

♥ Walk With Me in Honor of Those Touched by Dementia

As I walk my miles for Dementia Friendly Iowa, each mile will be dedicated to someone who has faced the challenges of dementia — a family member, a friend, or a loved one whose journey deserves to be remembered and honored.

If you would like your loved one to be recognized, send me their name along with your pledge form. I will proudly walk a mile in their honor and share their name as part of this meaningful journey. Every mile is a tribute.

🚶 How It Works

- I will do the walking/running/water aerobics, you pledge per mile. My goal this year is 800 miles. The pledge may be individual pledge, Grand Family pledge, Chapter pledge, etc.

♥ Why Your Miles Matter

- Community education and awareness
- Dementia-friendly business training
- Support groups and resources for caregivers
- Programs that help individuals with dementia stay engaged and connected
- Helping family members stay connected with their loved ones

📄 Pledges

- Complete the pledge form and return to Vicki Wallner.
- You may pledge per mile – from \$1.00 to just a penny
 - \$1.00 = \$800
 - .75 = \$600
 - .50 = \$400
 - .25 = \$200
 - .10 = \$80
 - .05 = \$ 40
 - .01 = \$8
- You may choose to pledge an amount equal to a coin march. Or you may just make a monetary donation of your choice.
- I will track my miles daily and post an update the first part of each month
- On October 16, 2026, I will send you the total amount due.
- Checks payable to Grand Chapter of Iowa – note Dementia Friendly Iowa Miles Pledge.

Every pledge — big or small — fuels hope, dignity, and understanding.

☀ Be Part of Something Meaningful

Together, we can make our communities places where everyone feels seen, valued, and supported.

Your participation helps ensure no lowan walks this journey alone.