



## DR. ALISON LINDAUER IS TO SPEAK ON ALZHEIMER'S DISEASE AND DEMENTIA

Dr. Lindauer, nationally certified gerontologist, will speak on the topic of Alzheimer's Disease and dementia at Corning Senior Center. Elaine Benwell, Elder Services Program Manager for the Corning Healthcare District, made the announcement.

As one of the most common types of dementia, Alzheimer's Disease is a growing public health crisis. There are approximately 6.5 million people in the United States who are currently living with this degenerative brain disorder. By 2050 the number is projected to double. In California alone, 690,000 people aged 65 and older have been diagnosed with Alzheimer's Disease. The impact reaches beyond the individual patient as family caregivers, mostly unpaid, bear the burden for their loved ones.

Alzheimer's Disease causes a slow decline in memory, thinking, and reasoning skills. Memory loss that disrupts daily life, confusion of time and place, as well as changes in mood and personality are a few of the warning signs.

As we get older, it is not unusual to experience some cognitive changes. According to the Mayo Clinic, "If you have mild cognitive impairment, you may be aware that your memory or mental function has 'slipped.' Your family and close friends also may notice a change. But these changes aren't severe enough to significantly interfere with your daily life and usual activities."

An example of the difference between mild cognitive impairment and a possibly more serious condition is the example of car keys. When a person cannot remember where he or she left the keys to the automobile, it may be simply a matter of disorganization or mild cognitive impairment; on the other hand, holding keys in the hand and not recognizing them as keys, may be an indication that medical advice is needed.

Dr. Lindauer, nurse practitioner and scientist, will be speaking about how to identify warning signs and what steps to take if you are concerned for a family member. There will be time for questions and answers. A Senior Nutrition lunch will be provided at no cost but an RSVP is required. Reserve your lunch by calling Karen Burnett at 530-824-4727 before May 15th. The event takes place on Tuesday, May 17 at noon, Corning Senior Center, 1015 4th Ave, Corning. There is no charge.

The program is provided by the Elder Services Program of Corning Healthcare District in cooperation with Family Counseling Center and the Corning Senior Center.