

PP4Alz Update

February 19, 2012



- **What a Busy Week we had!** It started with Cynthia donating her lunchtime on Valentine's Day to read books at Bright Futures Academy's Mrs. Crawford's Kindergarten class. After reading two books, Clifford and Franklin, Cynthia had her picture taken with the children. Our son Coles-Albert can be seen next to her.

The children thoroughly enjoyed having Mrs. Palm Beach America 2012 as their special guest. They asked many questions and were attentive and interactive during the readings. In the end, Cynthia enjoyed their company and enthusiasm and can't wait to return.

Thank you Ms. Crawford for allowing us to be a part of Valentine's Day.

- For lunch on Thursday Cynthia and Joe met with John Feoli at Chatsworth at PGA National to coordinate future activities between their Chelsea Meadows Memory Care Facility and PURPLE PASSION 4 Alzheimer's. Coining the phrase, "Adopt a Memory Care Facility," we are excited about two events this spring that will help us launch our programs in the community.



Our two older boys, Andrew and Taylor, will be singing at Chelsea Meadows late February or early March. We are hopeful that they will be accompanied by an incoming resident who is bringing his piano. Both Andrew and Taylor attend Dreyfoos School of the Arts and are looking forward to helping us restart our PP4Alz Teens program, which encourages young adults to give back to the community utilizing their talents, whether they be singing, dancing, poetry, or otherwise.

Grayson and Coles-Albert, our younger sons, will be participating in PURPLE Gardens at Chelsea Meadows, where they will help the residents plant and nurture PURPLE flowers and plants – Joe even suggested some Purple Peppers that we grew a couple of years ago. Our involvement will help get PURPLE Pennies into the community; this program raises funds through donations of spare change. We never know when the next dollar (or penny) will be the one that finds the CURE.



We will post upcoming events as they draw closer. We want to thank John and Chelsea Meadows and Chatsworth at PGA National for their hospitality and encouragement, and to provide us a place for our community outreach. Visit Chatsworth at PGA National at: <http://www.chatsworthatpga.com/>.



- Thursday evening was spent at a Happy Hour Meet and Greet at The Breakers Hotel – Tapestry room presented by The Rotary Club of Palm Beach. PP4Alz were guests of Bill Pearl, who is the Rotary Club’s president.



Cynthia and Joe enjoyed themselves meeting local business and charity leaders. Retired Senator Frank Deem and his lovely wife Becky Deem were particularly gracious and hospitable with us. What a great opportunity for us to connect with the community and share our mission.

Thank you Bill Pearl for inviting PP4Alz to this event. We will be speaking at the Rotary Club of Palm Beach February 23 at their Shop Talk function. For more information regarding the Rotary Club of Palm Beach, <http://www.palmbeachrotary.org/>.

- Friday evening found us at the Palm Beach Heart Ball at The Mar-a-Lago Club in Palm Beach, as Cynthia was volunteering at this annual social gala for the benefit of The American Heart Association. Many a guest was enchanted by meeting Mrs. Palm Beach America 2012. As usual, more than a few people were touched when Cynthia spoke to them of our non-profit and its mission

On several occasions during the evening Cynthia was approached by someone who had an Alzheimer’s story to tell. We were particularly interested in meeting a Psychiatrist who specializes in memory care; she described how sometimes when treating a patient for alcohol-induced memory loss, the first signs of dementia, Alzheimer’s in particular, will begin to appear. This was an astounding discovery that we had not been aware of.

As one can imagine, this was an outstanding opportunity for us to network with some of the more influential people in our community. If we can positively impact one sponsor who will assist in our mission to raise funds for Alzheimer’s research and caregiver support, then we will be that much closer to reaching our goal of a world without Alzheimer’s.



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Just before the evening ended Cynthia was approached by none other than Donald Trump, who asked her where her husband was. Without missing a beat she looked him in the eye and said, “he had to step away for a minute and the last thing he said to me was, ‘just watch, when I’m gone a handsome man is going to approach you,’ and here you are.” And no, he didn’t tell Cynthia, “You’re fired!”

Because we believe that what’s healthy for the heart is healthy for the mind, we support The American Heart Association and its hard work and determination of eliminating heart disease. To learn more, <http://www.heart.org/HEARTORG/>.



- After a late evening, Cynthia was up and at it early Saturday morning, as she volunteered at the Girl Scouts Thin Mint Sprint at Carlin Park in Jupiter, Florida. Arriving at 6:00 am, Cynthia was immediately put to work helping organize for registration.

As a guest of PJ Layng, Vice President, Development for the Girl Scouts of Southeast Florida, Cynthia was on the course supporting and cheering for the runners and walkers. She was a voice of encouragement for the many participants.

After the race she assisted the organizers by handing out medals to the individual female category winners – this was a disappointment to several of the men runners who were hoping to have their medal handed to them by Mrs. Palm Beach America 2012. 😊

Thank you to PJ Layng and the Girl Scouts for allowing Cynthia the opportunity to participate in this event. Having a household of four boys, it was nice for her to get some “girl time.” For more information regarding the Girl Scouts, visit: www.gssef.org.

- Finally, on Sunday morning Cynthia was again volunteering; this time it was at the Actors Walk 2012 – 1st Annual 5K “Walk for Soleil,” in Tamarac, Florida. This event, held at the Woodmont Country Club, is to raise money for the Actors Walk in their fight against child abuse, neglect, bullying and suicide.

Arriving at 8:00 AM, she greeted the participants as they arrived and directed them to their parking spots. Later in the morning she led the Zumba dance and exercises to get the participants ready for their walk.



Finally, she joined the participants in their 5K walk around the golf course. This time, she was joined by other members of PP4Alz – Joe, Grayson, and Coles-Albert. Although exhausted by the week, we made it through the walk almost unscathed – poor Grayson accidentally put his hand in a fire ant nest and was bitten multiple times. He shook it off and continued to the end. Cynthia and Joe are certainly proud at his perseverance.



To learn more about Actors Walk; <http://www.actorswalk.org/>.

We sincerely hope that you enjoy reading about Cynthia and PP4Alz's involvement in the community and our fight to end Alzheimer's. Through our community outreach and networking, we believe that we are maintaining our mission of raising awareness and funds for Alzheimer's, with particular attention to the caregivers. Keep checking back to read updates – individual stories are found on the Latest News page of our website, www.pp4alz.org.

Remember that you can follow Cynthia's [Mrs. Palm Beach America 2012 Facebook Page](https://www.facebook.com/pages/Mrs-Palm-Beach-America-2012/146944275418213) (<https://www.facebook.com/pages/Mrs-Palm-Beach-America-2012/146944275418213>).

Thank you for your continued support.

To learn more or to make a donation,
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