

## **Walking to End Alzheimer's Disease with Orem-Lindon Rotarians**

As a college student, busy with school, work, and keeping up with a social life, it can be easy to forget about community awareness. We often forget that serving in our communities can be very enjoyable, fun, and productive.



**Parker Miller, Glory Ellison and Ismael Cabadas took a group picture.**

Because my class is using the Student-Engaged Learning (SEL) model, at 9 am past Saturday, September 14, 2024, in Provo, Utah, at the Riverwoods Shops, my class at UVU gathered with the community to walk one mile to raise awareness and money for Alzheimer's disease. There was a great turnout for attendance. My classmates from Utah Valley University (UVU) and members of the Utah International Mountain Forum (UIMF), participated in the Walk for Alzheimer's with the Orem-Lindon Rotary Club. UIMF members Janessa Purcell, Parker Miller, and McKay Jones, along with my UVU classmates, Nicholas Robinson, and Ismael Cabadas registered to attend the event.

Why do we use SEL? SEL helps students do hands-on learning and prepares us for practical problem solving, jointly as a group while the teacher mentors them when necessary. Members and students joined the walking team of the Orem-Lindon Rotary Club (RCOOL) and took the time

to get to know Rotarians, Lynn Hillstead, Debbie Lauret, Mike Rich, Jim Lauret, D.J. Smith with his wife Roberta, and Cathy Ambrose. Through the Student- Student-engaged learning model, we were able to be accountable for registering ourselves for the event, ensuring we were at the event on time, taking the initiative in getting to know the Orem-Lindon Rotarians that the UIMF and UVU Rotaract clubs work closely with, and be a part of an event that benefits not only our local communities but benefits communities internationally. It was a great way to participate in an event outside of the activities we regularly do.

Before the walk, contributing participants all gathered around the platform to listen to speakers share personal stories and the reason why we walk for people suffering from Alzheimer's disease. It was made clear that members in charge of this event are fighting to learn the cure for Alzheimer's. There were sponsors surrounding the pavilion with info and fun games in support of this event.



**Participants gathered around the platform to hear more info on the Walk to End Alzheimers.**

After taking some pictures as a group and walking around all the tents set up with games and more information, the opening ceremony began with an introduction of why this event was established. My favorite part was when they mentioned the meanings of the different flower colors that were present for participants and that could be taken home. After the open



ceremony, the fun began. The participants walked over to the starting point of the route following Christmas Lutu, an Orem-Lindon Rotarian.

There were two options for the walk. The first route was 1 mile long and the second route was 1.2 miles. My classmates and the UIMF members finished walking in just under 30 minutes. We took pictures together at the finish line and helpers were handing out water bottles cheering us on as we completed the walk.



**Participants walk to End Alzheimer's at Riverwoods, Provo, UT**

I enjoyed walking in the Walk to End Alzheimer's because my grandma suffers from this. It has been sad seeing her memory decline and it was hopeful being part of a community that wants to help people who suffer from this. We all have the same amount of time in our days and how we spend that time can either be beneficial or a waste of time. I felt this was a great use of my time. It was a great way to get to know my classmates and learn more about our community.





**(L to R): Parker Miller, Nicholas Robinson, and Glory Ellison with President of the Orem-Lindon Rotary Club Mich Rich celebrated finishing the walk.**

Getting involved in the community is a great way to network and learn more about the problems and struggles members of our community experience. I'm looking forward to our next service project.

***Glory Ellison, Utah Valley University student***