



DATE: January 27, 2025

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 2024

As of the end of December, the NARFE fundraising total was \$16,470,477. During the month of December which includes a Planned Gift of \$10,000, our members raised a total of \$80,623, **up** \$37,804 from donations received in December 2023. The amount raised by Region VIII in FY 2025 is \$8,529 which is **down** \$177 from the same reporting period in FY 2024. Below is the breakout by Federation for both reporting periods:

	FY 2025	FY 2024	Difference
California	\$ 6,477	\$ 6,692	-\$ 215
Hawaii	\$ 1,096	\$ 790	\$ 306
Nevada	\$ 956	\$ 1,224	-\$ 268
Total	\$ 8,529	\$ 8,706	-\$ 177

Fiscal Year 2025 covers the period July 1, 2024, through June 30, 2025.

The new NARFE Alzheimer’s Fundraising Goal is \$17 million by December 31, 2026.

### Stages of Alzheimer's

Source: NARFE January 2025 Newsletter

Alzheimer’s disease typically progresses slowly in three stages: early, middle and late (sometimes referred to as mild, moderate and severe in a medical context). Since Alzheimer’s affects people in different ways, each person may experience dementia symptoms — or progress through the stages — differently.

#### Overview of disease progression

#### What is mild cognitive impairment?

Mild cognitive impairment (MCI) can be an early stage of the disease continuum for Alzheimer's if the hallmark changes in the brain are present. However, not all people with MCI develop dementia.

## Early-stage Alzheimer's (mild)

In the early stage of Alzheimer's, a person may function independently. He or she may still drive, work and be part of social activities. Despite this, the person may feel as if he or she is having memory lapses, such as forgetting familiar words or the location of everyday objects.

Symptoms may not be widely apparent at this stage, but family and close friends may take notice and a doctor would be able to identify symptoms using certain diagnostic tools.

Common difficulties include:

- Coming up with the right word or name.
- Remembering names when introduced to new people.
- Having difficulty performing tasks in social or work settings.
- Forgetting material that was just read.
- Losing or misplacing a valuable object.
- Experiencing increased trouble with planning or organizing.

### You can live well

During the early stage, it's possible for people with dementia to live well by taking control of their health and wellness, and focusing their energy on aspects of their life that are most meaningful to them. In addition, this is the ideal time to put legal, financial and end-of-life plans in place because the person with dementia will be able to participate in decision-making.

## Middle-stage Alzheimer's (moderate)

Middle-stage Alzheimer's is typically the longest stage and can last for many years. As the disease progresses, the person with Alzheimer's will require a greater level of care.

During the middle stage of Alzheimer's, the dementia symptoms are more pronounced. The person may confuse words, get frustrated or angry, and act in unexpected ways, such as refusing to bathe. Damage to nerve cells in the brain can also make it difficult for the person to express thoughts and perform routine tasks without assistance.

## Home Safety Checklist

Download, print and keep the checklist handy to prevent dangerous situations and help maximize the person living with dementia's independence for as long as possible.

Symptoms, which vary from person to person, may include:

- Being forgetful of events or personal history.
- Feeling moody or withdrawn, especially in socially or mentally challenging situations.
- Being unable to recall information about themselves like their address or telephone number, and the high school or college they attended.
- Experiencing confusion about where they are or what day it is.
- Requiring help choosing proper clothing for the season or the occasion.

- Having trouble controlling their bladder and bowels.
- Experiencing changes in sleep patterns, such as sleeping during the day and becoming restless at night.
- Showing an increased tendency to wander and become lost.
- Demonstrating personality and behavioral changes, including suspiciousness and delusions or compulsive, repetitive behavior like hand-wringing or tissue shredding.

In the middle stage, the person living with Alzheimer's can still participate in daily activities with assistance. It's important to find out what the person can still do or find ways to simplify tasks. As the need for more intensive care increases, caregivers may want to consider respite care or an adult day center so they can have a temporary break from caregiving while the person living with Alzheimer's continues to receive care in a safe environment.

### **Late-stage Alzheimer's (severe)**

In the final stage of the disease, dementia symptoms are severe. Individuals lose the ability to respond to their environment, to carry on a conversation and, eventually, to control movement. They may still say words or phrases, but communicating pain becomes difficult. As memory and cognitive skills continue to worsen, significant personality changes may take place and individuals need extensive care.

At this stage, individuals may:

### **Help at any stage**

Get easy access to dementia resources, community programs and services through our Community Resource Finder.

- Require around-the-clock assistance with daily personal care.
- Lose awareness of recent experiences as well as of their surroundings.
- Experience changes in physical abilities, including walking, sitting and, eventually, swallowing.
- Have difficulty communicating.
- Become vulnerable to infections, especially pneumonia.

The person living with Alzheimer's may not be able to initiate engagement as much during the late stage, but he or she can still benefit from interaction in ways that are appropriate, like listening to relaxing music or receiving reassurance through gentle touch. During this stage, caregivers may want to use support services, such as hospice care, which focus on providing comfort and dignity at the end of life. Hospice can be of great benefit to people in the final stages of Alzheimer's and other dementias and their families.

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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! Happy New Year!

Regards,  
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