

Alzheimer's Association to Host Dementia Education Workshop in Monroe October 10

The Alzheimer's Association - Western Carolina Chapter, in collaboration with the Union County Public Library, will be hosting a dementia-related workshop in Monroe. "Healthy Living for Your Brain and Body: Tips from the Latest Research" will take place on Thursday, October 10, from 10 to 11 a.m. at the Union County Public Library located at 316 East Windsor Street. This program provides tips on how to keep our brains healthy as we age and possibly delay the onset of cognitive decline. To register, visit tinyurl.com/Oct10Monroe or call 800-272-3900.

The workshop is free and open to the general public, as well as individuals with a diagnosis of Alzheimer's and related dementia diseases, their families and care partners. Professionals interested in learning more about planning, resources, and services that are available may also attend.

"This is one of the many programs we offer to let those impacted by Alzheimer's know that we are here for them from the beginning of a diagnosis and throughout their journey with Alzheimer's or other forms of dementia," said Katherine L. Lambert, CEO of the Western Carolina Chapter. "We encourage families and caregivers to take an active role in educating themselves to be prepared to meet the changes ahead and live well for as long as possible."

Additional Facts and Figures: (www.alz.org/facts)

- One in 10 people age 65 and older (10 percent) has Alzheimer's dementia.
- An estimated 5.8 million Americans, including 170,000 North Carolina residents, are living with Alzheimer's, a number estimated to grow to as many as 14 million by year 2050.
- Almost two-thirds of Americans with Alzheimer's are women.
- African-Americans are about twice as likely to have Alzheimer's or other dementias as older whites.
- Hispanics are about one and one-half times as likely to have Alzheimer's or other dementias as older whites.

About the Alzheimer's Association The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's.

About the Alzheimer's Association - Western Carolina Chapter The Western Carolina Chapter provides patient and family services, information and referral, education, and advocacy in the 49 central and western North Carolina counties that serves over 110,000 people currently living with Alzheimer's disease and their 330,000 caregivers in these counties. We provide a variety of services including a 24/7 Helpline, support groups, educational programs, and MedicAlert®. We offer opportunities to get involved and to make a difference. For more information about Alzheimer's disease or the Alzheimer's Association Western Carolina Chapter, visit www.alz.org/north-carolina or call (800) 272-3900. For the latest news and updates, follow us on Facebook, Twitter and Instagram.

Amusement Rides & Swim Park Safety

The N.C. Department of Labor Elevator and Amusement Device Bureau inspects amusement rides at fairs, carnivals and permanent parks across our state to make sure they are mechanically and structurally safe for riders. Unfortunately, the majority of accidents on amusement rides are caused by human error.

Every ride has a height requirement, and it is a very important rule to follow. Parents should pay attention to height requirements on amusement devices and never let a child ride if the requirement is not met.

Rider Safety Tips

- Put up or tie back long hair.
- Tuck in loose clothing.
- Avoid electrical boxes and cables.
- Don't sit on ride fence.
- Check your seat restraints and notify operator if restraint is loose or unlocked.
- Watch where you and your children are walking.
- Make sure ride operator is paying attention to the ride.
- Do not leave your children unattended at any time.
- Make sure your children have identification.
- Have a planned place to meet if you or your children become separated.
- Tell your child to find a police officer if he or she cannot find you.
- Pay close attention as to whether or not a chaperone or responsible person is required.
- Pay close attention to height requirements on each ride as some have been modified to enhance guest safety.

Water Wise Safety Tips

- Do not try dangerous stunts.
- No running or horseplay around pool area.
- Never stand up in a tube.
- Listen to lifeguards and ride operators.
- Be sure you are in a safe position before starting down any slide.
- Be aware of safety signs and pay attention to height requirements.
- Use swim diapers or rubber pants for diaper-age children.
- Shower before using any water facilities.
- Do not use public pools and water parks if you have been sick within two weeks.
- Parents, remember that you are responsible for your child's supervision.

Further questions? Please call: 919-707-7927.

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