

WORMAN'S MILL CIVIC ASSOCIATION MEETING

January 15, 2020 Clubhouse 7:00 PM

10 WARNING SIGNS OF ALZHEIMERS

Are you or a loved one living with Alzheimer's? **Alzheimer's disease** is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills, and, eventually, the ability to carry out the simplest tasks. Although Alzheimer's disease isn't an expected part of advancing age, you're at increased risk as you age. Adults over age 85 have nearly a 50 percent risk of developing this disease. You may also have an increased risk of developing Alzheimer's disease if anyone in your family has the disease. If more than one family member has Alzheimer's disease, your risk increases.

The Worman's Mill Civic Association hosted a representative from the Alzheimer's Association of Frederick, who gave a presentation on Alzheimer's and other dementias that cause memory, thinking, and behavior changes that interfere with daily living. Learn about common warning signs of Alzheimer's and what symptoms to look for in yourself and others, as well as tips on how to approach someone who is experiencing changes in their memory, also the benefit of early detection and diagnosis.