

Worcester County

WALK TO END ALZHEIMER'S NEWSLETTER



Walking to Find Community and for Personal Connection

The Walk to End Alzheimer's is inclusive of teams who have walked for years, new Walk Teams, those with Alzheimer's, those caring for Alzheimer's sufferers, and the list goes on. No matter where you are on the journey, the Walk creates a community where all are welcome.

Jim Glickman and his family participated in the Walk to End Alzheimer's - Worcester County in 2021 for the first time after his wife, Jenni, was diagnosed with Alzheimer's three years ago at age 52. To get involved in the cause, raise money and connect with others, 20 or so members of Team Jenni walked in her honor on the beautiful walk day last October.

Residents of Holden for the past 21 years, Jim said it was challenging to meet other families dealing with Alzheimer's especially during the pandemic. Participating in the walk represented a way for their family to get involved and feel connected to others facing similar challenges.

Thank you, Team Jenni, for your involvement in the walk and your support in finding a cure. We look forward to seeing you again this year!

A promotional graphic for the Walk to End Alzheimer's. It features the organization's logo, which includes the text "WALK TO END ALZHEIMER'S" and "alzheimer's association" with a stylized arrow graphic. Below the logo, it says "WORCESTER COUNTY" and "OCTOBER 2" in large, bold letters. At the bottom, there is a "REGISTER TODAY!" call to action, a QR code, and the website "alz.org/Walk" on a yellow background.

**WALK TO
END
ALZHEIMER'S**
alzheimer's association

**WORCESTER COUNTY
OCTOBER 2**

**REGISTER
TODAY!** 

alz.org/Walk

Upcoming Events

JUNE 1 - 10
ALZ Around Town

JUNE 9
5:30 - 7:30 pm
Walk Kickoff Party
Bay State Brewery & Tap Room
RSVP:
worcwalkkickoff.eventbrite.com

JUNE 22
ALZ Awareness Night at the
WooSox

What will you do this June?

June is Alzheimer's and Brain Awareness month (ABAM)! It's an exciting time here at the Alzheimer's Association and as you plan out your month ahead, think about what you can do to help raise awareness this month and how you can help advance the fight against Alzheimer's.



Big or small, you can make a difference this month and here are a few ideas to get you started!

- Share a photo of who you Walk for and why you support the Alzheimer's Association on social media. Use #ENDALZ and help get Alzheimer's in the top trends!
- Participate in one of our special ABAM education programs happening this month. [Click here](#) to see what special programs are available!
- Did you know about our 24/7 Helpline, support groups or care consultations? All these services are provided at no cost to those who need them. Share our website listing these key services
- Start your team and invite people to Walk with you this year! There are 85 Support groups in MA/NH – our goal is to add 85 teams to our MA/NH Walks this week. Will you start your team and move us one team closer to a world without Alzheimer's?

No matter how you choose to help raise awareness this month, know that we appreciate YOU! It's because of YOU that the Alzheimer's Association can offer free support services and help those facing Alzheimer's or another dementia. Thank YOU!



2022 Walk to End Alzheimer's -
Worcester County

KICKOFF PARTY

Thursday, June 9 | 5:30 - 7:30 pm
Bay State Brewery, Worcester



Join us for the 2022 Walk Kickoff Event on Thursday, June 9! You'll enjoy live music by Chad Clements, appetizers, door-prizes, cash bar and learn more about the Walk to End Alzheimer's - Worcester County.

All are welcome! Your involvement makes a BIG impact either by starting a Team, registering as a participant, sponsoring or volunteering.

RSVP

WORCWALKKICKOFF.EVENTBRITE.COM





ALZ AROUND TOWN | WORCESTER COUNTY

June 1-10, 2022

Check out these businesses giving a percentage of their sales to the Walk to End Alzheimer's -- be sure to check out our Facebook Group page for more business participating throughout the week:



Offering an ALZ Cookie with proceeds going back to the Alzheimer's Association between June 1 - 10



All month long tips collected will be donated to the Alzheimer's Association



Chaffinville in Holden will be offering bouquets with a percentage of sales going back to the Alzheimer's Association



Hannaford North Brookfield's donation kiosk will be collecting change that will be donated to the Alzheimer's Association

Featured Fundraisers

The Wachusett Leo Club, a high school service club sponsored by the Paxton Lions, hosted a Walk to End Alzheimer's fundraiser on Saturday, May 16. Held at the local school track, they raised over \$500!



Thinking of hosting a fundraising event this spring or summer? Here are some fun and engaging outdoor fundraising ideas:

- Car wash
- Yard/garage sale
- BBQ
- Lawn game tournament

June Team Spotlight: LCCA Team Highlands on the Hill



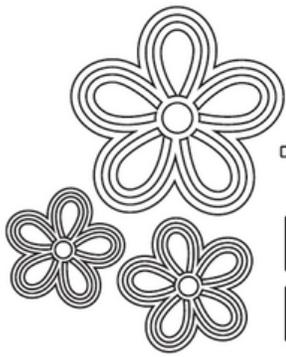
Double the Donation

Worcester County Walker Dawn Sneade is a National Top 100 participant! How does she do it? Dawn does 100% of her fundraising through email and letter writing to her contacts. She also maximizes her company's charitable gift matching. Does your company match donations?



There are two ways to apply a corporate matching gift:

- While making your gift online, click on "Matching Gifts" and select your company name from the dropdown list before completing your donation.
- If you know your company has a matching gift program but you've already made a gift without selecting your company's name, visit [this page](#) to find instructions on how to apply for a match from eligible employers.



THESE
FLOWERS
HAVE A LOT
OF FIGHT
IN THEM

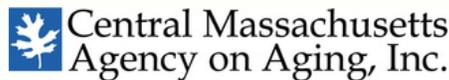


SHARE YOUR WHY

Download the 2022 Walk to End Alzheimer's Coloring page and share your WHY in our [Walk Facebook Group!](#)

THANK YOU, SPONSORS!

Platinum



Gold



Silver

AARP, Rockland Trust, Sunnyside Ford

Bronze

Artisan at Hudson, Avidia Bank, The Briarwood Community, Cornerstone Bank, Country Bank, Fallon Health, FLEXcon, Jewish Healthcare Center, Reliant Medical Group, The Residence at Orchard Grove, St. Gobain, United Healthcare, Walmart

Want to learn more about Sponsorship Opportunities? Email caleary@alz.org

LEARN ABOUT THE 2022 CHAMPIONS CLUB!

Walk to End Alzheimer's Champions Club recognizes and rewards participants who reach special fundraising milestones of \$500, \$1,000 and \$2,500.

All Champions Club members receive:

- The official event T-shirt.
- A fundraising badge on your participant webpage.
- Recognition on your local Walk website.
- A personalized thank-you certificate.

[Click here](#) to learn more!

Be a champion for those facing Alzheimer's.



ALZHEIMER'S AND BRAIN AWARENESS MONTH

A Special Educational Series



NUTRICION PARA LA SALUD DEL CEREBRO | June 8 at 5:30 PM

Ask the Expert, featuring Paola Garza, BS in Nutrition and Food Science, presented in Spanish.
Click here to register for this session.



UNDERSTANDING ALZHEIMER'S AND DEMENTIA | June 16 at 6:00 PM

Ask the Expert, featuring Dr. Olivia Okereke.
Click here to register for this session.



10 WARNING SIGNS | June 23 at 10:00 AM

Ask the Expert, featuring Dr. Jonathan Drake.
Click here to register for this session.



BRAIN HEALTH CAN START IN THE KITCHEN | June 27 at 12:00 PM

Ask the Expert, featuring Alison Dvorak, MS, RDN, CDN
Click here to register for this session.



To register, please click the link, scan the QR code,
or call our 24/7 Helpline at 800.272.3900

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Upcoming Participant Fundraisers

Share your fundraisers with us!

We will add to the Walk Website and ask you promote in our Facebook Group.

If you haven't done so already, join our Facebook group - [Walk to End Alzheimer's - Worcester County.](#)

Upcoming Programs

If you are someone you know need support or resources to better understand or deal with Alzheimer's Disease, please considering joining or sharing information about the upcoming programs. These are open to everyone.

10 Warning Signs

If you or someone you know is experiencing changes in memory, it's time to learn the facts. Knowing the warning signs can help determine if you should speak to a doctor. Early detection matters!

[Click here](#) for upcoming sessions!

Healthy Living for Your Brain & Body: Tips From the Latest Research

Lifestyle choices impact the aging process. Learn about important information and research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Use hands on tools to develop a plan for healthy aging.

[Click here](#) for upcoming sessions!

Understanding Alzheimer's and Dementia:

Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

[Click here](#) for upcoming sessions!



Heritage Car Show
PRESENTED BY MARY ANN MORSE AT HERITAGE

ENTRANCE FEE
\$3 FOR AGES 12+
FREE FOR CHILDREN UNDER 12

JOIN US FOR A DAY OF FUN!

CHECK OUT OUR WEBSITE TO LEARN MORE ABOUT THE EVENT AND OUR CAUSE

Scan here



WHEN: JULY 23, 2022
TIME: 10:00AM - 2:00PM
WHERE: MARY ANN MORSE AT HERITAGE
747 WATER STREET, FRAMINGHAM, MA 01701

HELP US FIGHT TO END ALZHEIMER'S TODAY!
ALL PROCEEDS WILL GO TO THE ALZHEIMER'S ASSOCIATION.

WALK TO END ALZHEIMER'S
alzheimer's association

MARY ANN MORSE
AT HERITAGE

Music By...
CruisinBruce