

June is Alzheimer's and Brain Awareness Month

Fifty million people across the globe are living with Alzheimer's and other dementia conditions. June is Alzheimer's and Brain Awareness Month, giving us the opportunity to raise awareness and maintain the global conversation about the importance of brain health. You are encouraged to take time to advocate for the fight to end Alzheimer's disease whether by donating to organizations such as the [Alzheimer's Association](#) or through research and understanding the effects of dementia. Your support inspires action.

In recognition of this cause, one of the things we at Stonebridge at Montgomery are taking part in is learning about Alzheimer's and dementia through research. Keep reading to learn about the early signs of Alzheimer's and dementia.

10 Early Signs of Alzheimer's and Other Dementias

1. Memory loss affecting daily life. One of the most common signs of Alzheimer's is forgetting recently learned information. This can manifest in forgetting dates or events, increasingly relying on others to remember information and asking the same questions repeatedly.
2. Challenges in solving problems or completing multiple step tasks. While making an occasional error is not unusual, people living with dementia will notice a change in their ability to develop and follow a plan or work through problems.
3. Increased difficulty completing everyday tasks. Even frequent tasks that they have done numerous times before can become difficult.
4. Confusion with time or place. People living with Alzheimer's may forget where they are, how they got there or how much time has passed. Losing track of dates and seasons is also possible.
5. Vision confusion. Vision problems can lead to difficulty with balance or trouble judging distance, which can be especially difficult when it comes to reading or driving.
6. Difficulty with language and problems with reading and writing. Due to difficulty organizing thoughts and thinking logically, reading and writing may not come as easily to those living with dementia.
7. Losing things or misplacing them. Placing items in unusual places and not

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being able to retrace your steps to find them is an early sign of cognitive decline.

8. Decreased or poor judgement. Changes in judgement or decision making can lead to poor judgement, such as paying less attention to personal hygiene, or impulsive behaviors, such as using vulgar language at inappropriate times.
9. Problems connecting with family and friends. A person living with Alzheimer's may experience changes in the ability to hold a conversation, which can lead to a withdrawal from social activities.
10. Changes in mood and personality. Changes in mood is common and can result in restlessness, agitation, anxiety, tearfulness and fearfulness.

Take Part in Wellness Opportunities at Stonebridge at Montgomery

At Stonebridge at Montgomery, we believe in a holistic approach to wellness which comes to life through our award-winning LivWell program. Through this program, we encourage residents to take part in supporting all eight dimensions of wellness, including their own brain health and cognitive function. Opportunities to keep the brain engaged and healthy includes nutritious dining options, engaging activities and socialization opportunities where neighbors become close friends.

Learn more about the healthy lifestyle offered at our community by [contacting our team today](#).