



## WHAT IS MILES FOR MEMORIES?

It is a grassroots organization established in 2013 based on research that identified movement as the only therapy that was showing progress in changing the trajectory of Alzheimer's disease.

We raise money each year through sponsorships, donations and community events to create local programming for both the patient and the caregiver. Along with our local efforts we also send 20% of the funds to support Alzheimer's research.

During our first two years we have raised nearly \$70,000, sending almost \$14,000 to support research locally. Other dollars stay right here in Calhoun County to support education and movement activities. Additionally, we are developing programming to specifically support the caregiver, including an emergency respite program right here in Calhoun County.

Other events you might hear about this season include Vineyard of Memories, Adopt-A-Highway, a golf outing, a rock-a-thon, and others.

We are a committee of 70 plus volunteers and are always looking for more to get involved.

Miles for Memories began because of a need in our community. It continues to grow because of the commitment from our community.

## JOIN THE MOVEMENT SEPTEMBER 19, 2015

### BECOME A TEAM LEADER

Christyn McCleary  
cmcclary@richdesigns.graphics  
Zachary Ganton  
z.ganton@gantonseniorcommunities.com

### VOLUNTEER FOR THE MAIN EVENT

Rodna Stealy  
rstealy@calhouncountymi.gov  
Sharon Zapata  
sharonsomi@aol.com

### WALK OR RUN ON SEPTEMBER 19, 2015

Anne Clark  
aclark@seniorhealthpartners.com  
Register Online  
milesformemoriesofmichigan.itsyourrace.com

### COMMUNITY STROLL

Michelle Lennon  
michelle.lennon@theoakshc.com  
Karin Gallagher  
marshall.marketing@laurelhealth.com

### BECOME A SPONSOR OR DONATE

Sherii Sherban  
ssherban@wwthayne.com

### SEND IN A DONATION

Mail to Miles for Memories, 4642 Capital Avenue, SW, Battle Creek, MI, 49015. Please make checks payable to BCCF/Miles for Memories. Tax ID#: 38-2045459.

If you would like to recognize a loved one on the course this year you can. The "In Memory Of" Sign can be purchased for just \$100 and can be taken home after the event is over.

Speakers available to talk with community groups throughout the year. Please contact any of the volunteers identified above.



Changing the face of Alzheimer's disease in Calhoun County through movement, programming & research.

**SATURDAY,  
SEPTEMBER 19, 2015**

**JOIN US FOR**  
5K Timed Walk / Run  
Community Stroll

Register online at  
[milesformemoriesofmichigan.itsyourrace.com](http://milesformemoriesofmichigan.itsyourrace.com).

[www.scenespub.com/milesformemories](http://www.scenespub.com/milesformemories)  
Visit us on Facebook at Miles for Memories



## TOGETHER, WE CAN CHANGE THE TRAJECTORY OF ALZHEIMER'S DISEASE

Join with the community at this powerful event to bring awareness to Alzheimer's disease. Our timed walkers and runners will kick off the movement, with those participating in the Community Stroll taking off next. The excitement from volunteers is an additional highlight as participants make their way through cheers from the crowd at the finish line.

Those participating in this event turn awareness into action as we then bring programming opportunities back to the community. The Art for Alzheimer's event brings those diagnosed with Alzheimer's and their caregivers together to experience movement and interaction in a way that is priceless. And their finished artwork allows for the memories of the day to be constantly brought to light.

**Every step you take, every move you make and every dollar you raise will help Miles for Memories to continue to meet their goals and objectives locally to:**

- **Invest in Alzheimer's research.** Emphasis on early onset will be a priority in the next funding cycle.
- **Research updates.**
- **Develop emergency respite program.**
- **Provide movement experiences** for individuals with Alzheimer's to impact the trajectory of the disease.
- **Provide educational opportunities** to support developing a Dementia Friendly community.

### IT'S EASY TO GET STARTED

Sign up online as an individual participant at [milesformemoriesofmichigan.itsyourrace.com](http://milesformemoriesofmichigan.itsyourrace.com).

### GET INVOLVED

- 1 Sign up as a team leader at [milesformemoriesofmichigan.itsyourrace.com](http://milesformemoriesofmichigan.itsyourrace.com) or use the supplied paperwork at [www.scenepub.com/milesformemories](http://www.scenepub.com/milesformemories).
- 2 Recruit team members. Invite family, friends, co-workers, neighbors, and more to join your team.
- 3 Fundraise. Use the supplied suggestions to raise money for your team. Fundraising dollars can be added to the site above or brought the day of the event.
- 4 Walk, run or stroll with us Saturday, September 19.

### MAKE A DIFFERENCE

Sponsor or donate to the event directly. Donations can be made at the site or sent to

**4642 Capital Avenue SW,  
Battle Creek, MI, 49015**

Checks should be made payable to BCCF/Miles for Memories. Tax ID#: 38-2045459.

### WHY WE CARE

If we do nothing, one in two people in Calhoun County will be affected by this condition, either directly or as a caregiver, in less than 35 years. Won't you join us? Call (269) 979-1412 ext 301, visit us on Facebook, or head to the website at [www.scenepub.com/milesformemories](http://www.scenepub.com/milesformemories) for more details today.

