DAI BOARD OF DIRECTORS
2026 NOMINATION FORM

- Nominations are invited for the election to the Dementia Alliance International Board of Directors.
- (*Please Print Clearly – Electronic signatures are accepted in lieu of hand signed nomination forms).*
- Please contact our chairs at chairs@infodai.org and info@infodai.org if you have any questions.
- Note, the By-Laws for nominations to the Board are no longer exclusive to DAI members.
- This form is used for the nomination of both DAI members and non-members (without dementia).

Notes to the nominee:

1. This nomination requires a current board member to be the person nominating or seconding the application. The nominee may self-nominate.
2. Please include your Bio (250-500 words) on the nomination form (or attach separately) and attach a recent profile photograph separately.

NOMINATION FOR: Lisa Wilhelmi Perkins

NOMINATOR (name of member nominating)

I, John Sandblom, nominate Lisa Wilhelmi Perkins for the DAI Board of Directors.	
Phone (h): 515-991-3964	Mobile: same
Email: chairs@infodai.org	

and I *(name of member seconding):*

SECONDER , (name of member seconding)

I, Janine Whited, second the nomination of Lisa Wilhelmi Perkins for the DAI Board of Directors.	
Phone (h): 615-545-4441	Mobile: same
Email: chairs@infodai.org	

SIGNED (nominee)

I, **Lisa Wilhelmi Perkins**, accept the nomination as indicated and agree to the terms of membership to the Board of Directors.	
Signed: Lisa Wilhelmi Perkins	Date: June 8, 2026

Submitted using electronic signatures: YES

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APPLICANTS AGREE TO THE FOLLOWING CRITERIA:

You have read and understand the DAI By-Laws.

You have read and understand the DAI Code of Conduct and Conflict of Interest.

Receipt of this signed nomination indicates you accept and agree to the above, and if elected, will provide a signed conflict of interest form.

1. You agree with the DAI Vision and Mission.
2. You understand there is no financial or other compensation for this position.
3. You agree there will be no reimbursement for any expenses unless pre-approved (By Laws, Section 1).
4. You understand DAI does not have the funds to provide you with DAI Business cards or other business or office supplies at this time.
5. If elected, your first term is for two years (By Laws, Section 2).
6. You are free to resign at any time, and agree to provide 30 days' notice in writing, by submitting a letter to the Secretary (By Laws, Section 10).
7. You agree to your email and phone number being shared with other Board members.
8. You agree to being included in a Media Release announcing the new board, and your biography and profile being added to our website (exceptional circumstances enable an exemption to this).

Please write a bio (250-500 words) below or attach it as a separate document, along with a photo of yourself.

I am the new face of Alzheimer's. It's a journey I know all too well. I've not only heard about the disease my whole life from stories of my grandparents and great grandparents on both sides but have witness it myself as a caretaker to my mom, dad and even stepmother. I know how I got here after diving into a deep learning experience with everything I can read or listen to, every podcast, book and movie and be involved with. It's been a journey of many ups and downs being finally diagnosed with younger-onset, early-stage Alzheimer's at 57yrs old.

It really wasn't much of a shock for me. I knew it was a huge genetic risk in my family. It was actually somewhat of a relief since I finally know what's wrong with me. I had suspicion for some time probably more than two decades that my brain was just not right. Had problems learning new things at work, couldn't remember dance combination and had been a dancer since I was a child. Forgetting what I was wanting to say, not recognizing people I should know but having a

feeling that I knew them. Unable to finish normal tasks that I had always been good at. Giving my pets their wrong special diet foods, forgetting where I was going, forgetting appointments, always being late when I prided myself on always being on time. Taking a pie out of the oven without an oven mitt, slamming a finger in the car door and not remembering for a few seconds how to use my unlock button to get the door opened, not being able to sleep well, not having the patience that I use to have, saying inappropriate things, no motivation or organizational skills to get things done. I had always been very good at that. I found out later that is what is executive functioning decline. I choose to tell people to help educate people about Alzheimer's. There is such a huge stigma with having it that really needs to change.

When you get that kind of news it's hard. Any diagnoses where you are given what you likely will die from is difficult. I think with Alzheimer's it's really hard because most doctors have nothing to offer you. My doctor actual said, "Why would you want to know there is nothing I can do for you." But being the curious person I am I figured the value of that knowledge would drive me to learn for myself all I can do to slow down the progression on my cognitive abilities so that I could be as independent for as long as possible.

When you have cared for and watched others in your family suffer from Alzheimer's you know how tragic it is. It is truly one of the worst diagnoses because it can be so different in each person. The younger you are the faster it can progress but the more you can do to slow it down with lifestyle changes. Most people don't fully understand it. When most people hear Alzheimer's, they think of much older people. Yes, that is true that the number one risk factor is age and it's not as common to have it diagnosed earlier than later in life. We are living longer from medical treatments from cancer, heart related disease and diabetes. I'm sure when they first had testing for early detection people probably didn't want to know until they developed ways to help cure or slowdown that disease. The medical world has been much slower on the research of Alzheimer's disease. Mainly because it is very difficult to study the brain while people are alive. It's also hard to find volunteers for research studies in drugs and long-term observation. Families are just too busy caring for relatives let alone get them to appointments, to specialists or enroll in research studies to help find cures that people need to study their progression. I'm in three long terms studies to watch my progression to help find a cure.