



Soci t  Alzheimer Society

OTTAWA AND RENFREW COUNTY

13th Annual Alzheimer COFFEE BREAKTM
Recognizing World Alzheimer Day September 21, 2008

WHAT IS THE ALZHEIMER COFFEE BREAKTM?

It's a national fundraising event that takes place across Canada to help support individuals and families coping with Alzheimer's disease and related dementias. Friends, co-workers, corporations and communities gather to raise funds and awareness for their local Alzheimer Societies.

WHO DOES IT HELP?

All funds raised during this event stay in the area where they were raised, and so will help the estimated 12,000 people coping with Alzheimer's disease and related dementias in Ottawa and Renfrew County.

WHEN DOES IT TAKE PLACE?

National Coffee Break Day is the third Thursday in September, making it September 18th 2008. Coffee Break events run throughout September and October – you pick the date!

HOW DO I GET INVOLVED?

Host a Coffee BreakTM event in your office, business, home, or wherever your imagination takes you. Invite friends, clients, employees to participate. Options are limited only by your imagination – it does not even have to be coffee related! Some ideas:

- Sell treats by the office coffee pot
- Host a kids movie afternoon while moms and caregivers have a coffee klatsh- everyone makes a donation
- Raffle a coffee and fun gift basket to your clients
- Have an elegant dessert party, wine tasting or dinner with friends and neighbours – tickets bought in advance
- Add a coffee break to any regularly scheduled event you are involved with: rummage sale, bake sale, book club meeting, club dinner
- Host a “movie night” at home. Everyone donates the price of a movie ticket. Don't forget the popcorn!
- Need more ideas? Find them online at www.alzheimer-ottawa-rc.org

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