

"We Continue to Walk, not just on Walk Day, but Every Day."

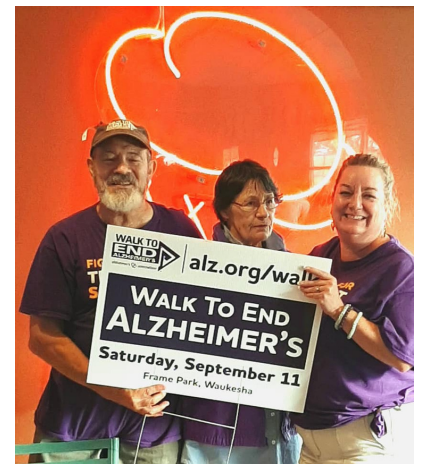
Joe and Carol Brien

A special shout out to Walk to End Alzheimer's Waukesha walkers and CHAMPION level fundraisers, Joe & Carol Brien. The couple has participated in the Walk to End Alzheimer's in both Waukesha and Milwaukee Counties over the years, since the days it was called the Memory Walk. Carol was diagnosed with Alzheimer's five years ago, and Joe, her husband of 29 years, is her biggest supporter.

"When Carol was first diagnosed, we had the good fortune that the nurse at Froedtert told us about an Alzheimer's Association class being offered," Joe said. "I immediately signed up and took Carol with me. It went through the stages of the disease and the behaviors that accompany it. We had a connection to learning from the very beginning."

A seven-week class Joe and Carol signed up for – Living Well with Chronic Conditions – was especially impactful for them. The class introduced the ideas of action plans. "Things can be very overwhelming for caregivers on this journey," Jen McAlister, program manager, Alzheimer's Association shared. "With action plans, caregivers learn how to wrap their head around big challenges and chunk it out to make it more manageable. For example, it's too big to say you're going to reorganize the whole kitchen, but if you break it down into starting with 2 drawers and spending an hour twice a week, that breaks it down. As many caregivers are taking on new responsibilities in their role, tools like this enable them to become stronger caregivers."

Thank you to Joe and Carol for your dedication to helping us raise awareness for our mission.



THESE FLOWERS HAVE A LOT OF FIGHT IN THEM.

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