



**Alzheimer's Disease
Resource Center**

Keeping Help and Hope In Mind

2023 MEMORY WALK AND SPRING FESTIVAL

Team Captain Guide

Why Participate as a Team Captain?

We share a common goal to increase awareness. Your fundraising efforts will help us reach more people and offer more services.



Getting Started

- Choose a Team Name
- Register on our Walk Website
- Set up Team Webpage
- Set a Fundraising Goal
- Recruit Team Members
- Demonstrate your commitment by making the first donation

Grateful

To continue our mission, we must share the vision.

Your gift of time is very much appreciated by the ADRC team, and by the families who need us.



Who We Are

Our mission is to provide care, support and educational programs for families in need, and to be advocates for local families who are coping with Alzheimer's Disease and other dementias.

ADRC makes a positive difference in the lives of Long Island residents by helping families and caregivers manage the ongoing challenges.



What We Do

- Care Consultations with a Licensed Social Worker
- Professional Training with a Licensed Instructor
- Information and Referrals for families
- Support Groups-In person & Virtual
- Therapy Programs-Art, Music, Equine (for caregivers and their loved ones)
- Volunteer Opportunities

Tips for Success



- Motivate Your Team-Share Tips and Progress
- Encourage Friendly Competition
- Email Friends and Family
- Post on Social Media
- Invite Virtual Participants
- Ask for Matching Gifts



2023 Memory Walk and Spring Festival

When: Saturday April 22 **Earth Day**
(raindate April 23)

Where: Marjorie Post Park,
Massapequa



Sign Up [HERE!](#)

