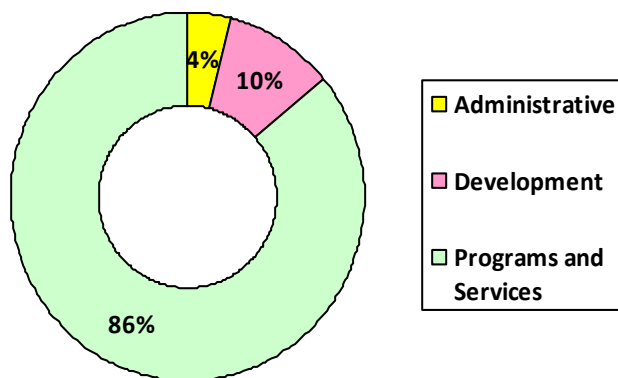


# Talk the Walk

In 2015 with your help we raised over \$180,000 from our Walks for caregivers of Alzheimer's disease and dementia patients. The majority of the funds raised will help grow the Phyllis Watkins Family Assistance Program which provides financial assistance to caregivers of persons living with Alzheimer's disease or another type of dementia. The funds can be used to purchase supplies and services to aid the caregiver and their loved one.

Some of the funds from the Walks will also go towards establishing "Hope for the Future" Caregiver Workshops in Walk cities. "Hope for the Future" workshops provide family, friend and professional caregivers with general information regarding Alzheimer's disease and its progression; tools, knowledge and techniques to improve caregiving skills; and information concerning resources available to caregivers and Alzheimer's patients through vendor exhibits. Through programs like this, we are able to fulfill our mission, which 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.**

Where does the money raised go?



You helped donate over 1,233 lbs of Senior Friendly food items to your local food pantries which created 1,207 meals for seniors. Alzheimer's Arkansas will participate again in 2016 to help fight senior hunger

In 2016, Alzheimer's Arkansas is planning 12 Hope for the Future educational workshops for families and friends of caregivers. Four of them will be in Walk areas of Russellville (scheduled for April 1st), Conway (planning for May), Hot Springs (planning for June) and Clinton (planning for June).

Alzheimer's Arkansas would like to add more walks/events to our calendars. If you are interested in hosting a Walk or another fundraising activity, please download our "Fundraising Policies and Guidelines" from our website or contact Barbara Jensen at [barbara.jensen@alzark.org](mailto:barbara.jensen@alzark.org) or 501-224-0021.

Alzheimer's Arkansas

Walk 

Rally

and

 Stroll

Across Arkansas

## 2016 Walk Schedule

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

WALK



WITH ME

## How to Raise \$500 in 7 Days!



#1	Sponsor yourself first	\$25.00
#2	Ask 4 family members to sponsor you for \$25 each	\$100.00
#3	Ask 5 co-workers to contribute \$15 each	\$75.00
#4	Ask 5 friends to contribute \$20 each	\$100.00
#5	Ask 5 neighbors to sponsor you for \$15 each	\$75.00
#6	Ask your boss for a company contribution of \$50	\$50.00
#7	Ask 3 business you frequent for a donation of \$25 each	\$75.00
	<b>And You've Done It!</b>	<b>\$500.00</b>

## Walking Fun Facts!

A  
typical  
pair of  
tennis  
shoes  
will last  
500  
miles of  
walking



The longest walk around the world was completed by a former neon-sign salesman, Jean Beliveau. He walked 46,600 miles around 64 countries. The trip took him 11 years.

Given that the world is about 25,000 miles in circumference and that the average walking rate is 3 miles per hour, it would take a person walking nonstop approximately 347 days to walk around the world.

The United States walks the least of any industrialized nation. The average Australian takes 9,695 steps per day (just a few short of the ideal 10,000), the average Japanese takes 7,168; the average Swiss: 9,650; and the average American just 5,117.

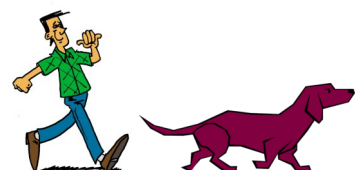
Racewalking has been an official Olympic sport for over 90 years. Distances vary from 1 mile to 95 miles



It would take about 225 million years to walk one light-year at the pace of a 20-minute mile. It would take 95,000 years to travel one light-year on NASA's Mach 9.68 X-43, a hypersonic scramjet that is the fastest aircraft in the world. One light-year is about 5.9 trillion miles.



Or



## The Fitbit Challenge







In keeping with the theme of a new year, a new you and with several people receiving Fitbits for Christmas, Alzheimer's Arkansas has started a challenge to get you motivated for the upcoming walks and have fun competing with friends, family and team members. Go to our website at [www.alzark.org](http://www.alzark.org) to find instructions and forms you will need to start your challenge.



**Mark your Calendars!**

**Join our Walk and Hope Committees Today ~ Call 501-224-0021**

<div>  <h1>January 2016</h1>  </div>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 	2	3
4	5	6	7	8	9	10
11 Conway Walk/ Hope Meeting at 5:00 pm at the Carpet Center	12 Van Buren Walk/ Hope Meeting at 3:00 at Ozark Health Home Health Office	13 Hot Springs Hope Meeting at 2:30 at the AA on Aging	14	15	16	17
18 Office Closed 	19	20	21	22 Hot Springs Walk Meeting at Noon at the AA on Aging	23	24
25	26	27	28	29	30	31

Follow us on:

[www.alzark.org](http://www.alzark.org)



[www.twitter.com/AlzArk](https://www.twitter.com/AlzArk)



[www.facebook.com/alzarkwalks/](https://www.facebook.com/alzarkwalks/)



[www.alzheimersark.wordpress.com](http://www.alzheimersark.wordpress.com)



[www.pinterest.com/AlzArk](https://www.pinterest.com/AlzArk)



Instagram -  
[@AlzArkansas](https://www.instagram.com/AlzArkansas)

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](mailto: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.

