or neighbor with an illness, injury, or disability? We are interested in learning more about your experiences as an unpaid caregiver during the COVID 19 outbreak and particularly, how caregiving has changed after COVID19 and how COVID 19 has affected your use of services, social connection, and mental health. Your participation will help us understand ways to support caregivers during this pandemic.

We have created a brief (20 minute) online survey with questions about you, the type of care that you provide, and how caregiving during the COVID 19 outbreak has affected you. As part of the survey, you will also be eligible to complete an optional 20-30 minute telephone interview to tell us more about your specific experiences as a caregiver. All caregivers are welcome to participate in the survey. The first 100 participants who complete the interview will receive a \$20.00 gift card

Are you eligible?

- At least 18 years old
- Provide care to someone living in the United States
- Provide unpaid care to a friend, family member, or neighbor with an illness, injury, or disability

How You Can Participate?

Go to our survey at



<https://tinyurl.com/y8q3kyap>

If you're unsure if you meet the requirements, call or email a member of the study team:

Melody Mickens, PhD (Principal Investigator)
Email: Melody.Mickens@hsc.utah.edu
Phone: 801-581-6228

