



## Walk With Me

by Donna Costa Gemborys



**Donna Costa Gemborys with her father, Gerald J. Costa of Provincetown.**

*Photograph courtesy of the author*

I was born in Provincetown. My father is one of ten children and, like many of his brothers and sisters, he suffers from Alzheimer's disease.

A past real estate client of mine, who lost his own father to Alzheimer's disease, first introduced me to Alzheimer's Services of Cape Cod & the Islands (ASCCI). I got involved and even served on the Board of Directors of this great organization. For the past two years, I've proudly participated in their fundraising events – specifically, the walks to raise awareness and funds for ASCCI.

Families are often reluctant to approach their doctor with problems about memory loss because of an unfortunate stigma associated with Alzheimer's disease or any kind of mental disorder. ASCCI offers free memory screenings and educational programs for caregivers and their family members.

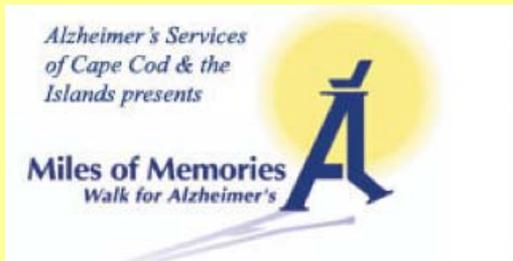
ASCCI is the only organization in our region dedicated solely to providing family caregivers and their loved ones with FREE dementia support services, free family consultations, referrals to local resources, a telephone helpline and ongoing care management. They are 100% local, and their services are sustained through local donations, grants and sponsorships.

According to their website, ASCCI was formed in 1984 as an independent, community-based 501(c)(3) non-profit agency to provide resources and support for local families and healthcare professionals.

The population ASCCI serves has grown significantly over the years, and the organization has responded with new programs and services. However, still today there is no cure or medicine to change the course of dementia like Alzheimer's.

On behalf of our many friends and neighbors who are dealing with this devastating illness, I hope that you will walk with us this spring, in support of Alzheimer's Services. Gather friends, family or co-workers and walk as a team or join the hundreds of walkers by registering as an individual.

For more information, contact Catherine at ASCCI at (508) 775-5656 or [www.alzcapecod.org/walk](http://www.alzcapecod.org/walk).



### JOIN THE WALK TO RAISE AWARENESS!

In past years, around 2,000 Cape Cod residents, friends and families have walked to raise awareness and funds for ASCCI.

This year we hope the walk will raise even more awareness on Cape Cod & the Islands as **the number of Alzheimer's cases on the Cape is expected to double by 2020**. One of the best ways to help raise more awareness is to start a team early.

### REGISTER TODAY!

**Sunday May 15th** - Hyannis

**Sunday May 22nd** - Cape Cod Canal

**Sunday May 22** - Harwich

**Sunday May 22** - Provincetown (NEW)

Register today at: [www.alzcapecod.org/walk](http://www.alzcapecod.org/walk)

For more information or helping registering please call Catherine at (774) 487-3663 or [catherine@alzcapecod.org](mailto:catherine@alzcapecod.org).

### WHERE DO THE DOLLARS YOU RAISE FOR ASCCI GO?

- Education and Support Groups throughout the Cape and Islands.
- Three types of respite grants: in-home care, adult day care and in-facility overnight care.
- Free, confidential community memory screenings at local Councils on Aging.
- A telephone help line at 508-775-5656.
- Connecting Point Series on local cable channels and free disks available at our lending Library.
- Referral Services to local resources such as home health services, adult supportive day services, assisted living communities, elder law attorneys and skilled nursing facilities.
- Care management plans and family consultations.
- Three annual conferences on cutting-edge dementia research and care techniques.
- Dementia Certificates Programs, in-service programs and Dementia Care in Action programs for professionals.
- **Free** programs for family caregivers and community members.
- Arts & Alzheimer's monthly scheduled programs at museums and galleries around the Cape.

Donna Costa Gemborys is a native Cape Codder. She's a Realtor with Kinlin Grover Real Living Real Estate, Orleans office and is the number one Realtor in Eastham.

She's served as president of the Lower Cape Business & Professional Women Association and on the Board of Directors for ASCCI. She is currently a member of the Eastham and Orleans Chamber of Commerce and a Friend of the Cape Cod National Seashore.

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