



DATE: January 29, 2024

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 December 2023

As of the end of December, the NARFE fundraising total was \$15,985,839. 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. During the month of December, our members raised a total of \$42,819, **down** \$2,731 from donations received in December 2022. The amount raised by Region VIII in FY 2024 is \$8,706 which is **down** \$1,124 from the same reporting period in FY 2023. Below is the breakout by Federation for both reporting periods:

	FY 2024	FY 2023	Difference
California	\$ 6,692	\$ 7,386	-\$ 694
Hawaii	\$ 790	\$ 1,078	-\$ 288
Nevada	\$ 1,224	\$ 1,366	-\$ 142
Total	\$ 8,706	\$ 9,830	-\$ 1,124

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

Fiscal Year 2024 covers the period July 1, 2023, through June 30, 2024.

The Longest Day 2024. The Longest Day will be on June 20, 2024, 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 2024 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.

Article below is from the Alzheimer's Association Monthly E-News, NARFE January Newsletter distributed 1/29/24

10 Healthy Habits for Your Brain

Positive, everyday actions can make a difference in brain health, even lowering the risk of cognitive decline and possibly Alzheimer's and dementia. Incorporate some or all of these habits into your life to help maintain a healthy brain.

Take charge of your brain health today — it's never too early or too late to start.

Challenge your mind

Be curious! Put your brain to work and do something that is new for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.

Stay in school

Education reduces the risk of cognitive decline and dementia. Encourage youth to stay in school and pursue the highest level of training possible. Continue your own education by taking a class at a local library or college, or online.

Get moving

Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day — walking, dancing, gardening — whatever works for you!

Protect your head

Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.

Be smoke-free

Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.

Control your blood pressure

Medications can help lower high blood pressure. And healthy habits like eating right and physical activity can help, too. Work with a health care provider to control your blood pressure.

Manage diabetes

Type 2 diabetes can be prevented or controlled by eating healthier, increasing physical activity and taking medication, if necessary.

Eat right

Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.

Maintain a healthy weight

Talk to your health care provider about the weight that is healthy for you. Other healthy habits on this list — eating right, exercising and sleeping well — can help with maintaining a healthy weight.

Sleep well

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.

Terms for understanding brain health

"Cognitive decline" refers to changes in the ability to think that happen as people age. Some changes are a normal part of getting older, but you can take steps to slow that decline. More significant decline or severe changes are not normal and may be a [sign of Alzheimer's disease or other dementia](#).

"Dementia" is a general term used to describe problems with thinking and memory that are severe enough to interfere with a person's daily life. Alzheimer's is the most common cause of dementia but there are several kinds of dementia. [Dementia is not a normal part of aging](#).

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.

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