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Alzheimer's Walk to Benefit Cape Cod Patients and Families

Location: Harwich, Mass.

--- Residents of Lower Cape communities will lace up their shoes on **Saturday, May 7, 2016** to raise money in the 2016 Rememberby Walk-Dave Birtwell Memorial, a 6K event sponsored by the Alzheimer's Family Support Center of Cape Cod 2095 Main Street Brewster, MA. 02631.

The proceeds from the walk will provide financial support to caregivers and individuals with Alzheimer's disease and related dementias on Cape Cod when other resources are unavailable.

"Many services and items needed by dementia patients aren't covered by insurance," said Barbara-Anne Foley, Harwich COA Director and organizer of the walk. "Money raised in the Rememberby Walk will help these people, who often fall between the cracks." Foley gave several examples of services provided by this Walk: Support Groups, Ongoing Phone Support, Individual and Family Meetings and Supportive Counseling, Personalized Care Planning and Consultation, Community Education and Information, Memory Screenings, Entry to a Network of Partners and Care Providers, Outreach, Dementia Training, Cultural Events and Activities.

The walk begins at 11 a.m. on Saturday, May 7, 2016 at Brooks Park in Harwich Center. (Rain location is Harwich middle School Gym, 204 Sisson Road, Harwich, MA. Participants can walk as individuals or members of a team, and can sign up by printing a registration form on the walk's website, www.rememberbywalk.org. It's free to sign up, and there is no minimum amount of donations to raise. "Whatever money we raise will assist people who don't have that help now," said Foley.

The walk also will feature free massages, wellness checks, food and more from local professionals donating their services to walkers. The Sound Dunes Swing Band will perform live before and after the walk, and a raffle will offer gifts donated by local merchants.

Why Support the Rememberby Walk?

The Congressional Task Force on Alzheimer's disease reports that every 68 seconds, someone in the U.S. develops the disease. More locally, Harwich has the fourth-highest population of Alzheimer's disease on Cape Cod. Barnstable County statistics show that as the Lower Cape senior population increases in the next decade, so, too, will the prevalence of Alzheimer's disease.

Rememberby Walk History

David Birtwell, Foley's father, died in 2006 after battling Alzheimer's disease for many years. That year, Foley's son Patrick started the walk to honor his grandfather's life. Patrick and his family continue to be the driving force behind this annual tribute. The word "rememberby" was coined by Birtwell when he combined the words remember and memory while pointing to his head saying "this rememberby doesn't work very well anymore!"