
QUICK FACTS:

- You may turn money in the day of the Walk; you don't have to turn it in ahead of the day of the Walk.
- You can register the day of the Walk.
- You get a t-shirt for every \$100.00 you raise.
- If you are on a team, the team captain will pick up the t-shirts.
- If you are on a team and can't make it to the Walk you do not need to let anyone know.
- Strollers are allowed, however bicycles are not allowed.
- You do not have to raise a certain amount of money to participate, however if you want a t-shirt you need to raise at least \$100.00.

MORE DETAILED INFORMATION

Q: What is the Alzheimer's Association Midlands Chapter?

A: With offices in Omaha, Nebraska and Council Bluffs, Iowa, the Midlands Chapter serves 15 counties in northeast Nebraska and southwest Iowa. Our mission to enhance the quality of life of all persons affected by Alzheimer's disease and related disorders through compassionate, comprehensive services; effective advocacy; support for research; and access to current information and resources.

Q: What is the Walk to END Alzheimer's™?

A: Alzheimer's Association Walk to END Alzheimer's™ is the nation's largest event to raise awareness and funds for Alzheimer care, support and research. Held annually in hundreds of communities across the country, this inspiring event calls on volunteers of all ages to become champions in the fight against Alzheimer's. *Champions* include people living with the disease, friends, families, caregivers, and business and community leaders.

Q: How do the funds raised by Walk to END Alzheimer's™ help my community?

A: Funds raised at a particular Walk don't remain in that community specifically, but are used by the Midlands Chapter to provide services throughout the 15 county regions.

Monies raised at the Walk support the total mission focus of the Midlands Chapter through:

- Educational programs, helping caregivers learn the best ways to care for their loved ones while preserving their dignity and quality of life.
- Community education programs designed for caregivers and persons with Alzheimer's, presenting information on the basics of Alzheimer's disease as well as financial, medical, and legal services in your community.
- A 24-hour helpline (1.800.272.3900) for resources, referrals, support and information customized to meet the needs of each caller
- Over 36 support groups, facilitated by a Chapter-trained volunteer.

- One-on-one care consultations with Chapter staff
- An extensive resource library with a collection of the latest books and DVDs about Alzheimer's care, available to everyone.
- Respite care assistance, offering families temporary relief from the intensive responsibilities of caring for loved ones at home.
- MedicAlert® + Alzheimer's Association Safe Return®, a 24-hour nationwide emergency response service for individuals with Alzheimer's who wander or have an emergency
- Advocacy on local, state, and federal level, working with legislators to ensure legal, financial, and social support services for people with Alzheimer's and their caregivers.
- *Perspectives*, a monthly e-newsletter that provides useful information about Midlands Chapter programs, events, and activities

Q: Does the Walk support research?

A: Yes! A portion of money raised at the Walk is pooled with money raised at other Walks. Money is awarded to various research projects, including several cutting-edge studies in Nebraska. Through the Walks revenue has directly supported these clinical trials in Nebraska:

- Improving Function, Quality of Life, Glycemia in Diabetics with Dementia
- Wii-Fit for Activity, Balance, and Gait in Persons with Dementia
- An Evaluation of Potential Treatments for Persons with Dementia and Depression
- Phase III drug trials treating mild-to-moderate and moderate-to-severe Alzheimer's disease

Q: Can I direct my Walk donation toward a specific project?

A: Donors sometimes request that a gift be specifically directed toward education and programs, and the Midlands Chapter honors those requests. The Walk, by its very nature, is designed to support the total mission focus of the organization. This includes research, education and programs, as well as supporting the administrative costs relating to the Chapter, such as rent and utilities.

Q: How do I get started?

A: Joining the Walk to END Alzheimer's™ is easy! Just by helping raise awareness about Alzheimer's disease, affecting over 5.3 million Americans today, you're already on the **MOVE**. How about taking the next step and forming your Walk team? Build a team with your friends, family members, co-workers, members from your church or synagogue, or anyone else you want on your team. Make a goal for your team and for each team member, and ask for donations! It's that easy!

The Walk to END Alzheimer's™ are in September and there is one in October this year, and you can find a Walk near you at the Midlands Chapter website: www.alz.org/midlands. Through the website, you can register your team online and find a wealth of information and resources for your team. You can also call the Midlands Chapter at 402.502.4301 for more information. Hope to see you at one of the Walks!!