

MEMORY DAY 2019

FREQUENTLY ASKED QUESTIONS

What is Memory Day?

Memory Day is one of the longest-running and successful Alzheimer's advocacy events in the nation. Memory Day offers participants the unique opportunity to meet Alzheimer's advocates from across Ohio as well as share their personal stories and concerns related to Alzheimer's disease with their elected representatives and staffers.

When is it?

In its 21st year, Memory Day 2019 will occur on Thursday, March 14th. Once in Columbus, legislative visits are planned for the afternoon hours following a free luncheon reception. Because of this packed schedule, there is no free time during the day to explore the city.

Where does it happen?

Memory Day occurs in our state capital, Columbus. Legislative visits will be conducted in the Riffe Tower and the Statehouse building.

Who should attend and why?

Memory Day isn't just for seasoned advocates or people who like to talk to politicians; Memory Day participants are as diverse as the journey with Alzheimer's. Persons in the early stages of memory and thinking challenges should attend and share their experience; caregivers should attend and speak to the realities of the disease process and whether they have benefited from respite; professionals working in the dementia field should attend to talk about what resources they still need to offer the best quality care for individuals with Alzheimer's and dementia. And most importantly, we need anyone who's been touched by Alzheimer's disease and dementia to remind our state lawmakers that we still need their help in fighting this devastating disease.

How can I participate?

To participate in Memory Day 2019, individuals need to complete the online registration form or hard-copy registration form and return it to Sarah Sobel by email at ssobel@alz.org, by fax at (216) 831-8585, or by mail to 23215 Commerce Park, Suite 300 Beachwood, OH 44122 no later than February 22nd. Sarah will confirm your registration and you will receive more detailed information prior to the event.

Does it cost anything to participate?

There is no cost to attend the event. You are welcome to drive yourself to Columbus, but we cannot reimburse your mileage. The Cleveland Area Chapter has arranged for a bus as a more affordable option. Details will be provided if you select this option.

Will I have to talk, and how will I know what to say?

Advocate training will be available prior to the event so that you feel prepared to share your story and discuss any other talking points provided. We want you to feel comfortable during these visits, so be prepared to at least introduce yourself to the elected officials you will be meeting throughout the day. Team leaders will assist the team in deciding who shares their story during the scheduled legislative visits.

Is it a good idea to bring my loved one with me or not?

Memory Day 2019 is a long day, beginning in the early morning and returning in the late evening. There will also be a lot of walking, talking, and listening throughout the day. The expectation for participants is that everyone will attend their scheduled meetings in a timely fashion, participate in the legislative visits, and attend the luncheon reception in the Statehouse Atrium. While it may be tiring for you and your loved one, Memory Day is an incredibly rewarding experience. You know your loved ones' strengths and limitations the best, so including them in the day is ultimately your decision.

Will there be time for bathroom breaks?

Yes, there will be time for bathroom breaks throughout the day. Legislative visits will be scheduled far enough apart from each other to allow time for bathroom breaks, walking to the next meeting, etc. Restrooms will also be indicated on floor maps of the Senate Building and Statehouse; restrooms can also be found on multiple floors of the Riffe Tower.

What happens if I run into a problem or schedule change that day? Who do I call?

If you run into any problems during the event (e.g. running late to a legislative visit, can't make it to a meeting, feel sick, emergency back home, etc.), please notify Sarah Sobel as soon as possible. Sarah will address the situation and notify the appropriate office or staff member. Sarah will provide her contact information during the advocate training prior to the event.

What if I have other questions?

Please contact Sarah Sobel with any other questions you may have prior to Memory Day at (216) 342-5574 or ssobel@alz.org.