

Alzheimer's Association in NC Marks June as Alzheimer's and Brain Awareness Month

Encouraging Americans to Take Charge of Their Brain Health

June activities to support 210,000 North Carolina residents living with Alzheimer's disease

This June, during Alzheimer's & Brain Awareness Month, the Alzheimer's Association - Western Carolina Chapter and the Alzheimer's Association - Eastern North Carolina Chapter are encouraging all North Carolinians to take charge of their brain health.

Today, there are nearly 7 million people aged 65 and older in the U.S. are living with Alzheimer's dementia, including more than 210,000 in North Carolina. The lifetime risk for the disease at age 45 is 1 in 5 for women and 1 in 10 for men. The brain changes that cause Alzheimer's are thought to begin 20 years or more before symptoms start, which suggests that there may be a substantial window of time in which we can intervene in the progression of the disease.

Experts believe there isn't a single cause of Alzheimer's. It's likely the disease develops as a result of multiple factors. While not a direct cause of Alzheimer's, the greatest known risk factor is advancing age. Although some risk factors like age cannot be changed, others - including physical activity, not smoking, education, challenging your mind, blood pressure and diet - may be modified to reduce a person's risk.

"Alzheimer's & Brain Awareness Month offers the perfect opportunity for North Carolina residents to take charge of their brain health," said Katherine L. Lambert, CEO of the Alzheimer's Association - Western Carolina Chapter. "We want people to know there are steps they can take to potentially reduce their risk of cognitive decline. We also want to encourage anyone experiencing memory or thinking problems to talk to their doctor. There are many possible causes - and if it is Alzheimer's disease, there are numerous benefits to getting a timely diagnosis."

During June, the Alzheimer's Association is offering these 5 suggestions to take charge of your brain health:

1) Incorporate healthy habits that may reduce the risk of cognitive decline: Research shows that adopting healthy habits may reduce the risk of cognitive decline. As many as 40% of dementia cases worldwide may be attributable to modifiable risk factors. Based on mounting scientific evidence, the Alzheimer's Association encourages individuals to incorporate these 10 Healthy Habits (alz.org 10 healthy habits) to reduce the risk of cognitive decline and possibly dementia. Whatever your age or stage of life, now is the time to take charge of your brain.

2) Learn the early warning signs of Alzheimer's and other dementia: Many people equate Alzheimer's to memory loss - and while that is one of the most common signs - there are other warning signs that can signal cognitive decline, including altered judgment, mood changes, challenges in decision-making, and planning and carrying out projects. Some memory changes can be a normal part of the aging process, but when changes start to interfere with daily living or stray drastically from the person's normal behavior, it's best to get it checked. The Alzheimer's Association offers these 10 Early Signs and Symptoms of Alzheimer's (alz.org 10 signs) to help people identify potential early warning signs of Alzheimer's or other dementia.

3) Be proactive in addressing memory and thinking problems: Studies show many individuals experiencing memory and thinking problems often put off discussing them with a doctor. A 2022 Alzheimer's Association report found that 60% of U.S. adults say they would not see a doctor right away if they were experiencing symptoms of mild cognitive impairment. Rather, they would wait until symptoms persisted, worsened or until family and friends expressed concern.

However, early detection and diagnosis of Alzheimer's and other dementia offers the best opportunity for care, management and treatment. It also provides diagnosed individuals more time to plan for the future, participate in clinical trials and to live with a higher quality of life, for as long as possible. In addition, there are now treatments that may slow disease progression for people in the early stage of Alzheimer's, making a timely diagnosis critically important. If you or a family is experiencing memory or thinking problems, it is important to get it checked. The Alzheimer's Association offers tips and resources (alz.org time to talk) to help families navigate these conversations.

4) Help accelerate disease-related research: Clinical trials hold the key to new and better Alzheimer's disease treatments. Individuals living with Alzheimer's and other dementias, caregivers and healthy volunteers are needed to participate in clinical trials that help advance Alzheimer's research. Today, approximately 55,000 volunteers are needed for more than 180 clinical trials. The Alzheimer's Association TrialMatch (alz.org trialmatch) is a free, easy-to-use service that connects interested individuals with appropriate trials.

5) Volunteer with the Alzheimer's Association: Volunteers are the key to making a difference in the lives of people facing Alzheimer's and dementia. When you volunteer with the Alzheimer's Association, you join a network of passionate people who are working to fight this devastating disease, honor loved ones, and bring care and support to those who need it. Visit alz.org volunteer.

In June, the Alzheimer's Association in North Carolina is offering local educational opportunities in conjunction with Alzheimer's & Brain Awareness Month, including:

"Healthy Living for your Brain & Body" - will take place virtually for N.C. residents as a live webinar on Saturday, June 1 from 10:30-11:45 a.m. Science is now able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

"10 Warning Signs of Alzheimer's" - will take place in Monroe, N.C. on Friday, June 7 from 10:00-11:30 a.m. and in Cornelius, N.C. on Thursday, June 27 from 11:00 a.m. - Noon. Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

"Understanding Alzheimer's and Dementia" - will take place in Cornelius, N.C. on Monday, June 17 from 6:00-7:00 p.m., in Charlotte, N.C. on Tuesday, June 18 from 11:00 a.m. - Noon, and in Albemarle, N.C. on Friday, June 21 from 12:15-1:00 p.m. Alzheimer's disease is not a normal part of aging. Learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

Additional information on these educational programs and other care and support resources or how to get involved with the Association, can be found by visiting the Alzheimer's Association - Western Carolina Chapter at act.alz.org/ncmonthlyprograms or by calling our 24/7 Helpline (800.272.3900).

Fight the Darkness of Alzheimer's on the Day with the Most Light. The Longest Day - June 20 During June, the Alzheimer's Association is also inviting North Carolina residents to participate in The Longest Day. Held annually around the summer solstice, The Longest Day invites participants to fight the darkness of Alzheimer's through a fundraising activity of their choice. Throughout the month and culminating on the summer solstice, June 20, The Longest Day participants will use their creativity and passion to raise funds and awareness for the care, support and research efforts of the Alzheimer's Association.

Participants bake, bike, hike, golf, knit, play bridge and take part in other favorite activities. Some examples of the more than 150 activities taking place across North Carolina for The Longest Day are:

• FirstLight Home Care of Greater Charlotte is hosting their annual "Longest Day Fundraiser" on Tuesday, June 4 from 4:30-6:30 p.m. at Edge City Brewery in Charlotte, N.C. Guests are invited to enjoy beer, pizza, music and a chance to win several one-of-a-kind raffle baskets. Admission is a \$25 donation at the door, which includes pizza and a drink ticket. More information at: facebook.com/FirstLightHomeCareofCharlotte.

• Providence Plantation Racquet & Swim Club (PPRSC) in Charlotte, N.C. will hold its annual "Longest Day of Tennis" on Saturday, June 22. Now in its ninth year, this daylong tournament is one of four clubs that host events as part of the "Charlotte's The Longest Day Tennis Fundraiser" during the summer. The PPRSC tournament is open to the public. Learn more at act.alz.org/TLDR or by emailing longestdaytennis@gmail.com.

• The sixth annual "Matthews Glen Longest Day 5K" will take place on Saturday, June 22 at 9:00 a.m. at Matthews Glen Retirement community in Matthews, N.C. This all-ages fun run is open to the public and is held in honor of their residents, families, and employees who have been impacted by a dementia diagnosis. For more information, email Kelly.Klotz@actslife.org.

For more information on how to host your own fundraiser for The Longest Day, visit alz.org/thelongestday.

Additional Facts and Figures: (alz.org/facts)

- An estimated 6.9 million Americans age 65 and older are living with Alzheimer's dementia, including more than 210,000 in North Carolina.
- Nationally, more than 11 million caregivers of people with Alzheimer's disease or other dementias. In North Carolina, 373,000 caregivers provide a total of 723 million hours of unpaid care, valued at a total of \$10.9 billion.
- About 1 in 9 people age 65 and older has Alzheimer's.
- Nearly two-thirds of those with Alzheimer's are women.
- Older non-Hispanic Blacks and Hispanic Americans are disproportionately more likely than older whites to have Alzheimer's or other dementias.
- Alzheimer's disease was the fifth-leading cause of death among individuals age 65 and older in 2021 (the most recent year for mortality data).

Chair Exercise Class at the Library

The Hampton B. Allen Library is hosting chair exercise classes on Thursday, June 13 and Thursday, June 27. The classes begin at 10:00a.m. in the library's Pritchett Room. Everyone is welcome.

Any questions please call 704-694-5177.

Church

JUNE 9

Anniversary Dinner

For Pastor Johnny Campbell at White Oak Grove Baptist Church in Morven, 12:30-2pm with Pastor McLendon of Fisher Hill Church in Cheraw.

Men's Day

At Pleasant Hill Missionary Baptist Church in Morven, 2:30pm with Dr. Jerry Tyson of Flat Rock Missionary Baptist Church. Info 704-294-0480.

JUNE 22

Annual Womens Day Conference

at Fairview Church of God, 10am with Pastor Dr. Anita Owens-Scott of New Direction Life Ministries.

JUNE 23 & 26 - 28

Holy Convocation

At Victory Temple Miracle Center, 1685 Morgan Sellers Rd in Wadesboro. Theme is "Above all else, pursue love!" Sun-Musical at 3:30pm. Wed-Fri nightly services 7:30pm. Come celebrate with us!

JUNE 29

Community Family & Friends Day

at First Baptist Church, Sikes Avenue in Wadesboro, 12-3pm. Lots of food, fun & health screenings. Brings your kids! Fun for all ages! All are welcome!

JUNE 30

5th Sunday Service

At House of Prayer Missionary Baptist Church, 600 Camden Road in Wadesboro, at 3pm with Dr. Louis Blakney, Jr. For info contact Pastor J. Van Clyburn or Co-Pastor Fannie Clyburn at 704-475-4643.

Events

JUNE 16

NAACP Meeting

They invited you to attend. 5pm at the HOLLA! Community Center, 229 E. Main St. in Morven. NAACP meets every 3rd Sunday of the month. For info: Sinic Marsh mrshs6@yahoo.com or 704-254-0630.

JUNE 18

Board of Commissioners Meet 6pm in Board Room, Suite 209, in Government Center, 101 S Greene St in uptown Wadesboro. Meetings are available online at youtube.com, search for Anson Commissioners. To appear, sign up prior to meeting. Info 704-994-3201.

ONGOING EVENTS

Free Food Distributed by Anson Crisis Ministries

Every Tuesday, Wednesday, Thursday & Friday, 8am-1pm. It is located at 117 North Rutherford Street in uptown Wadesboro. Telephone is 704-694-2445.

Learning Center Hours Burnsville Recreation & Learning Center, Mon-Fri 10:30-5:30pm. Computer lab (children & adults), copy service, fax service & resource library. All available to the public for a small fee.

Bridge Club 2nd Thursday each month, 1-3pm at Grace Senior Center, 199 Highway 742 South, Wadesboro, just past IGA. Info 704-694-6616.

Senior Cafe 4th Thursday each month, 2:30-3:30pm at Grace Senior Center, 199 Highway 742 South, Wadesboro, just past IGA. Info 704-694-6616.

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