

# JUNE IS ALZHEIMER'S & BRAIN AWARENESS MONTH!



Alzheimer's Association® needs your help this June to raise awareness of Alzheimer's disease and its impact on individuals and families in the Upper Peninsula!

Everyone who has a brain is at risk to develop Alzheimer's. In honor of Alzheimer's & Brain Awareness Month, join us at one of our education classes to learn more about this fatal disease that is often misunderstood and the resources the Alzheimer's Association has to offer!

## UPCOMING PROGRAMS

### Dementia Conversations: Driving, Doctor Visits, Legal & Financial

Planning is an education workshop offered by the Alzheimer's Association that offers helpful tips to assist families in having honest and caring conversations with family members about dementia. The workshop reinforces the need to plan ahead and build a care team that communicates well in order to reduce the stress that can accompany a disease like Alzheimer's and connects you with helpful resources to enhance quality of life for everyone involved.

Thursday, June 1, 6–7 p.m. EST, Brookridge Heights, 1901 Division St, Marquette

### Know the 10 Signs

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Attend this interactive workshop to learn the 10 Warning Signs of Alzheimer's disease. We'll separate myth from reality, address commonly-held fears about Alzheimer's in America and hear from people who have the disease.

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| <p>Friday, June 2,<br/>1–2 p.m. EST,<br/>Gwinn Clubhouse,<br/>165 N. Maple St., Gwinn</p>                      | <p>Wednesday, June 14,<br/>7:30–8:30 a.m. CST,<br/>Aspirus Hospital: Iron River,<br/>1400 W. Ice Lake Rd.,<br/>Iron River</p> | <p>Friday, June 16,<br/>12:30–1:30 p.m. EST,<br/>Lost Creek Apartments,<br/>200 Lost Creek<br/>Dr., Marquette</p> | <p>Wednesday, June 21,<br/>5:30–6:30 p.m. EST,<br/>Mill Creek Assisted Living,<br/>1600 Mill Creek, Marquette</p>    | <p>Friday, June 30,<br/>11:15 a.m. –<br/>12:15 p.m. CST,<br/>Hermansville<br/>Senior Center,<br/>W5480 1st St.,<br/>Hermansville</p> |
| <p>Tuesday, June 6,<br/>11:15 a.m. – 12:15 p.m.<br/>CST, Sagola Senior Center,<br/>208 Sagola Ave., Sagola</p> | <p>Thursday, June 15,<br/>Noon – 1 p.m. EST,<br/>Riverview Heights<br/>Apartments, 174 Willow Dr.,<br/>Republic</p>           | <p>Tuesday, June 20,<br/>1–2 p.m. EST,<br/>Cloverland Senior Center,<br/>102 S. Cedar St., Ewen</p>               | <p>Wednesday, June 28,<br/>11 a.m. – Noon EST,<br/>Munising Senior Center,<br/>208 W. Superior St.,<br/>Munising</p> |  |

*Additional programs listed on reverse side!*



**ALZHEIMER'S  
& BRAIN**  
awareness month

## UPCOMING PROGRAMS

### Legal & Financial Planning

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. Legal and Financial Planning for Alzheimer's disease is a workshop, presented by the Alzheimer's Association, for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place.

Wednesday, June 7 & 14, Noon – 2 p.m. EST,  
Schoolcraft Memorial Hospital,  
7870 US-2, Manistique

Tuesday, June 13, 11 a.m. – 2:30 p.m. EST,  
North Woods Assisted Living,  
501 S. Lincoln Rd., Escanaba

Thursday, June 22 & 29, 12:30–2 p.m. EST,  
Garden View Assisted Living & Memory Care,  
26096 E. Elm St., Calumet

### The Basics: Memory Loss, Dementia & Alzheimer's Disease

Alzheimer's disease is not a normal part of aging. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment and much more.

Monday, June 5,  
12:30–1:30 p.m. EST,  
Luce Community Action,  
207 Newberry Ave.,  
Newberry

Tuesday, June 6,  
2–3 p.m. EST,  
Gary Abrahamson Jr.  
Memory Center,  
2635 1st Ave. S., Escanaba

Monday, June 12,  
2–3 p.m. EST,  
Ontonagon Library,  
311 N. Steel # 1,  
Ontonagon

Tuesday, June 27,  
11 a.m. – Noon CST,  
Menominee Senior Center,  
905 10th St., Menominee

Wednesday, June 28,  
7–8 p.m. EST,  
Peter White Library,  
217 N. Front St., Marquette

To register for one of our upcoming programs or for more information about other Alzheimer's Association services, please call our 24/7 Helpline at 800.272.3900 or email [helplinegmc@alz.org](mailto:helplinegmc@alz.org)

**GO PURPLE TO SUPPORT THE MORE THAN 5 MILLION AMERICANS, INCLUDING NEARLY 8,000 YOOPERS LIVING WITH ALZHEIMER'S IN HONOR OF ALZHEIMER'S & BRAIN AWARENESS MONTH**

Find out how you can become more involved at [alz.org/abam](http://alz.org/abam)

In 2017, Alzheimer's and other dementias will cost the nation \$259 billion  
By 2050, these costs could rise as high as

**\$1.1 TRILLION**



**IT KILLS MORE THAN**  
breast cancer  
and prostate cancer  
**COMBINED**



Since 2000, deaths from heart disease have decreased by 14%

while deaths from Alzheimer's disease have increased by 89%



**EVERY**



**SECONDS**

someone in the United States develops the disease

**ALZHEIMER'S DISEASE IS THE 6TH LEADING CAUSE OF DEATH IN THE UNITED STATES**



**1 IN 3**  
seniors dies with Alzheimer's or another dementia

