



**Shanna Howard, Communications Specialist**

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Alzheimer's Association Capital of Texas Chapter

512.213.4277 | [showard@alz.org](mailto:showard@alz.org)

## **National Volunteer Week - Alzheimer's Association Capital of Texas Chapter Recognizes Volunteers in the Fight Against Alzheimer's**

CENTRAL TEXAS – During National Volunteer Week (April 17-23) and National Volunteer Month, the Alzheimer's Association is proud to highlight inspiring stories and contributions from local volunteers making a difference in the fight against Alzheimer's and all other dementia. Across the country and here in Central Texas, Alzheimer's Association volunteers deliver critical support and education, raise funds, and advocate to help achieve our vision of a world without Alzheimer's and all other dementia.

Yvette Garrett, an Austin resident, is making a significant difference in the community. Having worked in an aging agency and as a Medicare benefits counselor, she's also been a caregiver to her mom with dementia for almost four years. Those experiences led her to become a program volunteer, helping to educate the Central Texas community.

"I can give my personal experiences, I can learn more about the disease and how to be able to handle it, and relate more. Even though my population is seniors, I hadn't really had any experience with Alzheimer's and dementia. [The Alzheimer's Association is] a good organization, it's an organization that's been around a long time, and it's very strong in the community, and I [thought] this would be a good opportunity to give back and learn at the same time," she says.

She says she's also been able to help people who are becoming caregivers for their parents and don't know where to start in learning about dementia. She shares her experience as a caregiver and volunteer, as well as resources. "You can go to this organization, you can go to this website; it's a big relief. Just being able to give back... I'm able to have these resources to be able to share with other people."

Renee Yu, a senior at The University of Texas, has been a program volunteer for four years, after having volunteered at a memory care facility. "Together we can truly make a difference in many lives. Increasing education on early detection and population-level measures can reduce risky health behaviors, prevent costly hospitalizations and significantly improve the quality of life for people living with the disease," she says. "With more people involved, we can drive change at the legislative level and spur research that could transform how we approach this disease and its impact on our society."

Her passion has helped to raise awareness about Alzheimer's among peers on campus and recruit new volunteers. "There have been several instances where students who have grandparents or other family members with Alzheimer's or another form of dementia return home from presentations with new information on the resources available to help," she says.

On the fundraising side, Austinite Katherine Farshler has been volunteering for five years and is a co-chair of The Longest Day Committee. "Our goal is to inspire and engage teams across Central Texas to host something fun and turn it into a fundraiser in support of the Alzheimer's Association. So many people host events and activities already, and we try to make it easy for them to turn their event into a Longest Day fundraiser," she says.

Each year, Katherine and her family host a pancake breakfast in memory of her mother, Alexis. "It's important to me to keep this tradition going and to continue raising money for research and caregiver support. My kids even find ways to raise money throughout the year in honor of their Grama," she says. "I want my family to help inspire people to see how fun it can be to make a real difference in this battle to #ENDALZ."





The need for [volunteers](#) in the fight against Alzheimer's has never been greater. According to the recently published Alzheimer's Association [2022 Alzheimer's Disease Facts and Figures](#) report:

- An estimated 6.5 million Americans age 65 and older are living with Alzheimer's dementia in 2022. Here in Texas, there are more than 400,000.
- There are more than 11 million caregivers of people with Alzheimer's disease or other dementias, with 1,085,000 here in Texas.
- As the size of the U.S. population age 65 and older continues to grow, so too will the number and proportion of Americans with Alzheimer's or other dementias.
- The number of Texas residents living with Alzheimer's in 2025 is expected to increase to 490,000, a 22.5% increase.

#### **About the Alzheimer's Association**

The Alzheimer's Association is a worldwide voluntary health organization dedicated to Alzheimer's care, support and research. Our mission is to lead the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia®. Visit [alz.org](http://alz.org) or call 800.272.3900.

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