

**WALK  
TO END  
ALZHEIMER'S**  
ALZHEIMER'S ASSOCIATION

# WELCOME PACKET



**Walk to End Alzheimer's -  
Space Coast  
September 21st, 2024**

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[alz.org/SpaceCoast](https://alz.org/SpaceCoast)

# Welcome to the Walk Family!

The Alzheimer's Association Walk to End Alzheimer's® is the world's largest fundraiser to fight the disease — and we couldn't do it without you. Thank you for raising critical awareness and funds for Alzheimer's care, support and research.

We would like to welcome you to the Walk to End Alzheimer's - Space Coast and extend our heartfelt thanks. It is because of you that we are one step closer to a world without Alzheimer's and all other dementia.



Mindy Nadeau  
Walk Manager  
[mlnadeau@alz.org](mailto:mlnadeau@alz.org) |  
386-748-8527



Chris and Tisha Hill  
Event Executive Chair



Deidra Shubert  
Community Engagement  
Chair



Amanda Walker  
Event Experience Chair

# 2024 QUICK START GUIDE

**WALK TO END™  
ALZHEIMER'S**  
ALZHEIMER'S ASSOCIATION

# 2

## TAKE TWO MINUTES AND REGISTER YOUR WALK TEAM

Go online to activate and register your 2023 Walk team.

CLICK HERE: [alz.org/SpaceCoastWalk](https://alz.org/SpaceCoastWalk)



# 0

## GO FROM ZERO TO HERO

Set an example for your team members and kick-start your fundraising with a self-donation.

# 2

## PLAN TWO WAYS TO FUNDRAISE

Brainstorm how you will fundraise this year.

You can start a Facebook Fundraiser or launch a simple letter-writing campaign to get started. Looking for more ideas? Log into your Participant Center or contact your staff partner.

# 4

## SET FOUR GOALS

Set two goals for yourself and two goals for your Walk team that will inspire your team members, friends, family and donors to maximize their fundraising efforts.



QUESTIONS?  
email [mlnadeau@alz.org](mailto:mlnadeau@alz.org)



JOIN OUR GROUP!  
<https://www.facebook.com/groups/SpaceCoastWalk>



## Learn more about our resources.

After you've registered your Walk team, visit our website at <https://www.alz.org/cnfl> to explore our support and education programs, blogs, upcoming events, news and more!



## Make a self-donation.

Kick-start your fundraising by making a self-donation! By making a self-donation, you are demonstrating your personal commitment to fundraising for the mission.



## Plan your fundraising.

Launch a Facebook Fundraiser through your Participant Center, text or write a letter to your network and ask them to donate. Share your story and include a picture of who you are honoring. [CLICK HERE](#) to watch the tutorial.



## Double your impact with a matching gift.

Many employers offer programs to match charitable contributions made by their employees. To find out if your company has a matching gift policy, visit [alz.org/walkmatch](http://alz.org/walkmatch).



## Set a goal.

Set a goal for your Walk team that will inspire your team members, friends, family and donors to maximize their fundraising efforts. [CLICK HERE](#) to see the Goal Setting Worksheet.



## Meet with your staff partner.

Your staff partners are here to help brainstorm fundraising ideas, provide support and answer your questions! Email Mindy Nadeau at [mlnadeau@alz.org](mailto:mlnadeau@alz.org).



JOIN OUR GROUP!

<https://www.facebook.com/groups/SpaceCoastWalk>

# WALK TO END ALZHEIMER'S

ALZHEIMER'S ASSOCIATION

## MAKE AN IMPACT

Join a Walk Committee and help shape the movement to end Alzheimer's in a volunteer leadership position.

Committee members are the heart of the event and can encompass many different roles from event day planning to community and company engagement. Some members focus on growing the event by recruiting teams and sponsors, others coordinate logistics and some work on promoting the event in the community!

## BECOME A VALUED COMMUNITY PARTNER

Local sponsors of Walk to End Alzheimer's have a unique opportunity to impact the success of the event while displaying commitment to the local community. At the Alzheimer's Association, we take pride in offering mutually beneficial sponsorship packages that offer a wide range of rewards for participating companies and organizations!



Email Mindy Nadeau for information about sponsorship opportunities at: [mlnadeau@alz.org](mailto:mlnadeau@alz.org)

*Thank You*

# 2024 LOCAL WALK SPONSORS

2024 NATIONAL SPONSOR

**Edward Jones**<sup>®</sup>

**Health  
First**

**VITAS**<sup>®</sup>  
Healthcare  
SINCE 1980

**2024  
Participant  
Shirt**

Earn your shirt when you individually raise \$100 or more!

Shirts will be mailed directly to you.

To ensure you receive your shirt prior to walk day, you must raise \$100 on your personal page by August 16th.

**WALK TO END<sup>™</sup>  
ALZHEIMER'S**  
ALZHEIMER'S ASSOCIATION

# 2024 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).



2024 Walk to End Alzheimer's participant T-shirt

**\$100**



Crossbody sling backpack or shatter-resistant flip-top sports bottle

**\$300**



Fleece travel blanket (48" x 53") or polycanvas tote bag AND Champion medal

**\$500\***



Insulated cooler backpack or The North Face® fleece-lined beanie

**\$750**



Folding captain's chair or mophie® Power Boost 10,000 mAh Power Bank AND Grand Champion Team 365 Zone performance long-sleeved T-shirt

**\$1,000\***



Laptop backpack, toiletry bag and tech organizer or belt bag and 40-oz stainless steel tumbler

**\$1,500**



Samsonite® wheeled duffel bag or Cuisinart® bamboo 13-piece grill set AND Elite Grand Champion Clique Lift Eco Performance unisex crewneck sweatshirt

**\$2,500\***



mophie® 4-in-1 universal wireless charging mat or nutribullet® blender combo

**\$5,000**



Patagonia® Nano Puff jacket\*\* or YETI® 12-oz Hotshot Bottle, BBTEK Lightshow waterproof speaker and The North Face® connector backpack

**\$7,500**



Sonos® One SL speaker or 13-quart Corkcicle® Chillpod

**\$10,000**

\*Denotes the Champion levels.

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

Individuals who reach the fundraising minimums for the participant T-shirt, Champion medal, Grand Champion T-shirt and Elite Grand Champion sweatshirt 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. All items subject to availability.

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 and Support Resources



### Alzheimer's Association 24/7 Helpline (800.272.3900)

The Helpline is answered day or night by trained dementia specialists. We can offer support, information, referrals, or care consultations. We are able to speak with constituents in more than 200 different languages.



**Support Groups** - The Alzheimer's Association has a network of confidential in-person, telephonic or virtual groups. This network is a lifeline and source of support plus education for many. To find a support group please call our 24/7 Helpline at 800.272.3900.



**ALZConnected and ALZNavigator** - ALZConnected is an online support group is available 24/7 at [alzconnected.org](http://alzconnected.org). Build an action plan with ALZNavigator. at [alznavigator.org](http://alznavigator.org).

By knowing the warning signs and what to do next, we can help loved ones seek medical care and receive an early diagnosis. Floridians can register for ALZSTARS, a no-cost, online program at [alzstars.org](http://alzstars.org).



**Brain Bus** - The Brain Bus raises awareness of Alzheimer's and related dementias and addresses the benefits of early detection, early diagnosis, brain health, risk reduction, how to receive an accurate diagnosis and the latest advancements in Alzheimer's research. With two mobile units and webinars the Brain Bus is able to travel throughout Florida. Services are available in English and Spanish. Learn more at [alz.org/crf](http://alz.org/crf).



**Education** - When it comes to dementia, knowledge is power. Join us for interactive, in-person, virtual or on-demand classes to help you increase your knowledge. We have programs for the community, caregivers, first responders, IDD community, and more. They are available in English and Spanish. Learn more at [alz.org/crf](http://alz.org/crf) and [alzprogramsanytime.org](http://alzprogramsanytime.org)



**On-Demand Webinars** - We offer many live webinars monthly including our very popular research, caregiver, and community awareness series. Many are recorded and on-demand allowing you to start and stop viewing at your convenience. Available anytime in English and Spanish at [alzprogramsanytime.org](http://alzprogramsanytime.org).



**Art Connects ALZ** - An early-stage engagement experience hosted by the Alzheimer's Association that offers people living with dementia and their care partners time to talk and reminisce with others. Enjoy expressing yourself through the creative arts.

Please SCAN THE QR CODE to find out more about our programs on Alzheimer's and dementia, caregiving, becoming an ALZ STAR, resources and local events.







# FLORIDA

## 2023 ALZHEIMER'S STATISTICS

NUMBER OF PEOPLE AGED 65 AND OLDER WITH ALZHEIMER'S

YEAR	TOTAL
2020	580,000
2025	720,000

ESTIMATED % INCREASE

# 24.1%

### PREVALENCE

# 362

 # OF GERIATRICIANS IN 2021

# 277.1%

 INCREASE NEEDED TO MEET DEMAND IN 2050

# 76,140

 # OF HOME HEALTH AND PERSONAL CARE AIDES IN 2020

# 22.5%

 INCREASE NEEDED TO MEET DEMAND IN 2030

### WORKFORCE

#### UNPAID CAREGIVERS (2022)

# 827,000

 # OF CAREGIVERS

# 1,301,000,000

 TOTAL HOURS OF UNPAID CARE

# \$23,409,000,000

 TOTAL VALUE OF UNPAID CARE

#### CAREGIVER HEALTH (2021)

# 66.4%

 OF CAREGIVERS WITH CHRONIC HEALTH CONDITIONS

# 28.6%

 OF CAREGIVERS WITH DEPRESSION

# 13.6%

 OF CAREGIVERS IN POOR PHYSICAL HEALTH

### CAREGIVING

#### HOSPICE (2017)

# 19,897

 # OF PEOPLE IN HOSPICE WITH A PRIMARY DIAGNOSIS OF DEMENTIA

# 15%

 HOSPICE RESIDENTS WITH A PRIMARY DIAGNOSIS OF DEMENTIA

#### HOSPITALS (2018)

# 1,552

 # OF EMERGENCY DEPARTMENT VISITS PER 1,000 PEOPLE WITH DEMENTIA

# 23.0%

 DEMENTIA PATIENT HOSPITAL READMISSION RATE

#### MEDICAID

# \$2.689B

 MEDICAID COSTS OF CARING FOR PEOPLE WITH ALZHEIMER'S (2020)

# 28.4%

 PROJECTED CHANGE IN COSTS FROM 2020 TO 2025

#### MEDICARE

# \$31,665

 PER CAPITA MEDICARE SPENDING ON PEOPLE WITH DEMENTIA (IN 2022 DOLLARS)

### HEALTH CARE

#### # OF DEATHS FROM ALZHEIMER'S DISEASE (2019)

# 6,539

### MORTALITY

More than **6 million Americans** are living with Alzheimer's, and over **11.5 million** provide their unpaid care. The cost of caring for those with Alzheimer's and other dementias is estimated to total **\$345 billion** in 2023, increasing to nearly **\$1 trillion** (in today's dollars) by mid-century.

For more information, view the **2023 Alzheimer's Disease Facts and Figures** report at [alz.org/facts](https://www.alz.org/facts). © 2023 Alzheimer's Association®. All Rights Reserved. Alzheimer's Association is a not-for-profit 501(c)(3) organization.

