

# Goddard's First Ever "Mini" Walk to End Alzheimer's

by Assistant Executive Director **Lance Chapman**


On a beautiful late September day, the residents, staff and family members of Goddard House... started to walk. It was promoted as the first-ever "Mini" Walk. A symbolic walk around the Goddard House gazebo to demonstrate our battle against the ravages of Alzheimer's disease.

Let me set the scene: 10 A.M. on a bright and comfortable Friday morning. Purple cones were set out as a walking path around the gazebo. Purple paper flowers decorated the scene. Happy tunes swept through the air and then...the first walkers arrived. At first, just a trickle, and then a wave of people wearing purple t-shirts, purple beads, and bracelets began pouring out of the front doors. After a word of welcome and encouragement from our Executive Director **Carolyn Sandel**, the walk commenced.

The flyers mentioned walking one, two, or three laps around the gazebo, but many were inspired and empowered to keep walking. Then, announcements of donations began coming in. By 10:20 A.M. we already had \$350 in the kitty. Beautiful purple themed bracelets, lovingly made by residents over the weeks leading up to the walk, were selling for \$5 each and more donations began to flow in.

I counted 30, then 40, then 50 walkers and a cheering squad all coming together on this morning to make a statement in the fight against Alzheimer's disease. I think I saw a couple of dogs walking too. The "Mini" Walk had become Mighty!

Seven hundred dollars had come in. One-dollar bills, twenty-dollar bills, checks, quarters, dimes, and nickels all finally ended up at over \$1,150, all raised in about one hour. All the congratulations go to the walkers, some of whom walked using canes, walkers, and wheelchairs—but undeterred, they made it happen. The family and associate support was special. All departments and programs came together. This will be remembered as another small but important

moment in the growth of our wonderful and mighty Goddard House Community. Together, we can end Alzheimer's disease. 



*Clockwise, from top left: bracelets made by the residents; **Evie P.** gets her laps in; Director of Compass Programming **Marie Curcio** and **Walter V.** present a donation to the Alzheimer's Association; **Marie S., Kitty S., Carolin C., EnrichedLIFE Director Erica Curcio, Doris R., EnrichedLIFE Assistant Rebecca Margolin, Steve Z., and Sally C.** made special floral arrangements; **Kendall G.** offers her donation; **Shirley B., private aide Steve Strom, and Clementine B.***