



You are not alone.

Dear Friend,

Fall 2013

We are writing to let you know about an important event that will be taking place in our community.

In acknowledgement of National Alzheimer's Disease Awareness Month, we will be offering free, confidential memory screenings to the public on Tuesday, November 19, National Memory Screening Day.

National Memory Screening Day (NMSD) is an annual initiative of the Alzheimer's Foundation of America (AFA) that emphasizes the importance of proper detection and treatment of memory problems, as well as educates the public about successful aging and resources. Sites nationwide will offer screenings on NMSD.

We would appreciate your support in helping us spread the word to your clients, friends, family and other community members about the screenings in our area. Briefly:

- The National Memory Screening Day provides free, confidential memory screenings to individuals concerned about memory problems or who want to check their memory now and for future comparisons. We will be holding the screenings on November 19, 2013, at **Skagit Valley Senior Village, 400 Gilkey Drive, Burlington, WA, from 2:00pm to 3:30pm.**
- The face-to-face memory screening takes five to ten minutes and consists of questions and/or tasks that are designed to test memory, language skills and other intellectual functions.
- A memory screening is *not* used to diagnose any particular illness and does *not* replace consultation with a qualified healthcare professional. However, it is an important first step toward finding out the cause of memory problems. Individuals with a below-normal score or those with normal scores but who still have concerns should follow up with a qualified healthcare professional.
- Some memory problems can be readily treated, such as those caused by vitamin deficiencies or thyroid problems. Other memory problems might result from causes that are not currently reversible, such as Alzheimer's disease.
- Early diagnosis of Alzheimer's disease enables individuals to obtain medical treatment and social services and make legal and financial decisions that can improve quality of life.
- We will offer attendees information about memory screenings, Alzheimer's disease, successful aging and resources.

Thank you for your consideration. Together, we can raise awareness of Alzheimer's disease and related illnesses, and change the face of care. For more information, call us at (360) 671-3316.

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