

A FAMILY'S STORY

In 2017, my wife Amy, got lost on a familiar drive and couldn't find her way back home. I'll admit I had noticed small changes, but this was something much different than forgetting to pay a bill, turn off the stove, missing someone's birthday, or forgetting to feed the dog. I wish I had seen the signs earlier, but I never put two and two together until that scary day. Amy had early onset Alzheimer's.

As many know it can be challenging to diagnose Alzheimer's, especially at an early age. Amy was 55 and we had been married for 35 years when she passed away from this horrible disease. Her life was deeply rooted in helping those less fortunate.

Our family is honored to have been chosen as the Honorary Chairs for this year's Walk to Remember for Alzheimer's of Central Alabama, Saturday, November 5. I'm asking for your support to help me honor Amy's life and others like her by joining me in supporting Alzheimer's of Central Alabama.

Sincerely,

David Miller and Family

WHAT ABOUT THE T-SHIRTS?

- All walkers raising \$50 get a t-shirt when they turn in their money at registration—the coupon is good for a short sleeved shirt, while supplies last.
- Walkers raising a minimum of \$75 receive a long sleeved shirt, while supplies last.
- Walkers raising a minimum of \$100 will receive a shirt and a special gift, while supplies last.

You must be present at the Walk to collect a T-Shirt or specialty item.

Questions: alzca.org/walking or call Vance @ 205.871.7970.

2022 Corporate Partners:

Alabama Family Trust, Always Best Care, BlueCross BlueShield of Alabama, Cornerstone Caregiving, Grandview Financial Group, Home Instead, Kirkwood by The River, Lifecare for Seniors, reveali.com, St. Martin's, Visiting Angels, and Warren Averett.



David Miller Family, Honorary Chair

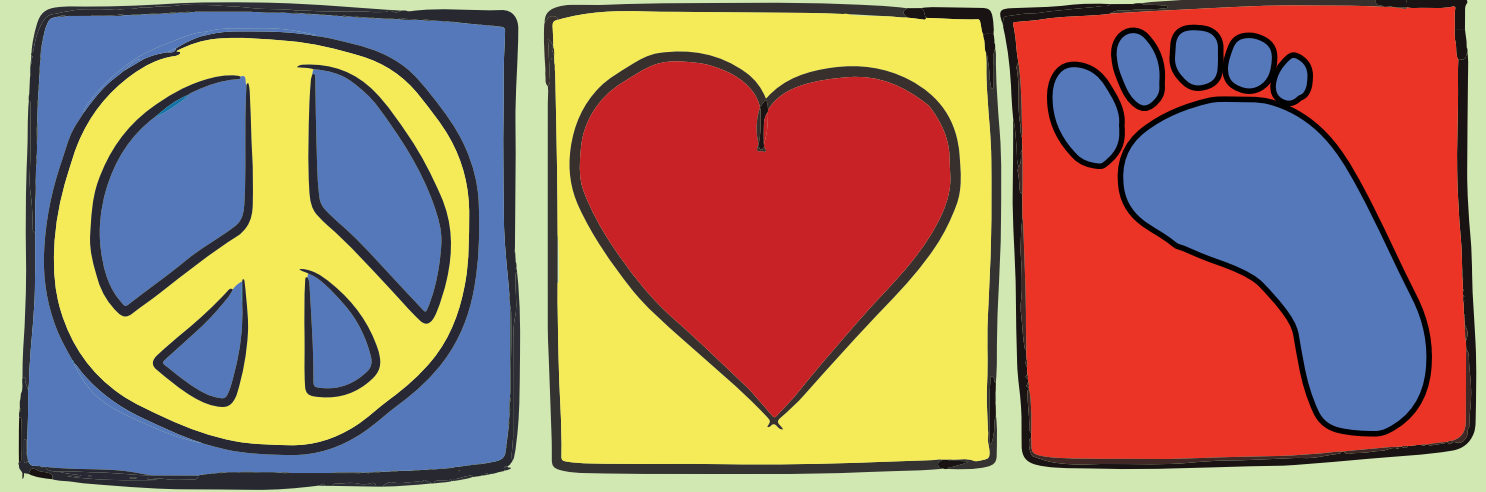


Amy



Alzheimer's of Central Alabama

Peace Love Walk



Walking to Remember November 5, 2022

REGISTER YOUR TEAM TODAY: ALZCA.ORG/WALKING

SERVING ALABAMA SINCE 1991

- Scholarships for 64 clients to attend adult day care each month
- Continence Supplies delivered to the home of 174 clients each month
- A case of Ensure, delivered to the home of 110 clients each month
- Supplying Project Lifesaver bracelets in Jefferson County
- Funding our fourth student as part of our Lindy Harrell Pre-Doctoral Scholars Program in Alzheimer's Research at UAB

HOW YOUR DONATIONS HELP:

- Every \$50 your team raises supplies a case of home delivered Ensure
- Every \$100 supplies a month of home delivered continence care
- Every \$300 supplies a month of day care respite

A Local Organization Helping Local Families

EVENT DETAILS AND TIPS FOR A SUCCESSFUL TEAM

EVENT DETAILS

Alzheimer's is a family disease.

- When:** Saturday, November 5, 2022
Where: ACA's office parking lot: 300 Office Park Drive 35223
Distance for walk: Three trips around our building is one mile
Parking: Parking at same address or across the street at 201 Office Park Drive

Registration: Please visit www.alzca.org and register your team. Simply click Walk info on the home page and click on "create a walk team." This is the same process your donors will use to donate to your team. They will be able search your team by your name or the name of the team.

What's happening:

- Refreshments with hot dogs and trimmings prepared by ACA's board president and Top Chef, Doug DeMedicis
- DeJay Mikey will be spinning your favorite 70's tunes
- Punky the Clown will be making amazing balloon hats and other fun stuff
- We are proud to welcome back Amanda Tapley, Miss Alabama 2008, for the 14th anniversary of her performance of the National Anthem at the walk

Time: Registration begins at 9 am. Walk gets underway at 10 am. Arrive early to visit our vendor/sponsor booths and enjoy the fun vibe!

Walk in honor or memory of someone: Walk in honor of someone living with Alzheimer's or in memory of someone you love. It is helpful to name the team after that person. Some examples of long-standing teams are: Claire's Army, Jackie's Team, and Team Ted and Tommy.



UAB



Elsie's Team



Founder's Place



Claire's Army

TIPS FOR BUILDING A FUN AND SUCCESSFUL TEAM

Alzheimer's of Central Alabama is a local organization helping local families.

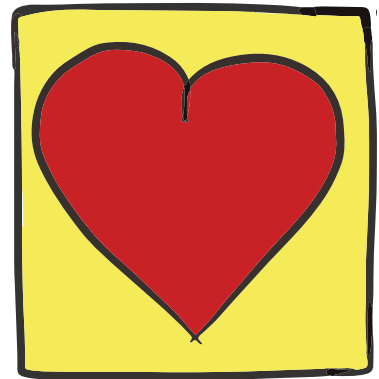
Plan a mail campaign: If you need help creating a letter for friends and family, please email Vance Holder at vholder@alzca.org or call us at (205) 871-7970. He can help you create a personalized letter for your team.

Be a Social Media Star: Share your progress on Facebook, Twitter, and Instagram. Be sure to tag **Alzheimer's of Central Alabama** on Facebook! Use **#acaishlocal** as a hashtag to connect.

Set a Goal for the Team: Be sure and make your supporters aware of your team's goal no matter how large or small. People work harder when they have a specific goal to meet—especially if they know you are almost there!

Donation Wall: If you have an office or business that will allow the display of a donation wall we can supply a set of cards on which your donors can write their name.

Share what your team is doing with the ACA office: Share your successful ideas and we will pass them on to other teams. Share your success stories and photographs with us at vholder@alzca.org.



Punky the Clown