



August 7, 2025

To All Members of the Michigan Federation:

Congratulations and Thank You. Yesterday I received the June 2025 totals for the Michigan Federation donations to Alzheimer's Research. With that final report the FY25 totals are complete. During FY25 the chapters and individuals who are members of the Michigan Federation donated a total of \$4,802.00 to Alzheimer's Research. This is an awesome achievement, and everyone should be extremely proud.

I have been the Michigan Federation Alzheimer's Chairperson for about 4 years. Our Federation is part of Region IV, which also includes Ohio, Illinois, Indiana, and Wisconsin. Every year Michigan has been at the bottom of the list for donations. Not for FY25. This fiscal year we surpassed one other state, which is a very great accomplishment.

Nationwide, the NARFE Alzheimer's Research donations since the inception of the program total \$16,705,500.27. NARFE has a goal of reaching \$17 million by the end of FY26.

Diana Chan is the Region IV Alzheimer's Chairperson. She asked that I remind our members to purchase the Alzheimer's stamp at your local post office. They are more expensive than the present charge for a first class stamp, but 10 cents for every stamp purchased goes towards Alzheimer's Research. This would be an easy way to help fund research without seeing a big burden on your wallet.

Please be aware that Alzheimer's Walks are approaching. If your Chapter would like to be involved check out the Alzheimer's website at [www.alz.org](http://www.alz.org). The Michigan walks for 2025 are listed below showing the City with date under it:

## Walks Near You

[Adrian, MI](#)

Oct 5, 2025

[Ann Arbor, MI](#)

Oct 26, 2025

[Bay City, MI](#)

Oct 18, 2025

[Calhoun County, MI](#)

Oct 12, 2025

[Flint, MI](#)

Oct 18, 2025

[Grand Rapids, MI](#)

Oct 4, 2025

[Holland, MI](#)

Oct 11, 2025

[Howell, MI](#)

Oct 4, 2025

[Ionia, MI](#)

Oct 4, 2025

[Jackson, MI](#)

Oct 11, 2025

[Kalamazoo, MI](#)

Oct 18, 2025

[Lansing, MI](#)

Oct 19, 2025

[Ludington, MI](#)

Oct 4, 2025

[Marquette, MI](#)

Sep 27, 2025

[Midland, MI](#)

Oct 11, 2025

[Monroe, MI](#)

Oct 18, 2025

[Muskegon, MI](#)

Oct 18, 2025

[Petoskey, MI](#)

Sep 27, 2025

[Royal Oak, MI](#)

Sep 21, 2025

[Saginaw, MI](#)

Sep 20, 2025

[St. Joseph, MI](#)

Sep 27, 2025

[Traverse City, MI](#)

Oct 4, 2025

If you don't see a walk near you, you might think about doing your own local walk. It is easy, fun, and stress free. Chapter members can obtain donations from friends, family members, neighbors, etc. If you opt to do your own walk and you want the funds to go directly to Alzheimer's Research, vs. the local community as do the above listed sanctioned walks, just make sure all checks are made out to **NARFE Alzheimer's Research** with the Chapter name and number on the memo line. Any funds obtained this way can still be mailed to my PO Box, like usual but I do ask that a letter explaining the money is from a "walk" be sent with the checks.

Finally, below is information provided by Diana Chan pertaining to a recent study by the Alzheimer's Association. The below was written by Diana.

*Speaking of finding a cure to fight Alzheimer's, we have some great news that was recently released. The **U.S. POINTER Study**, which was partially funded by **NARFE-Alzheimer's Research Program in 2023** with a \$400,000 grant, recently completed its two-year study on one of the world's largest clinical trials designed to evaluate whether lifestyle interventions that simultaneously target many risk factors can protect cognitive function in older adults who are at increased risk for cognitive decline. The study included 2,111 adults, aged 60 to 80, who did NOT have any symptoms of cognitive decline, who fit into at least two additional categories: led a sedentary lifestyle, did not maintain a super healthy diet, had symptoms of cardiovascular disease, or had a family history of memory impairment.*

*The subjects were put into two separate categories: self-guided lifestyles and structured lifestyles. Each group was tested every six months for the two-year period. The final results were that each group benefited from the program, with the structured lifestyle group just slightly better than the self-guided lifestyle. However, each group showed scores that were similar to those one-to-two years younger than the subject. **Overall, the study showed that by improving nutrition, better sleep habits, increasing physical activity, socializing and challenging our brains, we can slow down the progression of cognitive decline.***

*The study is now expanding to a four-year study on the subjects with only once-a-year testing to see if the longer-term impact of these lifestyle interventions, as well as collaborations with health systems and health agencies can turn the trial findings into action for people in all communities.*

All Michigan Federation NARFE donations can be mailed to:

**NARFE Alzheimer's Research**  
**PO Box 454**  
**Harrisville, MI 48740**

Respectfully:

Jocelyn Dillard  
Michigan Federation Alzheimer's Chairperson