

Cypress woman actively involved in Alzheimer's OC event

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Dan & Leah Winter pictured at an earlier Walk for a Cure event. Courtesy photo

When nonprofit Alzheimer's Orange County's (AlzOC) annual Walk4ALZ & Run4ALZ, the largest fundraising event that helps Orange County residents living with Alzheimer's disease or a related form of dementia, returns in-person to Angel Stadium of Anaheim, Saturday, March 19, participation will be personal for many.

"Alzheimer's Orange County's has helped me every step of the way from the day of diagnosis in 2010 and continues to assist me today," said Gincy Heins of Cypress, a teacher, author, and volunteer, as well as caregiver and advocate for her husband who was diagnosed with mild cognitive impairment when he was 55. As the captain of Team Awesome/A Walk For A Cure, she sums up her motivation succinctly, "I walk for everyone's brain."

AlzOC hopes to attract more than 5,000 walkers and runners and to raise over half a million dollars in support of critical support and services for those battling Alzheimer's



and dementia. There is a \$30 registration fee for runners. While there is no cost for walkers, all participants are encouraged to fundraise by giving a donation of at least \$50 to earn a Walk4ALZ & Run4ALZ t-shirt.. An array of vendors will be onsite showcasing a variety of health and fitness products and services.

"We invite women, men and children to lace up their shoes and walk or run with us to fight Alzheimer's," said Alzheimer's Orange County CEO and President Jim McAleer. "As always, one hundred percent of the funds raised from Walk4ALZ and Run4ALZ stay right here in Orange County to help the thousands of local residents who are currently affected by Alzheimer's disease and dementia."

McAleer said the need for support is vital as today there are more than 84,000 Orange County residents living with Alzheimer's disease or another form of dementia, and that number is projected to more than triple by 2025. In Orange County alone, Alzheimer's disease is the third leading cause of death. Alzheimer's Orange County's life-changing programs, support services, and advocacy benefit those living with memory loss, as well as the people who love and care for them.

The check-in and festival area opens at 8:00 AM for the approximately one-mile walk and three-mile run. Participants are asked to enter the stadium off of Orangewood. For more information about pre-registration, donating and sponsorships opportunities, visit www.alzoc.org/walkrun. AlzOC is located at 2515 McCabe, Suite 200, Irvine, 92614. More information can be found at www.alzoc.org.

For local team information or join or support a team, please visit alzoc.rallybound.org. Three teams with local participants are: #HealHiro, Toodie's Troopers, and Team Awesome/A Walk for a Cure!

CDC Guidelines will be followed at this event. While vaccination cards will not be checked, due to the community served and the safety of everyone in attendance, Alzheimer's Orange County asks that all unvaccinated guests please wear a mask. Additional masks will be available at the check-in areas.



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