

Impact of the Walk to End Alzheimer's

Christine Shepherd, Antigo

2020 marked the 10th year that Team Miles for Millie participated in the Walk to End Alzheimer's in Antigo. Over those 10 years, the team has raised almost \$30,000. "There's a reason why we're walking and until that reason goes away, we're going to keep walking," shared Christine. "We're just a small team, but every little bit helps. The impact each of us has, can make a huge impact for the next person who is diagnosed and needs the support of the Alzheimer's Association."

The team walks in honor of Christine's grandmother, Millie. She is best known for her knowledge of flower gardens and her amazing crocheting talents, making blankets, scarves, doll clothes and anything her family needed. Millie lost a 5-year battle with Alzheimer's disease in 2013.



"The Walk to End Alzheimer's funds so many programs and services," shared Christine. "It's because of these services that my family was able to keep my grandma at home and care for her." Christine's mother, Carol, was the primary caregiver for her grandmother. Even the small tips that her mother learned from the Alzheimer's Association helped her with day to day care, and not feeling overwhelmed. Wandering was a concern and her grandmother kept trying to leave the house to go to work – even though she was retired. They put a picture of her retirement party on the door, so if she tried to leave, it reminded her that she was retired now.

"Every year someone else is finding out about a loved one or friend who is now impacted by Alzheimer's disease," said Christine. "My family will continue to volunteer and walk to make a difference."

