

# November 2016

## Sullivan Benefits



## Alzheimer's Awareness

Every 67 seconds, someone in the United States develops Alzheimer's disease. November is National Alzheimer's Disease Awareness Month—a whole month dedicated to those living with the disease and those affected by it. This month is also devoted to finding a cure.

Alzheimer's is a progressive disease. It results in the loss of memory, social skills and other important mental functions. Although there is no cure, certain strategies can help seniors with Alzheimer's disease. In recognition of National Alzheimer's Disease Awareness Month, brush up on your knowledge and learn how you can support loved ones with Alzheimer's:

- Avoid confrontation or arguing. It is harder for seniors with Alzheimer's to express emotions and thoughts. This can result in frustration on both sides of the discussion. Realize that it may sometimes be very difficult to communicate but it is not their fault.
- Spend quality time with your loved one. This can reduce agitation and make it easier for them to sleep at night.
- Reminisce about the past. Seniors with Alzheimer's might struggle with short-term memory but can remember things that happened decades ago. Try to enjoy the memories that you both share.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Alzheimer's Disease Awareness Month – <a href="http://www.alz.org">www.alz.org</a> American Diabetes Month – <a href="http://www.diabetes.org/in-my-community/american-diabetes-month.html">www.diabetes.org/in-my-community/american-diabetes-month.html</a> COPD Awareness Month – <a href="http://www.lung.org">www.lung.org</a> Diabetic Eye Disease Month – <a href="http://www.preventblindness.org">www.preventblindness.org</a> Lung Cancer Awareness Month – <a href="http://www.lung.org">www.lung.org</a> National Family Caregiver's Month – <a href="http://caregiveraction.org">http://caregiveraction.org</a> National Healthy Skin Month – <a href="http://www.aad.org">www.aad.org</a> National Hospice Palliative Care Month – <a href="http://www.nhpco.org/hospice-month">www.nhpco.org/hospice-month</a> National Stomach Cancer Awareness Month – <a href="http://www.nostomachforcancer.org">www.nostomachforcancer.org</a>		1	2	3	4	5
6	7	8	9	10	11 <b>Veterans' Day</b>	12
13	14	15	16	17	18	19 Great American Smokeout International Survivors of Suicide Day
20 Gastroesophageal Reflux Disease Awareness Week	21	22	23	24 <b>Thanksgiving</b> National Family Health History Day	25	26
27	28	29	30	Great American Smokeout (19) – <a href="http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/index">www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/index</a> International Survivors of Suicide Day (19) – <a href="http://www.afsp.org/coping-with-suicide-loss/international-survivors-of-suicide-loss-day">www.afsp.org/coping-with-suicide-loss/international-survivors-of-suicide-loss-day</a> Gastroesophageal Reflux Disease Awareness Week (20-26) – <a href="http://www.aboutgerd.org/site/about-gerd/gerd-awareness-week">www.aboutgerd.org/site/about-gerd/gerd-awareness-week</a> National Family Health History Day (24) – <a href="http://www.hhs.gov/familyhistory">www.hhs.gov/familyhistory</a>		

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