



Alzheimer's Disease Awareness Month

December 2013

Monthly Challenge: Improve your memory with daily games such as Sudoku, crossword puzzles and reading to help keep your brain young and active.

Did You Know...

More than 5 million Americans have Alzheimer's disease.

In 2012, 15.4 million caregivers provided more than 17.5 billion hours of unpaid care—this care is valued at \$216 billion.

In the United States, Alzheimer's disease is the 6th leading cause of death.

Approximately 1 in 3 seniors dies with Alzheimer's disease or another form of dementia.

In 2013, Alzheimer's disease will cost the United States \$203 billion—this number is expected to rise to \$1.2 trillion by 2050.



RESOURCES

- **Websites:**
- [National Institute on Aging Alzheimer's Association](http://www.alz.org/)
- <http://www.lumosity.com/>
- <http://www.doctoroz.com/exercise-your-brain>

College Resources

Library – <http://bit.ly/ECCalz>

Employee Assistance Program – New Directions
www.newdirections.com

Medical - Coventry www.chcmisouri.coventryhealthcare.com

Dental - Guardian www.GuardianAnytime.com

Vision - Vision Service Plan www.vsp.com