

Talk the Walk

Why Walk, Rally and Stroll ?

The Alzheimer's Arkansas Walks are held annually across Arkansas to raise awareness, express gratitude, convey hope and to celebrate.

Funds that you or your team raise will help Alzheimer's Arkansas to continue our mission of *"to provide the information and support needed so that all Arkansans affected by Alzheimer's disease and related dementias are able to live with dignity and comfort until a cure is found"*.

These walks unite the communities – family, friends, co-workers, social and religious groups. There is no registration fee, each participant is expected to fundraise in order to contribute to the cause and raise awareness. At our walk events, you learn more about Alzheimer's disease and our support programs and services

Everyone walks for a reason. What is yours? Contact Barbara at Barbara.jensen@alzark.org with your story and with your permission we will post it in the "Talk the Walk" monthly newsletter, to help motivate others and support people living with Alzheimer's disease and related dementias.

THANK YOU for joining us in this year's Walk, Rally and Stroll

We are excited that you are partnering with Alzheimer's Arkansas Walks. Thank you for your commitment to help support us and the caregivers we serve. You make what we do possible! Because of you, caregivers are getting the tools they need, lives are being changed for the better, and families are growing stronger.

On our website at www.alzark.org you will be able to download our Walk Guide where you will learn some simple steps towards building a team, fundraising and making the most of this year's Walk. We hope that the materials will make your efforts fun, successful and easy!

Alzheimer's Arkansas
Walk 
Rally
and
 **Stroll**
Across Arkansas

2016 Walk Schedule

- > 8/20 - Russellville
- > 9/10 - Conway
- > 9/17 - Hot Springs
- > 9/26 - Little Rock
- > 10/8 - Clinton

Coming together
is a beginning
Staying together
is progress, and
Working together
*****is*****
SUCCESS



You can
do better
with your
team than
you can
alone.

Here's to
your--and
your
team's--
success!

1. "Individual commitment to a group effort--that is what makes a team work, a company work, a society work, a civilization
2. "Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results." --*Andrew Carnegie*
3. "Alone we can do so little, together we can do so much." --*Helen Keller*
4. "Remember, teamwork begins by building trust. And the only way to do that is to overcome our need for invulnerability." --*Patrick Lencioni*
5. "I invite everyone to choose forgiveness rather than division, teamwork over personal ambition." --*Jean-Francois Cope*
6. "Coming together is a beginning. Keeping together is progress. Working together is success." --*Henry Ford*
7. "If everyone is moving forward together, then success takes care of itself." --*Henry Ford*
8. "It takes two flints to make a fire." --*Louisa May Alcott*
9. "Unity is strength. . . when there is teamwork and collaboration, wonderful things can be achieved." --*Mattie Stepanek*
10. "To me, teamwork is the beauty of our sport, where you have five acting as one. You become selfless." --*Mike Krzyzewski*

Nearly 75% of Walkers participate as part of a Team





Definitions/volunteers

Event committee: dedicated volunteers that help all year round to plan activities before or after the event.

Team captains: you don't have to walk to be a team captain. As a captain, your big job is rallying walkers and motivating them to raise funds and awareness for Alzheimer's and Alzheimer's Arkansas.

Team builders: Join staff and other volunteers as we help raise funds and awareness. You can help us recruit new teams, motivate walkers and provide assistance for those who need some help with fundraising.

Mark your Calendars!
Join our Walk and Hope Committees Today ~ Call 501-224-0021

<div style="display: flex; justify-content: space-between; align-items: center;">  <h1 style="margin: 0;">February 2016</h1>  </div>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8 3:00 Clinton Meeting 5:00 Conway Meeting	9	10	11	12	13	14 <i>Happy Valentine's Day</i>
15 HOLIDAY 	16	17	18	19	20 	21
22	23	24	25 Noon Hot Springs Meeting	26	27	28
29	1 March	2	3	4 LITTLE ROCK HOPE FOR THE FUTURE	5 6:00 Conway's Cruisin 4 Alz Care	6

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Alzheimer's Arkansas is an independent 501 (c)(3) organization providing services to Arkansans. Our mission is to provide the information and support needed so that all Arkansans affected by Alzheimer's disease and related dementias are able to live with dignity and comfort until a cure is found. All family services are free of charge.

Programs and Services

- After hours and holiday telephone support for caregivers
- Family Support Groups
- Financial assistance to caregivers
- Early-stage patient/caregiver support group
- Family education
- In-service training for professional caregivers
- Lending library of printed and video materials
- Monthly newsletter
- Public policy advocacy
- File of Life Program

Alzheimer's Arkansas Programs and Services

Supporting Arkansas
Families Since 1984



201 Markham Center Drive
Little Rock Ar 72205

Phone: 501-224-0021

Fax: 501-227-6303

E-mail:

barbara.jensen@alzark.org

About Alzheimer's Arkansas and Our Walks Facts and Information for Teams and Sponsors

About the Alzheimer's Arkansas Walks

- Our walks take place in 5 communities in Arkansas and are held from August to October.
- Our walks are family friendly, some are even dog friendly.
- Our walks are more symbolic, you walk as much as you want or as little as you want.

Where does the money raised go?

- Funds from our walks stay in the local community to support and educate caregivers.

About Alzheimer's disease

- Alzheimer's disease currently affects about 100,000 Arkansans, about 4.5 million Americans.
- Alzheimer's disease is a disorder that causes the gradual loss of brain cells and is the leading cause of dementia.
- Nearly 50% of Americans over age 85 have Alzheimer's disease.
- By the year 2050 an estimated 14 million Americans will have the disease.
- Alzheimer's disease is the sixth leading cause of death in the US and the only cause of death among the top 10 in the US that cannot be prevented, cured or even slowed!

About Alzheimer's Arkansas

- We have been supporting Arkansas families since 1984.

