

## ALZHEIMER'S DISEASE - WHAT IS IT? HEADS UP FOR HEALTHIER BRAINS



We all forget things once in a while. Perhaps you've forgotten to send a birthday card or return an overdue library book. Forgetting stuff is a part of life and often becomes more common as we get older.

Alzheimer's (*alts - hi - mers*) disease is different from everyday forgetting. It is a condition that permanently affects the brain, over time it makes it harder and harder to remember even basic stuff - like how to tie a shoe.

Eventually, a person may have trouble remembering the names and faces of family members, or even who he or she is. This is very sad for the person and their family. It's really important to know that kids DO NOT get Alzheimer's disease. It usually affects people over the age of 65.

When someone you love has Alzheimer's disease you might feel sad or angry or both. You might feel nervous around that person, especially if he or she is having trouble remembering important things or can no longer take care of himself or herself.

If you visit a loved one, who has Alzheimer's disease, try to be patient. He or she may have good days and bad days. It can be sad if you no longer are able to have fun the same ways you used to do. Maybe you and your grandmother loved to go to concerts. If that's no longer possible perhaps you could bring her some wonderful music on a CD and listen to it together. It's a way to show her that you care - and showing that love is important even if her memory is failing.

Lots of research is being done to find out more about the causes of Alzheimer's disease. There is no one reason why people get Alzheimer's disease. Older people are more likely to get it and the risk gets greater the older a person gets.

On the positive side, researchers believe exercise, a healthy diet and taking steps to keep your mind active (like doing crossword puzzles) may help to delay the onset of Alzheimer's disease.

Again, Kids don't get Alzheimer's Disease but - it's never too early to practice "Brain health". To find out how you can keep your brain healthy go to the Neuroscience for Kids website @ <http://faculty.washington.edu/chudler/brainfit.html> click on Brain Fitness.

For more information on Alzheimer's disease and what you can do to help someone you love go to <http://www.alzheimer.sk.ca/english/JUST4KIDS/index.shtml>



# Alzheimer Society

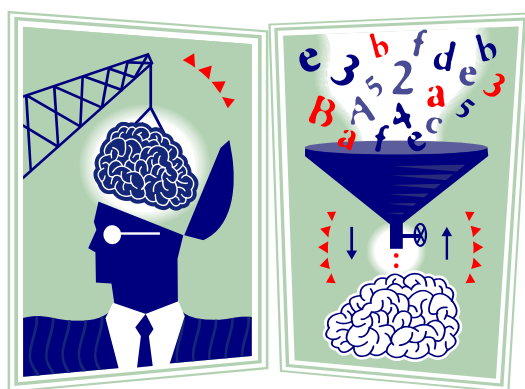
HURON COUNTY

The Alzheimer Society of Huron County invites  
Grade 4 and 5 students to participate in our

4<sup>rd</sup> Annual

"HEALTHY BRAIN"

WRITING & DRAWING CONTEST



Draw a picture or write a story *(500 words or less)*

*Your story or picture should be about*

***BRAIN FITNESS & what you can do to KEEP YOUR BRAIN HEALTHY***

*Please submit your entry to our office by January 15, 2010*

*P.O. Box 639, 317 Huron Rd. Clinton ON*

*Don't forget to put your name, phone number and address on the back of your entry*

*Presentations to the winners will be made*

*January 23<sup>rd</sup> at our MANULIFE WALK FOR MEMORIES site in your area.*

*All submission will be posted at those walk sites.*

*For more information, ideas and contest rules please visit our website at*

*[www.alzheimerhuron.on.ca](http://www.alzheimerhuron.on.ca) click on the brain*

*Prizes to be announced*

*All Schools that submit as a class will be entered into a draw for a*

*"Healthy Pizza Party"*