

# Utilizing the Power and Influence of the African American Pulpit



## MEMORY SUNDAY

### 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.

**SAVE  
THE  
DATE**

Every 2nd  
Sunday in June

## MEMORY SUNDAY

[#memorysunday](https://twitter.com/memorysunday)

[www.balmingilead.org/memorysunday](http://www.balmingilead.org/memorysunday)

# Early Signs & Symptoms of Alzheimer's & Dementia

Memory loss that disrupts daily life

## 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

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



## VISION

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



## LANGUAGE

Trouble following conversations or finding the right words; 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