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An Update on ACA’s COVID Response

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Our first response was to provide food and monetary aid to our families impacted by the pandemic. From our last survey, 30% of the people on day care scholarships have reported incomes of less than $1,000 a month and 62% less than $1,500 a month. Of the families receiving continence products, 45% have monthly incomes of $1,000 or less and 70% have monthly incomes that are less than $1,500.

ACA put together Emergency Medical Kits that included almost 6,000 masks, along with hand sanitizer, lotion, Band-Aids, and Neosporin. They were delivered to 237 families in 19 Alabama counties, including 164 in Jefferson County. We had 63 volunteers making deliveries, including many from Vestavia Hills United Methodist Church. The church also provided 100 fanciful, handmade fidget blankets that many caregivers use to calm and engage their often anxious loved one.

When supplies of continence products, gloves, and wipes became available, ACA initiated a COVID rapid response program and offered a 2-month supply of products to any family in need. This provided immediate help, giving time for completion of the usual application process. We also began shipping products to those wearing a Project Lifesaver bracelet and those who had attended adult day care and expressed a need.

To combat boredom and isolation, ACA offered our families a robotic cat or dog in partnership with the Hospice and Home Health Fund of Alabama. These furry robotic pets respond in very lifelike ways and bring laughter and joy to the whole family. ACA is supplying some of our families with weekly activity packets in partnership with the Founder’s Place, a respite ministry of St. Luke’s Episcopal Church.

Despite losing 122 people living with Alzheimer’s on our service programs so far this year, ACA is serving more families than ever. 75 families who requested it. We are excited to establish this new service, and we plan to continue it post COVID because the need is so great.

In-home respite is being provided to families who once attended adult day care on an ACA scholarship. We stand by the day care centers and ACA is fully prepared to fund these scholarships once the centers are able to safely reopen.

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The Alzheimer’s Update

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Alzheimer’s of Central Alabama’s annual Walking to Remember event will be a weeklong celebration of Brain Health. The first week in November get out and get moving! It can be a walk, run, hike, ride, swim, skip, jog, dance, stroll, stretch—you name it!

Plan to get MOVING anytime from Sunday, Nov. 1 through Saturday, Nov. 7. Register online at alzca.org/walking. This is a FUNdraiser! Help ACA continue to fulfill our mission of offering services, providing education and supporting research.

You can turn your tax-deductible donation in early and pick up your t-shirt curbside or join us Saturday November 7, for a Drive Through celebration, from 10 until noon.

It’s the perfect time to drop off donations, gather t-shirts and register for door prizes.

Receive a short-sleeved shirt with your $50 donation or a long-sleeved shirt for a $75 donation. All t-shirts are Comfort Color, 100% cotton, and will be available while supplies last.

Here’s Why You Should Move for Your Memories:

- Researchers found exercisers were up to 28% less likely to develop any type of dementia and 45% less likely to develop Alzheimer’s disease specifically.
- Studies suggest that physical activity—even at low-to-moderate levels—cuts your risk of cognitive decline by more than a third.
- 40% of dementia cases could be prevented or delayed by targeting 12 risk factors throughout life—inactivity is one of those risk factors!

Alzheimer’s Disease Prayer

Sunday, November 8, 2020, is the Day of Prayer for our loved ones, family members, providers, and all who seek better care and treatment.

Dear Lord,

For the many persons who have died from Alzheimer’s Disease, we pray that they are in the care of your loving arms.

For those who are now Alzheimer’s Disease patients, we pray for their dignity and comfort.

For those who are caregivers, we pray for understanding, compassion and patience.

For families touched by Alzheimer’s Disease, we pray for strength and courage.

For those who seek the cause, cure, prevention, and treatment of Alzheimer’s Disease, we pray for your wisdom, guidance, and direction.

What a solace it is to know that You know our heartaches and our frustrations, our joys at those moments of clarity and recognition, and our anticipation of medical discoveries. But, most importantly, each of us receives peace from awareness that Your eye is on us and that it is Your hand that gently soothes us and is extended to uplift us.

For being our refuge and for the Hope You have given us…Our Thanks.

Amen