



the compassion to care, the leadership to conquer

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FOR IMMEDIATE RELEASE:

By Leslie Seiler, Volunteer with the Alzheimer's Association

**ALZHEIMER'S ASSOCIATION WALK TO END ALZHEIMER'S™ ENGAGES
AND INSPIRES MACOMB RESIDENTS**

Participants Raise Critically Needed Funds for Alzheimer's Care, Support and Research

Lynne Ruben is walking in the Alzheimer's Association Walk To End Alzheimer's in memory of her father and her aunt. As a member of the Macomb AARP Team she will participate in the **14th Annual McDonough County Walk to End Alzheimer's, Saturday, Sept. 17, at Citizens Bank Plaza, Macomb, at 10 a.m.**

Ruben became involved with the Walk Committee in 1995 when she was president of the Macomb Area AARP. She says her participation has helped her gain a better understanding of the disease. Not only did her father suffer from a form of dementia, but his sister — Ruben's aunt — was diagnosed with Alzheimer's disease in 2000.

"Since I was 47, I have been aware of the affects dementia can have on the family members in a caregiver household," said Ruben. "I visited my father and lived with him for a month every year for 10 years so my sister could have a break and I could assess my father's memory loss, loss of mobility and behavioral changes."

Alzheimer's disease is a growing epidemic and is now the nation's sixth-leading cause of death. As baby boomers age, the number of individuals living with Alzheimer's disease will rapidly escalate, increasing well beyond today's estimated 5.4 million Americans living with Alzheimer's

Ruben uses her role with AARP as a means to educate the organization about the goals of the Alzheimer's Association. She one day hopes the two groups can work together on the state level to raise funds to find a cure for dementia.

"I feel that there is no better group for me to help than those with memory loss," said Ruben whose father lived 15 years with dementia, passing away in May 2010. Her aunt died two years earlier.

Walk to End Alzheimer's is more than a walk. It is an experience for over 250 participants in the Macomb area who will learn about Alzheimer's disease and how to get involved with this critical cause, from advocacy opportunities, the latest in Alzheimer's research and clinical trial enrollment to support programs and services. In addition to the 3-mile walk, each walker will also join in a meaningful ceremony to honor those affected by Alzheimer's disease.

Walk day schedule:

9:00 am Walk Day Registration

10:00 am Walk Begins

11:00 am Prizes Awarded

Start or join a team today at the agency website at alz.org/illinoiscentral or by calling the Chapter office at **309-681-1100 or 800-272-3900**. All participants who raise \$100 will receive a Walk To End Alzheimer's t-shirt.

In last year's walk, the Macomb AARP Team was the top fundraising team. Since joining the walk in 2006, the group has raised more than \$3,000 each year for the Alzheimer's Association. Ruben holds the individual title for raising the most money in the walk the last four out of five years.

"There has never been a greater need for the citizens of Macomb to join in the fight against Alzheimer's disease by participating in Walk to End Alzheimer's," said Nikki Vulgaris-Rodriguez, executive director of the Alzheimer's Association – Central Illinois Chapter. "Funds raised will provide care and support services to the 21,500 residents of Central Illinois living with Alzheimer's, while also contributing to advancing critically-needed research."

About the Alzheimer's Association Walk to End Alzheimer's:

The Alzheimer's Association Walk to End Alzheimer's is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research. Since 1989, the Alzheimer's Association mobilized millions of Americans in the Alzheimer's Association Memory Walk®; now the Alzheimer's Association is continuing to lead the way with Walk to End Alzheimer's. Together, we can end Alzheimer's – the nation's sixth-leading cause of death.

About the Alzheimer's Association:

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

Alzheimer's Association
Central Illinois Chapter
606 W. Glen Avenue
Peoria, IL 61614
www.alz.org/illinoiscentral
309.681.1100
217.228.1111 (direct line)
Janet.Veach@alz.org