



# TAKE CARE OF YOUR BRAIN HEALTH!

- **PAGE 1: WHAT IS DEMENTIA?**
- **PAGE 2: ALZHEIMER'S DISEASE**
- **PAGE 3: MAINTAINING BRAIN HEALTH**
- **PAGE 4+5 : LOCAL RESOURCES**
- **PAGE 6: OTHER RESOURCES**
- **PAGE 7: REFERENCES**



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# WHAT IS DEMENTIA?

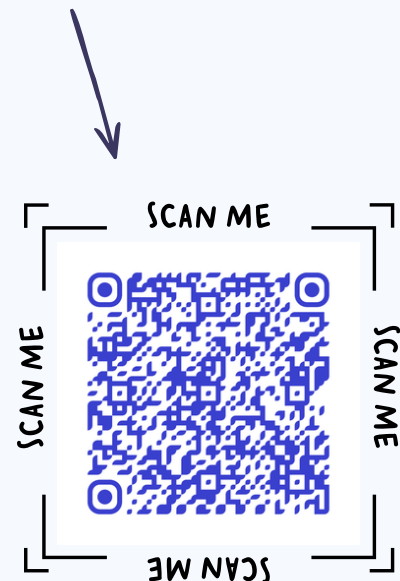
Dementia: Cognitive decline severe enough to interfere with everyday life, is an umbrella term for many different diseases

Common signs and symptoms:

- Losing track of the time of year
- Problems taking care of bills or finances
- Difficulty making conversation
- Changes in judgment and decision making



Visit the National Institute on Aging's Website here to learn more about dementia and its symptoms



# ALZHEIMER'S DISEASE

Alzheimer's is the most common cause of dementia. It is a progressive neurodegenerative disease that affects memory, thinking and behavior.

## Facts:

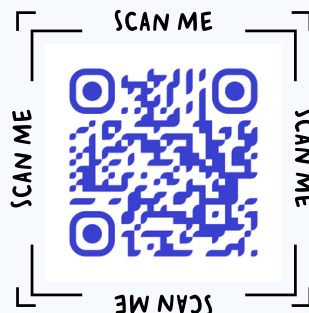
- 1 out of 9 people over 65 in the US have Alzheimer's
- Almost two-thirds of Americans with Alzheimer's are women

Find more detailed facts and figures at the Alzheimer's Association website!



## Warning Signs:

- Mood changes, increased irritability
- Trouble planning or solving problems
- Difficulty with everyday tasks



Find more local resources at the Alzheimer's of Central Alabama website!

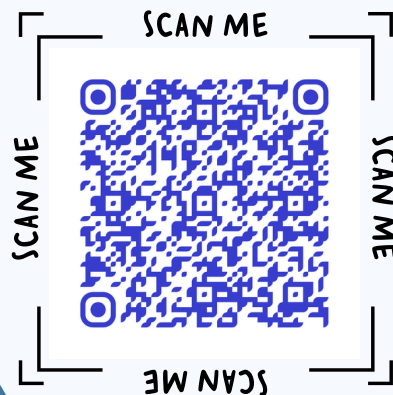
# MAINTAINING BRAIN HEALTH

Make your brain health a priority!  
Many of the risk factors for dementia and Alzheimer's disease are preventable!



## Healthy Habits

- Exercise regularly (30 minutes a day recommended!)
- Maintain a healthy, balanced diet
- Stay engaged with your family, friends, and community.
- Stay mentally active (sudoku, puzzles, and reading are all great activities to stay mentally sharp!)
- Maintain regular visits with a primary care physician.



Scan here to read about the Mayo Clinic's 8 brain health tips!

# LOCAL RESOURCES

There are many local resources available to family members and loved ones of those living with dementia and Alzheimer's.

The next two pages contain local resources to provide help on a variety of topics.

## Healthcare Resources:



- UAB Brain Aging and Memory Clinic
  - Scheduling: 205-801-8986
  - Doctors who specialize in the diagnosis and treatment of brain and memory disorders!
- United Way Jefferson County Area Agency on Aging
  - 1-800-AGE-LINE
  - The Aging and Disability Resource Center (ADRC) of United Way helps simplify finding the resources you need for older adults, their caregivers and family.



## LOCAL RESOURCES, CONT.

### Adult Day Centers:

- South Highland Adult Care Center
  - Located at South Highland Presbyterian Church
  - 205-933-2332
- McCoy Adult Day Care
  - 205-251-2178

### Caregiver Support Groups:

- Alzheimer's of Central Alabama's Coffee Talk with Miller and Vance
  - Tuesdays 11-12p CST
  - Call 205-871-8790
- Founder's Place at St. Luke's Episcopal Church
  - Tuesdays at 10:15a CST
  - Email [foundersplace@saint-lukes.com](mailto:foundersplace@saint-lukes.com)

# OTHER RESOURCES

Below are some additional resources, including books and online webinars.

“The 36 Hour Day” by Nancy L. Mace, MA & Dr. Peter V. Rabins, M.D, MPH

- Amazon
- Hoover library
- Barnes and Noble

“Understanding the Changing Brain” by Teepa Snow, MS, OTR/L, FAOTA

- Amazon
- Barnes and Noble



The Alzheimer’s Association Empowered Caregiver education series

- Teaches caregivers how to navigate the responsibilities and challenges of caring for someone with dementia. Interested? Scan the QR code!

# REFERENCES

(2024), 2024 Alzheimer's disease facts and figures. *Alzheimer's Dement.*, 20: 3708-3821. <https://doi.org/10.1002/alz.13809>

Arora S, Santiago JA, Bernstein M, Potashkin JA. Diet and lifestyle impact the development and progression of Alzheimer's dementia. *Front Nutr.* 2023 Jun 29;10:1213223. doi: 10.3389/fnut.2023.1213223. PMID: 37457976; PMCID: PMC10344607.

McGilton, K., & Boscart, V. (2011). Continuing professional development: Communication with the patient with dementia. *Nursing Standard*, 25(25), 40–46.

National Institute on Aging. (2025). 2025 NIH dementia research progress report. National Institutes of Health. [Below are some additional resources, including books and online webinars.](#)