

## ALZHEIMER'S AWARENESS MONTH

Alzheimer's Disease is a type of Dementia, which causes memory loss and cognitive decline enough to interfere with daily life. Alzheimer's is the most common type of Dementia, accounting for 60-80% of all Dementia cases. Unfortunately, there is no cure to Alzheimer's Disease, but there are treatments that can slow down its progression, especially if it is caught early. Find out more at: [seniorliving.org](http://seniorliving.org)

### **THIS THANKSGIVING IS NATIONAL FAMILY HEALTH HISTORY DAY**

Start collecting your family's health history by using the free online tool at [familyhistory.hhs.gov](http://familyhistory.hhs.gov)



*5 Ways to Care  
for Your Brain:*

1. Drink more water.
2. Get regular exercise.
3. Eat a healthy diet.
4. Get good quality sleep.
5. Take time to relax and recharge.



### **MENTAL HEALTH CORNER** *November 13th is*

*World Kindness Day*  
Make kindness a part of your everyday routine by including intentional moments of kindness and laughter in your routine.

