



DATE: December 31, 2022

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 November 2022

I hope everyone is in good health and safe. Wishing you a happy and healthy New Year!

As of the end of November, the NARFE fundraising total was \$15,475,897. The total amount includes the money raised (\$79,779) from the NARFE teams participating in the 2021 Walk to End Alzheimer's and the donations received (\$3,960) from the Longest Day in 2021. Also, planned gifts received in FY 2023 in the amount of \$757,749 were posted. The planned gifts amount will be updated monthly as more gifts are received throughout the year. During the month of November, our members raised a total of \$28,975, down \$6,980 from donations received in November 2021. The amount raised by Region VIII in FY 2023 is \$6,125 which is up \$1,163 from the same reporting period in FY 2022. Below is the breakout by Federation for both reporting periods:

	FY 2023	FY 2022	Difference
California	\$ 4,277	\$ 3,332	\$ 945
Hawaii	\$ 857	\$ 795	\$ 62
Nevada	\$ 991	\$ 835	\$ 156
Total	\$ 6,125	\$ 4,962	\$ 1,163

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

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

**5 Important Things We Learned About Alzheimer's in 2022**

(Source: Dec 28, 2022, Alzheimer's – Enews, Alzheimer's Association)

It has been an exciting year in the field of Alzheimer's and dementia research. As 2022 comes to a close, we look back at progress made, including discoveries into the causes, risk factors and treatment of Alzheimer's disease and other dementia. Here are five important takeaways:

1

**It's true: Alzheimer's treatments are getting better.** In November 2022 came [the announcement](#) of positive results from the global Phase 3 clinical trial of an Alzheimer's drug called lecanemab, slowing the rate of cognitive decline in study participants by 27% over 18 months. These are the most encouraging results we have seen for an Alzheimer's treatment to date. A Food and Drug Administration (FDA) decision on accelerated approval is expected soon, potentially making lecanemab the second FDA-approved drug in 18 months.

## 2

**Your daily multivitamin may slow brain aging.** Research [published](#) in *Alzheimer's & Dementia: The Journal of the Alzheimer's Association* found that taking a multivitamin-mineral supplement every day for three (3) years resulted in a statistically significant cognitive benefit. This is the first positive, large-scale, long-term study to show that multivitamin-mineral supplementation for older adults may slow cognitive aging. These findings have the potential to significantly impact public health — lowering health care costs, reducing caregiver burden — especially among older adults.

## 3

**Sweet tooth? Ice cream, candy and soda may raise the risk of cognitive decline.** At the Alzheimer's Association International Conference (AAIC) last summer, new research found that eating a large amount of ultra-processed food can significantly accelerate cognitive decline. The research was [published](#) in *JAMA Neurology* this December. Although ultra-processed foods (including pizza and hot dogs) make up more than half of American diets, steps can be taken to reduce risk. These include [eating a balanced diet](#), [exercising regularly](#), getting good sleep, staying cognitively engaged, protecting from head injury, not smoking and managing heart health.

## 4

**Experiencing racism is linked to poor memory.** Also at AAIC 2022, [researchers reported](#) that experiences of structural, interpersonal and institutional racism are associated with lower memory scores and worse cognition in midlife and old age, especially among Black individuals. This is especially important, given that the [2022 Alzheimer's Disease Facts and Figures](#) reports that Black Americans are about twice as likely, and Hispanic Americans are about one and one-half times as likely, to have Alzheimer's or other dementias.

## 5

**Wearing hearing aids may reduce risk of dementia.** Individuals with hearing loss who used hearing restorative devices had a 19% decrease in risk of long-term cognitive decline, according to research [published](#) in *JAMA Neurology* this December. This data appeared five months after the FDA announced it will allow hearing aids to be sold over the counter, greatly expanding access to 30 million Americans living with hearing loss.

In 2022, Alzheimer's and other dementias will cost the nation \$321 billion. Thanks to increased research funding from the federal government and nonprofit organizations like the Alzheimer's Association, the new year is sure to bring more advances and discoveries for people living with, and at risk for, Alzheimer's disease and all other dementia.

With several FDA actions expected on Alzheimer's treatments in 2023, we're entering an exciting time in the fight to end Alzheimer's, with a lot of hope for families affected by the disease. We will continue to keep you aware of the latest via [alz.org/blog](https://alz.org/blog) and [alz.org/news](https://alz.org/news).

*As the largest, private, non-profit funder of Alzheimer's and dementia research, the Alzheimer's Association leads, convenes and accelerates research in order to create a world without Alzheimer's and other dementias.*

Walk to End Alzheimer's. The NARFE Goal for the 2022 Walks was \$100,000 and \$78,355 has been raised. The Walk is the largest fundraiser for Alzheimer's care, support, and research. Below are the five walk teams in Region VIII that participated in the 2022 walk.

NARFE CA Federation Team \$ 2,399

NARFE HI Federation Team - \$1,582

NARFE Chapter 16 Team - \$1,010

Feds Fleet Feet Team - \$595

NARFE Team - \$100

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

Regards,

Barb Leetch

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**NARFE/ALZHEIMER'S RESEARCH  
CONTRIBUTIONS**

**JULY 1, 2022 THROUGH NOVEMBER 30, 2022**

<b>NARFE HQ</b>	<b>\$0.00</b>
<b>ANONYMOUS CASH</b>	<b>\$0.00</b>
<b>REGION I</b>	<b>\$4,385.25</b>
Connecticut	\$530.00
Maine	\$136.25
Massachusetts	\$505.00
New Hampshire	\$2,135.00
New York	\$979.00
Rhode Island	\$100.00
Vermont	\$0.00
<b>REGION II</b>	<b>\$6,480.82</b>
Delaware	\$890.00
Dist. of Columbia	\$0.00
Maryland	\$1,377.21
New Jersey	\$1,389.61
Pennsylvania	\$2,824.00
<b>REGION III</b>	<b>\$5,595.72</b>
Alabama	\$1,801.00
Florida	\$145.00
Georgia	\$2,082.68
Mississippi	\$831.04
Puerto Rico/	\$235.00
Virgin Islands	
South Carolina	\$501.00
<b>REGION IV</b>	<b>\$8,448.00</b>
Illinois	\$4,329.00
Indiana	\$571.00
Michigan	\$425.00
Ohio	\$1,370.00
Wisconsin	\$1,753.00
<b>REGION V</b>	<b>\$17,969.83</b>
Iowa	\$4,701.01
Kansas	\$2,253.00
Minnesota	\$1,097.00
Missouri	\$1,560.00
Nebraska	\$603.20
North Dakota	\$3,045.15
South Dakota	\$4,710.47

**BY REGION AND FEDERATION**

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

<b>REGION VI</b>	<b>\$6,133.10</b>
Arkansas	\$257.00
Louisiana	\$0.00
Oklahoma	\$776.10
Panama	\$0.00
Texas	\$5,100.00
<b>REGION VII</b>	<b>\$4,939.12</b>
Arizona	\$1,465.00
Colorado	\$3,124.00
New Mexico	\$171.12
Utah	\$0.00
Wyoming	\$179.00
<b>REGION VIII</b>	<b>\$6,124.50</b>
California	\$4,276.50
Hawaii	\$857.00
Nevada	\$991.00
Philippines	\$0.00

**INTERNATIONAL FEDERATION** **\$100.00**

<b>REGION IX</b>	<b>\$13,595.45</b>
Alaska	\$0.00
Idaho	\$2,755.00
Montana	\$355.00
Oregon	\$6,230.90
Washington	\$4,254.55
<b>REGION X</b>	<b>\$24,677.48</b>
Kentucky	\$1,116.00
North Carolina	\$1,815.00
Tennessee	\$1,281.00
Virginia	\$19,751.42
West Virginia	\$714.06

**July 1, 2022 through November 30, 2022**

**T O T A L** **\$98,449.27**  
*Compiled by Olivia A. Williams (Un-Official Report)*