



THE BRAIN HEALTH CENTER FOR

AFRICAN AMERICANS

A Program of The Balm in Gilead

MEMORY SUNDAY

JUNE 12, 2022

A FOCUS ON ALZHEIMER'S DISEASE
AND ITS IMPACTS WITHIN THE AFRICAN AMERICAN COMMUNITY

RESOURCE TOOLKIT

PRESENTED BY



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ACKNOWLEDGEMENT

MEMORY SUNDAY:

An Alzheimer's & Caregiving Awareness Campaign for African American Churches

The National Brain Health Center for African-Americans is implementing Memory Sunday: An Alzheimer's & Caregiving Awareness Campaign for African American Churches on the second Sunday of June.

The Book of Alzheimer's for African American Congregations and the concepts of Memory Sunday were originally developed by the African American Dementia Outreach Partnership (AADOP) at the University of Kentucky's Sanders-Brown Center on Aging. The University of Kentucky, Sanders-Brown Center granted permission to The Balm In Gilead to adapt and utilize all materials related to Memory Sunday campaign, including the Book of Alzheimer's for African American Churches.

Permission is granted to adapt this initiative, designed as a local initiative in the State of Kentucky, for a national Alzheimer's awareness campaign targeting African Americans across the United States. The Balm In Gilead wishes to acknowledge the University of Kentucky, Sanders-Brown Center on Aging as the developers of the original Book of Alzheimer's and the development of Memory Sunday as a local effort in the State of Kentucky. Further, The Balm In Gilead wishes to thank the University of Kentucky, Sanders-Brown Center for its collaborative partnership to support the advancement and fulfillment of mutual goals related to Alzheimer's Disease and cognitive health issues among African Americans. The Balm In Gilead also wishes to thank all persons that contributed to the original guide and all of its success thus far.

Now in its sixth year of bridging the gap between the faith community and public health to increase awareness in the African American community about Alzheimer's and overall cognitive health, we want to take this opportunity to acknowledge our partners Us Against Alzheimer's, HFC (formerly known as Hilarity for Charity), CARE Research Center at Massachusetts General Hospital, Alzheimer's Association, and the thousands of congregations for their continued support to shine a light on the inequities in brain health awareness, care, and research.

The Balm In Gilead's National Brain Health Center for African Americans (NBHCAA), is the new home for The Book of Alzheimer's for African American Congregations, Memory Sunday and all related materials. The National Brain Health Center for African Americans (NBHCAA) is a training institute and online resource center designed to raise awareness of the issues of cognitive health among African Americans by working through existing networks of faith-based health awareness ministries/programs and by establishing new collaborations with academic institutions and organizations such as the National Black Nurses Association, National Medical Association, AARP and others.

The Balm In Gilead invites all organizations and individuals who desire to join our efforts to contact us at: info@balmingilead.org

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 attention to the tremendous burden that Alzheimer's and other Dementias are having on the African American community. Memory Sunday will utilize the power and influence of the African American pulpit to bring awareness through education and information sharing about Alzheimer's disease, raise awareness about ways to reduce the risk of developing dementia; and to support persons living with Alzheimer's and their caregivers.

Memory Sunday promotes national mobilization and education of faith communities to take a greater role in increasing the awareness and understanding of Alzheimer's, supporting persons living with Alzheimer's, and their caregivers.

Our Toolkit Includes:

- ✓ Guide for Understanding Cognitive Assessments
- ✓ Guide on Creating a Caregiver's Retreat
- ✓ Caregiver and Family Resources
- ✓ Guide to Brain Health Advocacy & Policy Engagement
- ✓ Pastoral Resources
- ✓ Social Media and Communication Guide for Memory Sunday

FOR MORE INFORMATION AND RESOURCES

Please visit www.balmingilead.org/memorysunday and register your congregation and/or organization today!

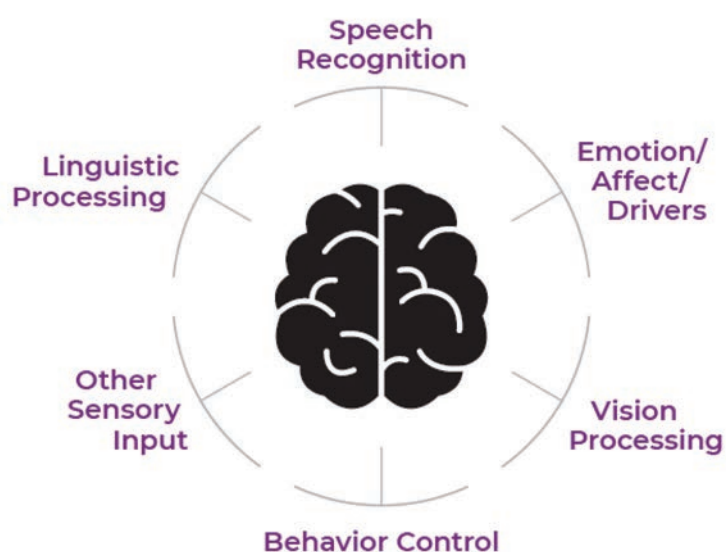
UNDERSTANDING THE IMPORTANCE OF COGNITIVE ASSESSMENTS

THE REALITIES OF ALZHEIMER'S & BRAIN HEALTH AMONG AFRICAN AMERICANS

African Americans consistently face disparities in early diagnosis, access to care, and supportive services. Research suggests that these inequities result in delayed engagement of minority individuals with healthcare systems leading to African Americans & Latinos being diagnosed at later stages of dementia. Engagement with faith-based and community organizations is imperative to addressing these disparities. This component of the Memory Sunday Toolkit includes information to share with congregation about cognitive assessments, which are essential tools in early diagnosis.

WHY DO WE NEED TO CHECK OUR BRAINS?

Many Americans dismiss the early warning signs of Alzheimer's, believing that these symptoms are a normal part of aging. This is of even greater concern for African Americans, who are two times more likely to develop late-onset Alzheimer's disease than whites and less likely to have a diagnosis of their condition, resulting in limited care options & time to plan. This increases the importance for families and faith leaders to be able to recognize the decline in cognitive ability early. Data and research also shows that African

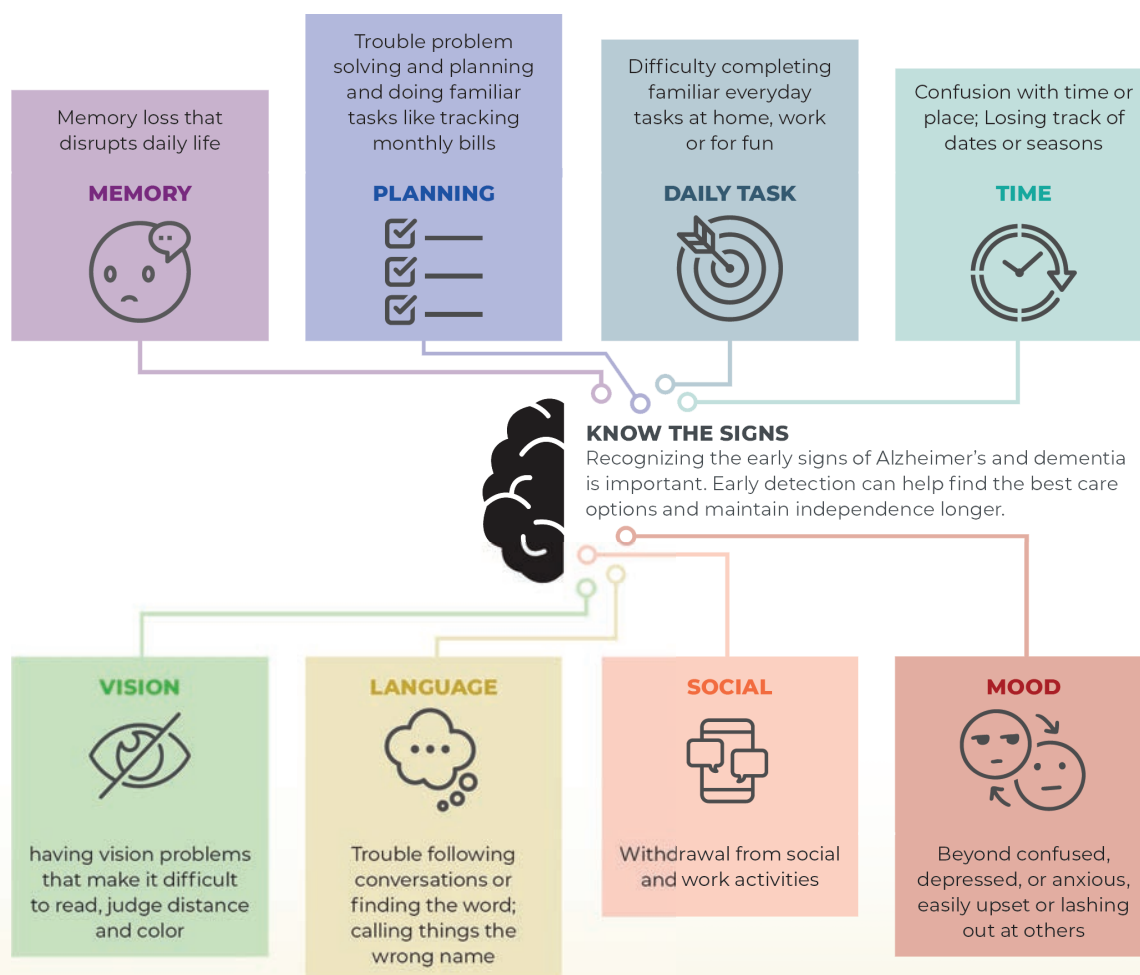


Americans are self-reporting memory problems that have gotten worse over the past year or subjective cognitive decline. These individuals are also impacted by other illnesses such as diabetes and high blood pressure, adding to the overall burden of healthcare needs and cost. Faith leaders and congregations can help address these challenges by raising awareness about Alzheimer's disease and dementia and the need to speak with a healthcare provider when there are concerns about cognitive decline or memory loss.

UNDERSTANDING THE IMPORTANCE OF COGNITIVE ASSESSMENTS

WHAT IS A COGNITIVE ASSESSMENT?

A cognitive assessment or memory screening is a safe, cost efficient medical assessment used by providers and clinicians that can evaluate cognitive function when a patient or their loved one reports signs of memory or cognitive decline. If these assessments indicate changes or decline in a person's cognitive ability, they can be helpful in helping providers determine appropriate care options. Screening instruments, based on the method used can be completed in as little as five minutes. Memory screenings and other cognitive assessments are conducted by trained individuals in various healthcare settings and are recommended to include in annual wellness visits for Medicare beneficiaries. They can help to identify early signs of cognitive decline and support earlier diagnosis and care by your physician. It is important for faith leaders and their communities to talk with their provider about the early signs and symptoms of cognitive decline.



TYPES OF COGNITIVE ASSESSMENTS

MINI-COG 3 ASSESSMENT

There are several types of memory screening exams used by healthcare professionals. One of these screenings is called the "Mini-Cog." This type of memory screen is a three-minute test that can demonstrate the detection of cognitive impairment in mature adults with 80% accuracy. It consists of two components, a three-item recall test for memory and a simply scored clock-drawing test. *(See examples below)*

Possible Memory Decline

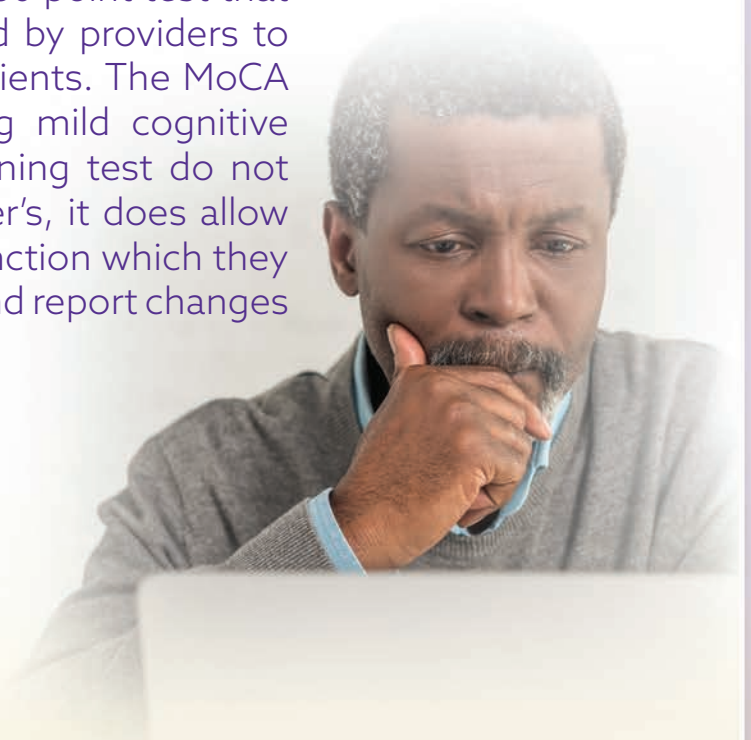


Normal Memory Recall



MONTREAL COGNITIVE ASSESSMENT TOOL

Another type of memory screening is a Montreal Cognitive Assessment Tool also known as (MoCA), a 30 point test that takes about 10 minutes and is widely used by providers to check for cognitive impairment in their patients. The MoCA shown to be 90% effective in identifying mild cognitive decline. While the MoCA and other screening test do not definitely diagnosis problems like Alzheimer's, it does allow individuals to get a baseline of cognitive function which they can use to assess their memory over time and report changes to their doctor or loved ones.




WHAT DO I DO IF SOMETHING IS WRONG?



If your cognitive assessment results suggests there is a concern regarding your memory or cognition, your provider or healthcare professional will talk with you and your loved ones about next steps. Some mild cognitive decline is attributed to modifiable factors such as medication interactions or underlying health conditions, that once corrected will improve your memory and cognitive function. Congregations and other community organizations are strongly encouraged to partner with local healthcare providers and supportive services for healthy aging to increase awareness about cognitive health, learn ways to reduce risk, and access available resources for persons diagnosed with dementia or Alzheimer's disease and their caregivers. Memory Sunday efforts help to stress the importance of talking with providers and working with the healthcare system to support optimal brain health function across the lifespan. Faith leaders can be champions and support "Check-up from the Neck Up" efforts in healthcare. Early detection is important and reduces anxiety about unknown problems.

ADDITIONAL RESOURCES & INFORMATION

There are a variety of resources and education regarding cognitive assessments. If you are interested in learning more information on memory tools, trainings, and other resources we encourage you to speak with your healthcare provider or contact the local chapter of The Alzheimer's Association for assistance. www.alz.org



THE LORD IS MY LIGHT AND MY
SALVATION; WHOM SHALL I FEAR?
THE LORD IS THE STRENGTH OF MY
LIFE; WHOM SHALL I BE AFRAID?

PSALM 27: 1

MEMORY SUNDAY

CREATING A CAREGIVERS' RETREAT

CAREGIVERS NEED LOVE TOO!

In 2019, caregivers of persons living with Alzheimer's or other dementias provided an estimated 18.6 billion hours of informal, unpaid support that is valued at more at an estimated \$244 billion. African-American & Latino caregivers report spending more time providing intensive care for loved ones compared to their white or Asian American counterparts. Creating safe and culturally-centered spaces for caregivers is a cornerstone of Memory Sunday. Local congregations and community partners can partner in unique and creative ways to offer support, education, and resources to caregivers and family members that lessen the burdens of care-giving.

WHAT CAN CHURCHES DO FOR CAREGIVERS?

The faith community can play a major role in the lives of caregivers. Churches might identify health care providers and special volunteers to begin education programs and support services that aid the caregiver. *They might also consider the following:*

- Host support groups and other educational events
- Develop a church respite program
- Offer alternative shorter services or home-visits to accommodate patient and caregivers
- Develop an adult day care program, if needed
- Utilize the services of early stage persons to keep them involved in church activities
- Encourage retired nurses
- Encourage congregation to adopt a healthier life style
- Encourage church leaders to learn about Alzheimer's disease and dementia
- Plan and host retreats for caregivers
- Build a relationship with the local Alzheimer's Association

CREATING A CAREGIVERS' RETREAT



ALTER™
INSPIRING AND EQUIPPING FAITH COMMUNITIES

THE ALTER PROGRAM

A great program for local churches and congregations to consider is the Alter program. The Alter Program is the guiding light for churches and caregivers to keep the spiritual connection strong and vibrant with those living with dementia and works with churches to create dementia-friendly faith villages.

The Alter program's mission is to inspire and equip faith-based organizations anchored in African-American communities to better support families affected by dementia and create Alter Champions. An Alter Champion is one that accepts and values people regardless of cognitive abilities; ensures that people living with dementia and their caregivers/care partners are supported through their journey; makes sure that people living with dementia and their caregivers/care partners are spiritually and pastorally supported and nurtured, and is supportive to what people living with dementia have to offer so that they may participate in their faith community.

Neither the Alter program nor any of its associated program activities mentioned in this toolkit are funded by The Balm In Gilead or its National Brain Health Center for African Americans. These activities are also not funded or supported by CDC. Information is being shared solely for educational purposes to local congregation and faith leaders.

CREATING A CAREGIVERS' RETREAT

A major first step for churches might be to host a "Caregivers Retreat" in which caregivers can have the opportunity to take a break from their caregiving duties. Faith-based institutions can provide relief to congregants who are caregivers by providing respite, a short period of rest that will not only rejuvenate their mind but also revitalize caregivers' spiritual wellbeing. This could be an event held at the church or other community venues. The word "retreat" does not necessarily mean leaving the walls of the church. Resources can be provided to create a relaxing and informative get-away for caregivers. For example, there may be church members or members in the community who have experience in gardening, cooking, massage therapy, and would be willing to donate to their church family. The retreat could be an evening, half-day, one day, or weekend event. The occasion should provide an opportunity for caregivers to have conversations with liked-minded people who understand what the caregiver is experiencing. It does not have to be grand to be great and sometimes the simplest gesture can bring the greatest reward.

THINGS TO CONSIDER WHEN PLANNING A RETREAT FOR CAREGIVERS

- Engage sponsors (home health agencies, senior service providers)
 - Use volunteers or church food ministry to provide refreshments
 - Advertise the event throughout the community
 - Include group discussion activities (breakout sessions by age, role, or topics)
 - Share caregiving tips about meal preparation
 - Provide respite so the caregiver can focus
 - Invite speakers or use church members with expertise in areas such as the following areas:
- | | |
|------------------------------------|-------------------------------------|
| • Alzheimer's disease awareness | • Diabetes and Alzheimer's |
| • Elder care law | • Healthy Eating |
| • Financial planning | • Oral Health Care |
| • Caregiving techniques | • Understanding difficult behaviors |
| • Healthy Living for the Caregiver | in Alzheimer's |
| • Community resources | |

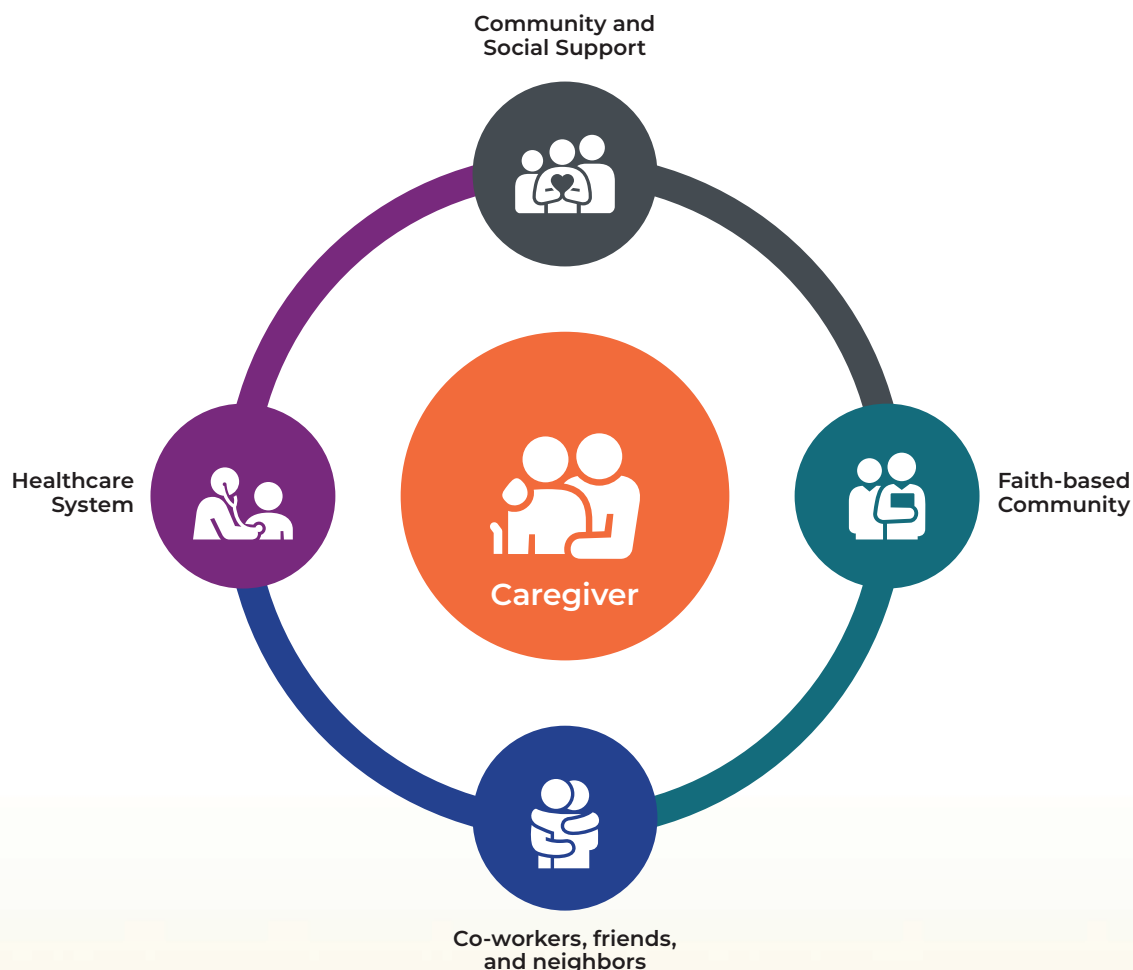
Get feedback about the event from participants to make sure their needs and concerns are being addressed. This keeps the church engaged and responsive to the needs of the community.

WHAT THE CONGREGATION CAN DO?

IT TAKES A VILLAGE...

Far too often caregivers struggle when faced with the many challenges they encounter while providing care for a loved one. Many African American caregivers feel that they are alone; others experience burnout, while many others succumb to personal illnesses due to increased stress and exhaustion.

A good support system with family members, friends, community and faith based organizations, coupled with strategic planning can make all the difference in managing stress when caring for a loved one with cognitive impairment (Alzheimer's disease, memory loss). A good support system not only provides access to help and services beneficial to the person with dementia, but is key to providing the assistance caregivers need.



RESOURCES AND SERVICES GUIDE FOR ALZHEIMER'S & AGING

NATIONAL ASSOCIATION OF AREAS ON AGING (www.n4a.org)

Contact the local office of your Area Agencies on Aging (AAA). Area Agencies are regional offices that facilitate and support the development of programs to address the needs of older adults. They have Family Caregiving Specialist (FCS) who can help you find solutions to caregiving challenges. *Services specifically for caregivers include:*

- Respite services
- Home-delivered meals
- Meals for groups
- Adult day services
- Care management
- In-home aide services
- Information services for assistance
- Transportation services
- Respite services
- Home-delivered meals
- Meals for groups
- Adult day services

ALZHEIMER'S ASSOCIATION (www.alz.org/care)

The Alzheimer's Association is the leading voluntary health organization that focuses on Alzheimer's care, support and research. They provide several online programs to help caregivers find additional tools for making decisions and care.

AARP

AARP offers courses for caregivers to increase their caregiving ability. Find more information at: aarp.org/caregiving

An AARP Caregiving App that brings your caregiving tools right to your smartphone
carezone.com/aarp

NATIONAL ALLIANCE FOR CAREGIVING (www.caregiving.org)

Established in 1996, National Alliance for Caregiving (NAC) is dedicated to improving quality of life for friend and family caregivers and those in their care, by advancing research, advocacy, and innovation.

NAC recognizes that families provide important societal and financial contributions toward maintaining the well-being of those in their care.

Beyond its work in Washington, NAC works to enhance the capacity of the caregiving movement. NAC provides technical assistance to a national network of caregiving coalitions representing nearly 30 states and localities in the United States and serves as Founder and Secretariat for the International Alliance of Carer Organizations (IACO).

HFC - CAREGIVER RESPITE GRANT PROGRAM (wearehfc.org/caregiving-programs)

HFC is providing exceptional in-home care relief to families contending with Alzheimer's. The HFC In-Home Care Grant relieves caregivers and gives them time to rest, recharge and focus on their personal and professional life.

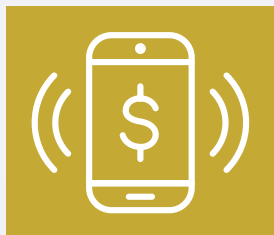
US AGAINST ALZHEIMER'S BRAIN GUIDE™ (mybrainguide.org/about)

It's never too late to take action on brain health. BrainGuide is a first-of-its-kind platform that empowers people with knowledge and resources to take the best next steps in managing their own or a loved one's brain health. BrainGuide helps people get started with confidence, wherever they are, in their brain health journey.

The BrainGuide memory questionnaire does not provide a diagnosis, but it can help guide you toward information and resources that inform the next best steps you or a loved one can take. No information is recorded or shared with anyone other than the person completing the questionnaire. The BrainGuide memory questionnaire can be completed as a self-administered questionnaire or filled out by a caregiver or someone close to you. Questionnaires are not recorded or shared with anyone other than the individual completing the questionnaire.

ADDITIONAL RESOURCES & INFORMATION

FINANCIAL RESOURCES & TOOLS



Every day in America, millions of people are stepping into the role of caregiver for their loved ones and family members. This role can be challenging and create a burden on your finances and resources.

Being prepared and having an understanding of the resources available to those living with cognitive health issues and their families is essential to ensure financial security and stability.

BUDGETING & FINANCIAL PLANNING

“Financial Steps for Caregivers: What You Need to Know About Protecting Your Money and Retirement” is a great resource that provides information and tips to caregivers on how understanding the cost of caregiving and how to plan for it in with a realistic approach.

For more information about financial planning visit:

www.wiserwomen.org

COVERING THE COST OF CARE & TREATMENT

“Money Matters” is a brochure from our partners at the Alzheimer’s Association that provides information for caregivers and those living with dementia on how to identify resources to help cover the cost of care and treatment like Medicaid, managed care options, and other financial options.

For more information visit the Alzheimer’s Association at:

www.alz.org



LEGAL RESOURCES & TOOLS

When illness or disease strikes, a loved one knowing what legal documents you may need is important. Having these documents accessible and tailored to meet the needs of the family and the person living with dementia or other debilitating diseases can help to save time and reduce stress.

WILLS AND POWER OF ATTORNEY

“Legal Plans: Assisting a person with dementia in planning for the future” This is another great resource from our friends at the Alzheimer’s Association that discuss how to navigate legal issues and challenges for someone with dementia or cognitive disability. It provides information about legal ability, consent, and how to identify and secure legal documents needed to help care for your loved ones as they age or their illness progresses.

For more information this resources and others visit:
www.alz.org

ADVANCED MEDICAL DIRECTIVES

“Advanced Directives: A Family Caregiver’s Guide” – This guide from United Hospital Fund provides information about advanced directives and legal implications related to the actual medical care and services being provided to your loved one. It helps caregivers plan ahead for long-term and end of life care that may be needed for their family member(s).

For more information visit: www.nextstepincare.org



COMMUNITY SUPPORT & SERVICES

Caregivers have an unimaginable level of responsibility and they need to have the support of their family, the community, and others to help reduce stress, prevent burnout, and to be successful in caring for their loved ones living with dementia or other debilitating diseases like epilepsy and stroke.

CARE COORDINATION

The Care Coordination Guide created by the United Hospital Fund is a great tool for caregivers. It provide realistic tools and information on how to manage and coordinate the duties and demands of caregiving.

For more information and other resources visit:

www.nextstepincare.org

ELDERCARE AND OTHER SERVICES

Meal services, transportation, or just someone who can give caregivers a much-needed break is necessary and can be challenging to find if you don't know what's available in your area.

The Eldercare Locator is a great tool to find these services and other in your local community to provide assistance to caregivers and their loved ones.

For more information and other resources visit:

www.eldercare.gov



TAKING CARE OF YOURSELF

Taking care of yourself is vital to meet the demands of caring for your loved one. Staying active, eating healthy, and getting rest are all ways to be a good caregiver.

OPTIONS TO GET ACTIVE

Physical activity helps to increase your energy levels and is a great way to also reduce stress. **The National Institute on Aging's "Go4Life"** guide provides some quick tips on how both caregivers and their loved on

ASSESSING YOUR OWN HEALTH

Some studies show that more than 50% of caregivers report a decline in their own health making it harder to care for their loved ones. This Caregiver Health Self- Assessment is a great tool to see where you are and if it's time to see your provider so that you can maintain the health of you and your family.

See more videos and resources at: www.caregiving.org



CLINICAL STUDIES & RESEARCH

THE CARE RESEARCH CENTER

The CARE Research Center at Massachusetts General Hospital develops innovative research projects assessing the accessibility and accrual rates to clinical trials, particularly for underrepresented groups.

In addition, CARE works with community nonprofit organizations, individual study teams, research departments and institutions, and clinical trial networks to create accessible, inclusive study designs

We additionally offer limited research consultations for nonprofit organizations seeking to investigate research questions of their own or build scientific infrastructure into their organizations. Our services include:

- Support for study design
- Biostatistical support
- Community recruitment and engagement
- Submission guidance, particularly for federal grants

Consultation requests can be submitted through the:
www.massgeneral.org/research/division-clinical-research



intuition
a brain health study

About Intuition: A brain health study

Intuition is a virtual research study sponsored by Biogen, in collaboration with Apple, for participants between the ages of 21 and 86. By joining us, you can help researchers investigate the role an Apple Watch and iPhone could play in measuring changes in thinking and memory in adults, as well as studying longer-term changes in brain health. Some of these changes in brain health may occur normally as we age, while others could be an early indicator of certain forms of dementia, such as Alzheimer's disease. This study, therefore, may be an important step toward better understanding overall brain health.

Why participate in Intuition?



You can earn an Apple Watch, plus up to an additional \$260 in gift cards or charitable donations



Brain health research is important for everyone – you, your family, and your community



You can help us learn more about how we can measure thinking and memory, as well as study longer-term changes in brain health



Participation is entirely virtual – this means study activities are mostly completed right in the Intuition iPhone app and sometimes on a computer or iPad

Who can participate in Intuition?

For the study to be successful, it's important we have the participation of people from all walks of life and backgrounds – this means people of different ages, genders, races, ethnicities, and education levels. That's because every brain is different, and each person's contributions make the study's findings that much more meaningful.

To be eligible, you must:



Be 21 to 86 years of age



Have and use an iPhone 8 (released in fall 2017) or later



Have access to Wi-Fi or hardwired internet



Have an active email address



Have a compatible computer (Mac or Windows) or iPad



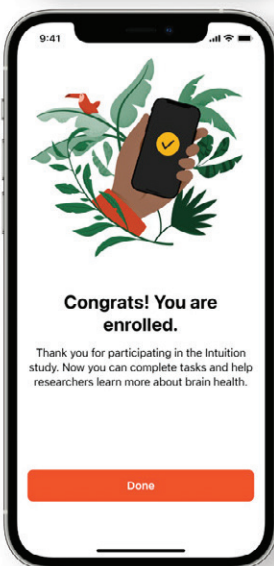
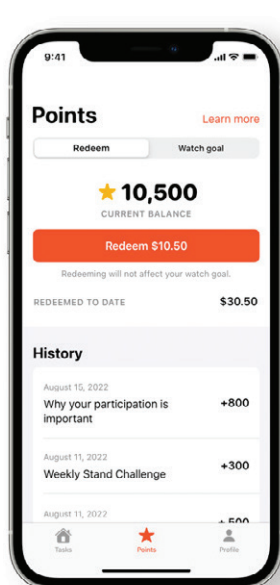
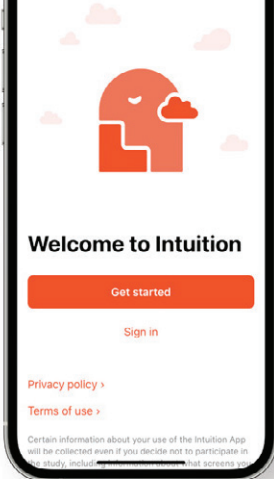
Live in the United States



Be willing to wear an Apple Watch, which will be provided to you, on a daily basis

Biogen-131103

IntuitionStudy.com/advancedresearch



How to get started in Intuition

Participation in the study will last up to 2 years. Participating in the study is entirely virtual and has been designed to fit in alongside your daily activities. On average, we are asking for you to contribute just over an hour a month of your time to help with brain health research. You can earn the ability to keep the Apple Watch, and up to an additional \$260 in gift cards or charitable donations, in the process.

There are three main steps that will need to be completed to get started in the study:

Step 1: Download the Intuition app on your iPhone

Step 2: Enroll in Intuition

Step 3: Participate from where you are

Get started today!

If you're interested in being a part of this important research, visit IntuitionStudy.com/advancedresearch to learn more or start by downloading the Intuition app and completing the enrollment questions. By participating in this study, you can contribute to a greater understanding of brain health – knowledge that has the potential to benefit you, your family, and your community in the future.



The quickest way to sign up is to open your camera app on your iPhone to scan this QR code, which will take you to the Intuition app page in the Apple App Store to download it. Or instead, you can open the App Store on your iPhone and search for “Intuition.”



Fact Sheet_US-ENG_V1.0_09SEP2021
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IntuitionStudy.com/advancedresearch

PASTORAL RESOURCES: SCRIPTURAL REFERENCE AND LITURGICAL RESOURCE

In moments of dealing with loved ones who are living with Alzheimer's disease, it is key to stand firm on the foundation of your faith during these challenging times. Alzheimer's disease not only affects the patient, but it also affects the family. The emotional, social, and financial costs of caring for someone living with Alzheimer's are insurmountable. Persons who are caregivers also often risk their own health in order to care for the patient at home.

WHAT CAN THE FAITH COMMUNITY DO?

The faith community can be a source of strength and support for the caregivers and family.

- ✓ Meals can be provided, errands can be run, a listening ear can be offered, and intercessory prayer can be rendered continually.
- ✓ For the patient, the church's liturgical life, either during the complete liturgy or in the form of isolated hymns or prayers presented in the context of receiving Holy Communion outside of the liturgy, can provide a connection to familiar times and places.
- ✓ Repetitive reciting of familiar bible verses like "The Lord's Prayer" or singing familiar hymns can bring the Alzheimer patient to a point of remembrance of their faith and past religious experiences.

CARING FOR A LOVED ONE WITH ALZHEIMER'S CAN BE AN OVERWHELMING ACCOMPLISHMENT

Be strong and courageous, and do the work. Do not be afraid or discouraged, for the Lord God, my God, is with you. He will not fail you or forsake you until all the work for the service of the temple of the Lord is finished.

(1 Chronicles 28:20)

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him and he will make your paths straight.

(Proverbs 3:5-6)

Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

(Psalm 51:10-12)

I lift my eyes to the hills—where does my help come from? My help comes from the Lord, the Maker of heaven and earth.

(Psalm 121:1-2)

I thank Christ Jesus our Lord, who has given me strength, that he considered me faithful, appointing me to his service.

(1 Timothy 1:12)

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

(Matthew 11:28-30)

Cast all your anxiety on him because he cares for you.

(1 Peter 5:7)

Whatever you did for one of the least of these brothers of mine, you did it for me.

(Matthew 25:40)

The Lord is good to those whose hope is in Him, to the one who seeks him; it is good to wait quietly for the salvation of the Lord.

(Lamentations 3:25-26)

Since my youth, O God, you have taught me, and to this day I declare your marvelous deeds. Even when I am old and gray, do not forsake me, O God, till I declare your power to the next generation, Your might to all who are to come.

(Psalm 71:17-18)

Speak up for those who cannot speak for themselves, for the rights of all who are destitute, speak up and judge fairly; defend the rights of the poor and needy.

(Proverbs 31:8-9)

Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer.

(Psalm 19:14)

PLEASE FIND STRENGTH, COMFORT AND INSPIRATION IN THESE UPLIFTING BIBLE VERSES FOR CAREGIVERS.

PRAYERS THAT COMFORT

Prayer for Persons Suffering with Alzheimer's Disease

Loving God, Healer and Comforter,

We pray for those who suffer from Alzheimer's. In the days of changing memory and memory loss, be with them. Bless their families that surround them with love and patience. Give them peace, security and safety as within their dwelling places. Even in moments of uncertainty, we ask for your divine guidance and strength. Be the balm in Gilead to heal all of their infirmities.

In Your name we pray,
Amen.

Prayer for Caregivers of People with Alzheimer's Disease

Lord, we pray today the selfless people who care for men and women living with Alzheimer's. You know how difficult the work is, how limited the resources are, and how heavy the burden is. We ask You for strength in their weakest and most vulnerable moments.

Continue to give them assurance that You are wrapping your loving arms around them as they care for those individuals that they have loved for so long who may not be able to reciprocate the same love. Fill their hearts with your goodness and comfort, and their souls with love. Help them find ways to rest and take care of themselves. Give them peace in times of doubt, calm every fear and dry their eyes when tears began to fall.

Remind them that You are the ultimate Father who does all things well.
In Jesus Name,
Amen

RESPONSIVE READINGS FOR WORSHIP

Opening Litany: Psalm 130

Healing God, we come together in our brokenness,
to call to you in your mercy, to make us whole again.

Wholeness-giving God, listen to our prayers, we pray.

Restoring God, we gather to worship you, even as
we hopefully seek to be renewed and restored again.

God, our Quiet-Centre, listen to our prayers this day.

Foundational God, we come to praise and thank you!
In the depths of your Holy Being we find peace and rest.

God – our Beginning and our End, we hope always in you. Amen.

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Healing for the World

O God of all creation, you have fearfully and wonderfully fashioned us and breathed your life into us; from the crown of our heads to the soles of our feet, Lord, Reign.

Reign in us, Precious Savior, Reign.

As the Great Physician who healed the woman at the well, you are the same Wonder who finds us in the uttermost parts of the world to heal us—mind, spirit, and body.

Awesome Healer, rescue and deliver, even now.

As the Master Potter and Crafter who takes broken things and mends them back together again, melt us and mold us into the restored children, women, and men that you have destined us to be. Providing Shepherd who charts the path ahead of us, who both precedes and follows us, place your hand of blessing on our heads and shepherd our souls. We find refuge and rest in your care.

We bless your Holy Name and we praise you for being the God who heals not only our bodies but also our souls.

RESPONSIVE PRAYER FOR HEALING AND WHOLENESS

BY EDWARD FUDGE

Leader	Let us name before God those for whom we offer our prayers.
People	[Spontaneously name those for whom you now wish to intercede in prayer.]
Leader	God, Our Healer, your will for all people is health and salvation. We praise you and thank you, O Lord.
People	Son of God, you came that we might have life, and have it more abundantly. We praise you and thank you, O Lord.
Leader	Holy Spirit, you make our bodies the temple of your presence. We praise you and thank you, O Lord.
People	Lord, grant your healing grace to all who are sick, injured, or disabled, that they may be made whole. Hear us, O Lord of life.
Leader	Grant to all who seek your guidance, and to all who are lonely, anxious, or despondent, companionship, knowledge of your will, and an awareness of your presence. Hear us, O Lord of life.
People	Mend broken relationships, and restore those in emotional distress to soundness of mind and serenity of spirit. Hear us, O Lord of life.
Leader	Bless physicians, nurses, and all others who minister to the suffering, granting them wisdom and skill, sympathy, and patience. Hear us, O Lord of life.
People	Give to the dying peace and a holy death, and uphold by the grace and consolation of your Holy Spirit those who are bereaved. Hear us, O Lord of life.
Leader	Restore to wholeness whatever is broken by human sin: in our lives, in our nation, and in the world.
	Hear us, O Lord of life.
People	You are the Lord who does wonders. You have declared your power among the peoples.
Leader	With you, O Lord, is the well of life, and in your light we see light.
People	Hear us, O Lord of life. Heal us, and make us whole.
Leader	Almighty God, giver of life and health: send your blessing on all who are sick, and on all who minister to them, that all weakness may be vanquished by the triumph of the risen Christ, who lives and reigns forever and ever.
All	Savior of the world, by your cross and precious blood you have redeemed us. Save us and help us, we humbly pray, Amen.

SOCIAL MEDIA GUIDE & INFORMATION

Today, social media platforms like Facebook, YouTube and Twitter provide communities and congregations with a powerful tool to disseminate health messages and connect with the community.

As a component of Memory Sunday, congregations and others from the community can use social media to do the following:

Share Alzheimer's and cognitive health information to members of your church and the community.

Maximize existing networks to facilitate information and resource sharing to support caregivers.

Connect and engage with your church and the community to raise awareness about Alzheimer's disease and the importance of clinical studies.

Empower people to make safer and healthier decisions.

Use the hashtags #brainhealthaa, #MemorySunday and #thebalmingilead so we can track your social media promotion. We encourage you to customize your social media messaging as much as possible to bring more awareness to Alzheimer's disease, dementia and what we can do to #BeBrainHealthy

Follow/Like Balm In Gilead Social Media Handles:
@thebalmingilead and @brainhealthaa

MEMORY SUNDAY 2022

SOCIAL MEDIA GUIDE & INFORMATION

Sample Social Media Post: For IG, FB, and/or Twitter

Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily task. Alzheimer's disease accounts for 60 to 80 percent of all dementia cases. Join us this Memory Sunday on June 13th and join the fight against #Alzheimers #MemorySunday

Alzheimer's Disease is the 6th leading cause of death. It kills more than breast cancer and prostate cancer combined! Join us starting June 7th on our road to #MemorySunday to bring awareness to this incurable disease! Participate in live social media events featuring celebrity guest, public health experts and information on what you can do in your community.

Heart health is #BrainHealth! Activities like exercising, staying hydrated, and eating healthy foods are good for both the heart and the brain. Like @brainhealthaa to learn more about ways we can be #BrainHealthy and reduce our risk of dementia.

Alzheimer's is the most common type of dementia, affecting more than 5 million people in the U.S. #MemorySunday is June 13th join us as we bring awareness to Alzheimer's in our community #brainhealthaa

Sample Social Media Post: For IG, FB, and/or Twitter

1 in 3 seniors dies with Alzheimer's or other dementias. #MemorySunday #brainhealthaa Join @thebalmingilead on our road to #MemorySunday to learn more about what we can do to raise awareness about this irreversible disease.

Every 66 seconds someone in the United States develops Alzheimer's Follow @brainhealthaa to Know the signs Get Educated & Support Caregivers #MemorySunday #brainhealthaa

#Caregivers Matter! Stress is a major challenge for caregivers, download a copy of our #MemorySunday toolkit to learn how you can better support them!

Chronic health conditions like #diabetes can significantly increase our risk for developing #Alzheimer's Lifestyle changes to our diet and activity level can help reduce this risk. #brainhealthaa

Did you know approx. 75% of your brain is made up of water! Staying hydrated is a great way to #BeBrainHealthy #MemorySunday

FOR IMMEDIATE RELEASE: Radio/TV Media Outlets PSA, FIFTEEN (15) SECONDS

{Date the announcement can first be made} Through {Date it should last be made}

CONTACT

{Contact Name}

{Organization Name}

{Contact Telephone}

SUBJECT: {Insert Your Church Name} Holds Memory Sunday to Increase Awareness of Alzheimer's

{Your Church Name} will have Memory Sunday on {Event Date} to bring awareness to Alzheimer's in the African American community. Wear your purple to bring awareness to a disease that drastically affects the black community. Our event will provide resources and information for families and caregivers dealing with Alzheimer's. For more information, call {insert your church name, telephone number}. Brain Health Matters to Me!

SAMPLE PRESS RELEASES AND COMMUNICATIONS

FOR IMMEDIATE RELEASE – Print Media Outlets

{Month, Day, Year}

CONTACT

{Contact Name}

{Organization Name}

{Contact Telephone}

{Insert Your Church/Organization Name} Holds Memory Sunday Event to Bring Awareness to Alzheimer's

{City, State} — {Your Church Name} will host Memory Sunday on {Event Date} at

{Location: Street Address, City, State}. Memory Sunday brings attention to Alzheimer's and to the tremendous burden that Alzheimer's and other dementias are having on the African American community. The goal is to bring awareness and to distribute information about Alzheimer's; encourage participation in clinical studies; to support persons living with Alzheimer's and their caregivers and to utilize the power and influence of the African American pulpit.

Alzheimer's affects the entire family not just the person with the disease. This is why {Insert Your Church's Name here} family is helping to raise awareness about prevention, early detection, treatment and resources for the caregivers. Please join us.

{Your Church Name} is inviting the surrounding community to attend our free Alzheimer's awareness event. We will be {INCLUDE DETAILS OF EVENT or how your church will be participating}.

The statistics support the {Insert Your Church Name}'s concern. Alzheimer's is the most common type of dementia, affecting an estimated five million people in the United States. African American are more likely to be diagnosed with Alzheimer's in the later stages of the disease or to be misdiagnosed due to other illnesses, a lack of awareness and a lack of access to appropriate medical care.

QUOTE FROM THE PASTOR GOES HERE! Sample quote: "There is no better time and no better place for our community to learn about Alzheimer's that in the church." according to {Insert Your Faith-leader's name}.

Memory Sunday is a national campaign of The National Brain Health Center for African Americans, a program

of The Balm In Gilead, Inc, a national organization entrusted to build and strengthen the capacity of faith-based organizations to become beacons of light for health promotion, disease prevention and health service delivery.

To get your community or church organization involved, sign up at www.balmingilead.org for more information.



For over three decades, **The Balm In Gilead, Inc.** builds and strengthens the capacity of African-American faith communities in the United States and in the United Republic of Tanzania (East Africa) to deliver programs and services that contribute to the elimination of health disparities. The organization develops educational and training programs specifically designed to establish sustainable, integrated systems of public health and faith principles, which help to improve the health outcomes of individuals living in urban, rural, and remote communities.

The National Brain Health Center for African Americans and the Healthy Churches 2020 National Campaign are two unique programs of The Balm In Gilead, which delivers science-based health awareness, understanding, and interventions through the tenets of cultural competence to a broad spectrum of African Americans across The United States.

The Balm In Gilead, a not-for-profit, non-governmental organization, has developed an international reputation for providing an insightful understanding of religious cultures, values, and extraordinary abilities to build strong, trusted partnerships with faith communities throughout the world. By working with national, regional, and local faith-based partners, we establish grass-root health delivery systems; and increase the number of individuals knowledgeable to lead in promoting health, disease prevention, screening, and disease management.



The Sanders-Brown Center on Aging (SBCoA) was established in 1985, and received funding as one of the original 10 National Institutes of health Alzheimer's Disease Centers. Internationally acclaimed, the SBCoA is recognized for its contributions to the fight against brain diseases that are associate with aging.

As a global pioneer in Alzheimer's disease research, the Center has over thirty years of published work and 700 study volunteers (some with the disease and some without). These individuals are studied over time and plan to donate their brains upon death. The cutting-edge research focuses on identifying problems as early as possible, before memory loss develops, so that Alzheimer's disease can be prevented or delayed.

The ultimate goal of the Center on Aging is to catalyze innovative and outstanding brain research while ensuring a more rapid rate of progress toward new therapies to delay or prevent age-related brain diseases like Alzheimer's disease, so that our volunteers, patients and caregivers become beneficiaries of our advances in knowledge.

SPECIAL THANKS AND PARTNERS

UsAgainstAlzheimer's **Center for Brain Health Equity**

The **UsAgainstAlzheimer's Center for Brain Health Equity** will drive collaboration among health providers and community-based organizations to develop effective and culturally tailored brain health strategies targeting African American and Latino communities, which are disproportionately impacted by Alzheimer's disease and related dementias.

Led by UsAgainstAlzheimer's in collaboration with the National Association of Hispanic Nurses, the National Black Nurses Association and Alzheimer's Los Angeles, the Center is supported by a cooperative agreement with the Centers for Disease Control and Prevention's (CDC) Healthy Brain Initiative.

OUR FOCUS AREAS

Collaborate with nurse leaders to promote brain health education and empowerment. Develop culturally tailored public health strategies to promote brain health in Latino and African American communities. Serve as a hub for community-level data on dementia disparities using the National Alzheimer's Disease Index™ and translate insights into culturally tailored public health strategies and policy.

<https://www.usagainstalzhimers.org/center-brain-health-equity>

HFC (formerly known as Hilarity for Charity)

Founded in 2012 by Seth Rogen and Lauren Miller Rogen, HFC is a national non-profit organization whose mission is to care for families impacted by Alzheimer's disease, inspire the next generation of Alzheimer's advocates, and be leaders in brain health research and education. HFC is accelerating progress in Alzheimer's care, prevention, and support all while bringing many laughs and light to the Alzheimer's space. Through its signature celebrity events, HFC also raises much-needed awareness about this disease.

HFC launched a Brain-Health Dinner Series, hosted nine star-studded variety shows and one comedian-filled carnival, and has a comedy special currently streaming on Netflix. In 2020, HFC hosted its first-ever virtual game show: Hilarity for Charity's Head to Head. Thanks to the ongoing support of our generous donors, HFC has raised over \$13 million and awarded over 325,000 hours of in-home care relief to Alzheimer's family caregivers through our North American Caregiver Respite Grant Program. In addition to providing caregiver respite, HFC organizes online support groups to build caregiver community and connectivity, engages young people across the country to become Alzheimer's advocates, funds prevention-focused and brain-health research, and teaches people how to care for the health of their brains today, so they can reduce their risk tomorrow.

Bringing Light to Alzheimer's <https://wearehfc.org/about>



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