



DATE: April 2, 2023

FROM: Barb Leetch, Region VIII Alzheimer's Coordinator

TO: Region VIII VP, Federation Presidents and Alzheimer's Coordinators

SUBJ: NARFE Region VIII Alzheimer's Association Report for February 2023

As of the end of February, the NARFE fundraising total was \$15,676,020. This amount includes the Longest Day totals and the Walk to End Alzheimer's for 2022. The total amount includes the money raised (\$78,610) from the NARFE teams participating in the 2022 Walk to End Alzheimer's and the donations received (\$2,625) from the Longest Day in 2022. Also, planned gifts received in FY 2023 in the amount of \$767,749 were posted. The planned gifts amount will be updated monthly as more gifts are received throughout the year. During the month of February, our members raised a total of \$21,502, **up** \$7,071 from donations received in February 2022. The amount raised by Region VIII in FY 2023 is \$14,846 which is **up** \$2,954 from the same reporting period in FY 2022. Below is the breakout by Federation for both reporting periods:

	FY 2023	FY 2022	Difference
California	\$11,635	\$ 8,709	\$ 2,926
Hawaii	\$ 1,353	\$ 1,442	-\$ 89
Nevada	\$ 1,858	\$ 1,741	\$ 117
Total	\$14,846	\$11,892	\$ 2,954

The new fundraising goal is \$16 million by December 31, 2025.

Fiscal Year 2023 covers the period July 1, 2022, through June 30, 2023.

The Longest Day 2023. The Longest Day will be on June 21, 2023, and is the day with the most light – the summer solstice. On this day, people from across the world will fight the darkness of Alzheimer's through a fundraising activity of their choice. Now would be a great time to start planning your fundraising activity. Register for the event at <https://act.alz.org/thelongestday>. The name "NARFE" should be included in the team's name.

Walk to End Alzheimer's. The NARFE Goal for the 2023 Walks is \$100,000. Teams can now register for the walk this year at alz.org/narfewalks. The Walk is the largest

fundraiser for Alzheimer's care, support, and research. The name "NARFE" should be included in the team's name.

The new FDA approved Alzheimer's Drug, Lecanemab, is continuing to show promise in helping to slow down Alzheimer's for those that are in the early stages. The Veterans Administration has decided to cover the cost of the drug for veterans, but Medicare will not cover the cost. Please encourage your members to contact their congressional leaders and ask them to take action to have Medicare include this in their coverage. Lecanemab is desperately needed by those who have the early stages of Alzheimer's while possibly extending their lives.

Please remember that Chapter dues CAN NOT be used for donations to the Alzheimer's Association. Even if the Chapter is closing, they cannot donate the funds to NARFE-Alzheimer's Research.

Donations collected from NARFE members should be sent to the Federation Alzheimer's Coordinator for submission to the Alzheimer's Association and not be held for another month.

The following narrative is from the Alzheimer's Magazine, Spring 2023 Edition

"Ultra-processed foods may speed cognitive decline.

Ultra-processed foods — such as cereal bars, hot dogs, and instant noodles — are convenient and taste good, making it easy for busy people to eat on the go. But lurking underneath that colorful packaging are substances that may damage your brain.

According to a study presented at the Alzheimer's Association International Conference® (AAIC®), a diet rich in ultra-processed foods can be harmful for the aging brain. Researchers Natalia Gomes Gonçalves, Ph.D., and Claudia Suemoto, M.D., Ph.D., of the University of Sao Paulo Medical School in Brazil, looked at the eating habits of nearly 11,000 Brazilian adults and their performance on tests measuring thinking skills over eight years.

The study found that people who consume the highest amount of ultra-processed foods have a 28% faster decline in cognitive scores, including memory, verbal fluency, and the ability to plan and execute goals, compared to those with a lower consumption of ultra-processed foods.

What are ultra-processed foods?

Many types of food can be considered processed, such as cheese, pasta sauce and canned vegetables. But food is ultra-processed when it is packed with additives like

fats, sugars, artificial flavors, and stabilizers, and has been subjected to multiple processing methods to transform taste, texture, or appearance.

Dr. Suemoto says that ultra-processed foods contain little or no whole foods like vegetables, fruits, and meat. "Foods in the ultra-processed category typically include flavorings, colorings, emulsifiers and other cosmetic additives," she says.

Ultra-processed foods eaten by participants in the study included white bread, cookies, mayonnaise, flavored yogurt, margarine, sausage, hamburgers, ham, salami, hot dogs, instant noodles, candy bars, chocolate, cereal bars, frozen meals, and soda. The study found consuming more than 20% of daily calories from ultra-processed food had an impact on cognition.

These tips will get you on the path to building a healthier plate.

- Use olive oil instead of butter when preparing food.
- Use sodium-free spices or flavorings instead of salt.
- Don't add extra salt when cooking rice, pasta, or hot cereal.
- Read food labels and choose low-sodium or no-salt-added options.
- Choose plain fresh, frozen, or canned vegetables.
- Build meals around vegetables, beans, and whole grains.
- Choose fresh or frozen skinless poultry, fish, and lean cuts of meat.
- Eat fish a couple of days per week.
- Serve fresh fruit for dessert."

Thank you so much for all your support to make it possible to improve the lives of so many others!

Regards,
Barb Leetch
barbleetch@aol.com
619-249-2380

**NARFE/ALZHEIMER'S RESEARCH
CONTRIBUTIONS**

JULY 1, 2022 THROUGH FEBRUARY 28, 2023

NARFE HQ \$0.00

ANONYMOUS CASH \$0.00

REGION I \$7,556.25

Connecticut \$1,030.00

Maine \$386.25

Massachusetts \$1,009.00

New Hampshire \$3,480.00

New York \$1,551.00

Rhode Island \$100.00

Vermont \$0.00

REGION II \$15,292.55

Delaware \$1,240.00

Dist. of Columbia \$280.00

Maryland \$6,008.21

New Jersey \$2,171.86

Pennsylvania \$5,592.48

REGION III \$17,854.11

Alabama \$2,476.50

Florida \$2,411.63

Georgia \$10,367.68

Mississippi \$1,130.04

Puerto Rico/ \$235.00

Virgin Islands

South Carolina \$1,233.26

REGION IV \$18,199.51

Illinois \$6,083.40

Indiana \$3,148.61

Michigan \$2,165.00

Ohio \$3,848.00

Wisconsin \$2,954.50

REGION V \$35,165.72

Iowa \$6,972.11

Kansas \$8,719.79

Minnesota \$1,920.00

Missouri \$2,774.00

Nebraska \$1,325.20

North Dakota \$3,145.15

South Dakota \$10,309.47

BY REGION AND FEDERATION

**PER ALZHEIMER'S ASSOCIATION
FY 2023 PGA FIGURES**

REGION VI \$11,500.25

Arkansas \$432.00

Louisiana \$1,800.00

Oklahoma \$1,080.10

Panama \$0.00

Texas \$8,188.15

REGION VII \$8,809.26

Arizona \$3,239.00

Colorado \$4,497.50

New Mexico \$693.76

Utah \$150.00

Wyoming \$229.00

REGION VIII \$14,845.50

California \$11,634.50

Hawaii \$1,353.00

Nevada \$1,858.00

Philippines \$0.00

INTERNATIONAL FEDERATION \$100.00

REGION IX \$20,872.53

Alaska \$0.00

Idaho \$4,334.88

Montana \$605.00

Oregon \$10,057.10

Washington \$5,875.55

REGION X \$57,141.26

Kentucky \$4,901.50

North Carolina \$3,591.00

Tennessee \$3,103.50

Virginia \$44,100.20

West Virginia \$1,445.06

July 1, 2022 through February 28, 2023

TOTAL \$207,336.94

Compiled by Olivia A. Williams (Un-Official Report)