



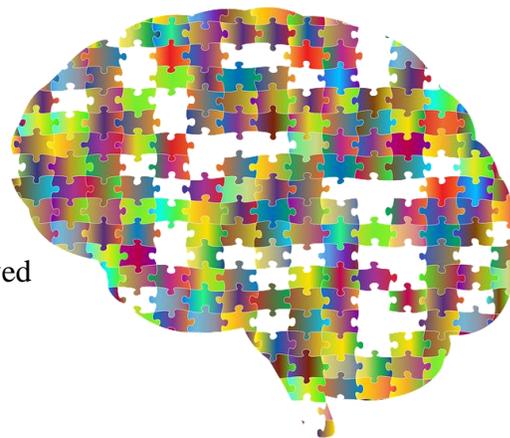
Casting all your care upon him; for he careth for you.
1 Peter 5:7

June is Alzheimer's and Brain Awareness Month

Alzheimer's disease and other dementias are a major public health issue. Alzheimer's is a type of dementia that affects memory, thinking and behavior. Symptoms eventually grow severe enough to interfere with daily tasks.¹

Did you know?

- 1 in 3 seniors dies from Alzheimer's or another dementia.¹
- Worldwide, 50 million people are living with dementia.¹
- Studies show that patients with Alzheimer's increased their food intake when using dinnerware with vivid colors, such as red dishes.²



10 Early Signs and Symptoms of Alzheimer's¹: Encourage your loved one to seek care from their doctor if you notice these symptoms.

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

How to help someone with dementia³:

- * Avoid overstimulation * Be reassuring * Don't argue or yell
- * Keep a daily routine * Seek support when needed

Reference:

¹Alzheimer's Association. [Link](#)

²Alzheimer's & Dementia Weekly: [Link](#)

³Senior Lifestyles: your life, your style. [Link](#)

Resources:

The Alzheimer's Association Michigan Chapter [Link](#)

Alzheimers.gov [Link](#)

**The Alzheimer's Association
24/7 Helpline (800.272.3900)
is available around the clock,
365 days a year. Through this
free service, specialists and
master's-level clinicians offer
confidential support and
information to people living
with dementia, caregivers,
families and the public.**

alzheimer's  association®



June is Alzheimer's and Brain Awareness Month

Alzheimer's disease and other dementias are a major public health issue. Alzheimer's is a type of dementia that affects memory, thinking and behavior. Symptoms eventually grow severe enough to interfere with daily tasks. If you or someone you care for is having memory problems, please see your doctor.¹

The Alzheimer's Association 24/7 Helpline (800.272.3900) is available around the clock, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with dementia, caregivers, families and the public.

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