WHAT IS MEMORY SUNDAY?

MEMORY SUNDAY, the SECOND SUNDAY IN JUNE, is a designated Sunday, within congregations serving African Americans, that provides education on Alzheimer’s: risk reduction, treatment, research studies and caregiving.

PURPOSE

The purpose of MEMORY SUNDAY is to bring national and local attention to the tremendous burden that Alzheimer’s and other Dementias are having on the African American community; to utilize the power and influence of the African American pulpit to bring awareness; to distribute the facts about Alzheimer’s; stress the importance of participation in research studies and to support persons living with Alzheimer’s and their caregivers.
Early Signs & Symptoms of Alzheimer’s & Dementia

Memory loss that disrupts daily life

Trouble problem solving and planning and doing familiar tasks like tracking monthly bills

Difficulty completing familiar everyday tasks at home, work or for fun

Confusion with time or place; Losing track of dates or seasons

Know the Signs

Recognizing the early signs of Alzheimer’s & dementia is important. Early detection can help find the best care options and maintain independence longer

Memory

Trouble problem solving and planning and doing familiar tasks like tracking monthly bills

Planning

Difficulty completing familiar everyday tasks at home, work or for fun

Daily Task

Confusion with time or place; Losing track of dates or seasons

Time

Know the Signs checklist from The Alzheimer’s Association

https://www.alz.org/alzheimers-dementia/10_signs

Vision

Having vision problems that make it difficult to read, judge distance and color

Language

Trouble following conversations or finding the right work; Calling things the wrong name

Social

Withdrawal from social and work activities

Mood

Become confused, depressed, or anxious; easily upset or lashing out at others

Adapted from “Know the 10 Signs” checklist from The Alzheimer’s Association

https://www.alz.org/alzheimers-dementia/10_signs