

Your **Friendraiser** helps our Chapter to provide critical programs and services to individuals, families and caregivers affected by Alzheimer's disease throughout our community such as...

**24/7 Helpline (800.272.3900):** Trained and knowledgeable staff provide reliable information and support, day or night, to thousands of callers in need of assistance.

**Support Groups:** There are over 70 support groups provided throughout our area free of charge and open to the public.

**Safety Programs:** Comfort Zone™ and Medic Alert® + Safe Return® offer lifesaving support round the clock for memory-impaired individuals at risk of wandering and becoming lost, and their families and caregivers.

**Education:** Workshops, seminars and conferences address relevant topics such as caregiving, Alzheimer research and brain health. Dementia-specific training helps professional caregivers enhance knowledge and improve quality of care in facilities.

**Corporate Assistance Program (CAP):** This innovative initiative equips human resources departments to better support working caregivers as well as employees with memory-related concerns.

**TrialMatch™:** A free service that makes it easy for people with Alzheimer's, caregivers, families and physicians to locate clinical trials based on personal criteria (diagnosis, stage of disease) and location.

**Brain Health Initiative:** Fun-filled education and training programs encouraging people to eat right, stay socially involved, be physically active and keep mentally fit.

Alzheimer's Association  
National Capital Area Chapter  
3701 Pender Drive, Suite 400  
Fairfax, VA 22030

703.359.4440 or 800.272.3900  
[www.alz.org/nca](http://www.alz.org/nca)

# Host a Friendraiser!

Support our vision of a world  
without Alzheimer's disease.



have fun  
do Good  
end alzheimer's

alzheimer's  association®

[www.alz.org/nca](http://www.alz.org/nca) 800.272.3900

**Friendraisers** are events hosted by the Alzheimer's Association® National Capital Area Chapter's friends and supporters. The awareness and funds raised through these events help us provide information, education and support and move closer to a cure for Alzheimer's disease.

### Easy Steps for a Friendraiser:

- 1 Decide what kind of event you want to host and plan.
- 2 Register your event with the Alzheimer's Association online at [www.alz.org/nca](http://www.alz.org/nca) or call us at 703.359.4440.
- 3 Get your friends, family and colleagues together to support the cause!

### Friendraiser Ideas:

**Host a Party:** Make it a simple affair with wine and cheese or go all out with a theme dinner party. Ask guests to make a donation instead of bringing a hostess gift or leave a donation bucket at the door. You can even start up your computer and have guests donate online.



**Happy Hour:** Get your favorite bar or club involved and invite your friends to a cocktail party. Ask management if they would donate 10 percent of the proceeds to the Alzheimer's Association between the hours of 6-9 p.m. or if you can take all the cover charge proceeds between those hours. Auction off specialty drinks for cause or have a local celebrity sign beer or liquor bottles and auction the entire bottle.

**Share at Your Wedding:** Ask guests to make donations instead of gifts, or make a donation in honor of your guests in lieu of favors.



**Trivia Night:** Host a trivia night at your local restaurant or bar (a lot of restaurants and bars actually already do this so see if you can join in on an already existing event). Advertise your Friendraiser and let everyone know they have to pay to play. Contact the Alzheimer's Association for brain healthy trivia questions.

**Restaurant Nights:** Partner with a local restaurant during lunch- and/or dinner-time. Invite your friends to participate and a portion of the proceeds will benefit the Alzheimer's Association.

### Employee Pizza Party:

Get your favorite pizza place to donate pizza and your local soda distributor to donate soda. Charge everyone \$5 for a pizza lunch.



**Team Spirit Day:** For a donation of \$5, employees wear a jersey, T-shirt, sweatshirt or hat of their favorite sports team.

**Jeans/Casual Day:** For a donation of \$5, employees dress casual for a day or sell a year's worth of jeans day privileges for \$100. Contact our staff for "Casual for the Cause" stickers you can hand out to employees.



**Penny War:** This activity is great to do in the workplace or at school! Each department or classroom gets a jar to deposit

spare change. Pennies count positively, silver and paper count negatively. People put pennies in their own jar, but will put the silver and paper in other jars. The department or classroom with the most points (number of pennies minus number of silver/paper equals total points) wins a prize (a donated lunch from a restaurant, gift certificate, etc.).

**Bake Sale:** Sell homemade baked goodies at the office, fairs and/or festivals, or ask colleagues to bring a homemade baked good to sell also.



**Want More Ideas?** Visit [www.alz.org/nca](http://www.alz.org/nca) and go to our **Third Party Events** web page for a list.

**Have Your Own Ideas? Questions or Comments?** Let us know! Contact us at 703.359.4440 or send an e-mail to [Friendraisers@alz.org](mailto:Friendraisers@alz.org).

We can help with planning, promoting and creating your own personal website and fundraising page.

**Please consider being a part of leading our community in the fight against Alzheimer's!**  
**Together we can make a difference!**

**Read About Who Else Has Been a Friendraiser.** Visit [www.alz.org/nca](http://www.alz.org/nca) and go to our **Good Works** web page.