

ABOUT THE LONGEST DAY

Alpha Kappa Alpha Sorority, Inc. is proud to join forces with the Alzheimer's Association to raise awareness of Alzheimer's disease risk factors, diagnosis, care, and advocacy, among the African-American community. AKA has designated the Alzheimer's Association The Longest Day® as a Community Impact Day and our theme is : "AKA-cise the Mind and Body".

Epsilon Pi Omega's Plan of Action:



STEP 1

GRAB YOUR FRIENDS

Grab your friends, family & co-workers to join you in an activity of recognition on JUNE 21, 2015. You can donate your time **and/or** make individual monetary donations.

STEP 2

PUT YOUR PASSION TO GOOD WORK

Plan an activity for JUNE 21, 2015. Select an activity you love—or honor a caregiver, or someone living with or lost to the disease, by selecting their favorite hobby. Your activity is limited only by your imagination!

Commit to doing that activity for at least 30 minutes on that day. **Contact Ms. Kaleena Jean –Pierre at: epiohealth@gmail.com and inform her of your activity and the time you plan to do your activity.**

STEP 3

RAISE MONEY AND MOVE THE CAUSE FORWARD

Through our successful Community Fundraising Activities, Epsilon Pi Omega can commit to our contribution goal of \$1908. You may grow our fund with your individual contributions : For monetary donation go to:

http://act.alz.org/site/TR/LongestDay/TheLongestDay?team_id=275656&pg=team&fr_id=6650

(Note: there is a required registration fee of \$20 per registrant to make a monetary donation.)

STEP 4

PLAN YOUR DAY

On **June 21, 2015 between the hours of 5:30am & 8:30pm**, From Sunrise to Sunset. Simply...do your activity. Print out the poster provided for you, **fill in your activity next to the I..** and proudly display your support as you record your activity.

- Take Pictures holding up your signs of support and post to #AKAImpactDay #AKA1908 #EPiO
- Send a picture of you and your team completing your activity to Ms. Kaleena epiohealth@gmail.com or text to 917-476-4233
- **REMEMBER TO SNAPSHOT YOUR ACTIVITY!!**

STEP 5

CELEBRATE AT SUNSET

Gather your team - whether in person or virtually and celebrate while recognizing the strength of those facing Alzheimer's.

