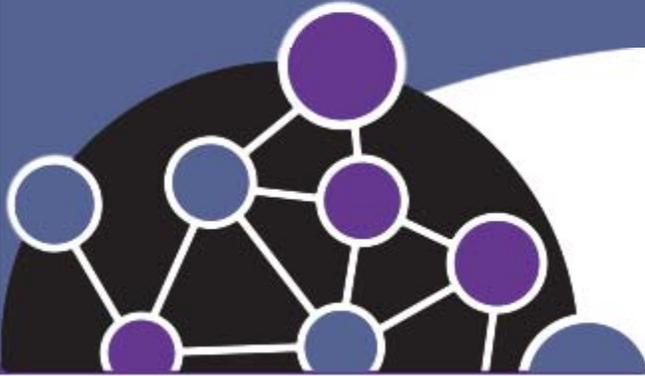


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Monthly E-news Update | May 2014



National Active and Retired Federal Employees Association

Worldwide, there are at least 44 million people living with Alzheimer's and other dementias, and without a change, these numbers are expected to grow to 76 million by 2030. But everyone can help to end this epidemic – especially you. In June, the Alzheimer's Association® asks you to go purple and use your brain to help fight this devastating disease. Learn more at alz.org. Please enjoy and share this month's updates, specifically designed for members of NARFE.

Alzheimer's: We've done it before, we must do it again

We're at a pivotal moment in Alzheimer's disease research, with scientists poised to make more significant and rapid advances if given the necessary resources. In a Huffington Post op-ed, Alzheimer's Association President and CEO Harry Johns writes that in the future, we'll either look back at 2014 as a turning point in the Alzheimer's crisis — the year we started making really significant progress toward the goals of the National Alzheimer's Plan — or a missed opportunity that could have saved millions of Americans lives and trillions of dollars in avoidable costs. [Learn more.](#)



Research shows that type 2 diabetes may shrink the brain

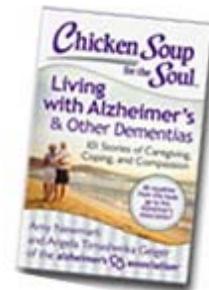
People with type 2 diabetes may lose more brain volume than is expected as they age, a new study suggests. Researchers said there may be two ways diabetes affects the brain: damage to blood vessels and brain-cell degeneration. The additional damage seen in the brains of study participants may be more like a disorder such as Alzheimer's. The researchers cautioned that they don't yet know if



diabetes causes the brain shrinkage and if treating diabetes will prevent or slow it. [Learn more.](#)

Chicken Soup for the Soul book offers inspiration and encouragement

Developed in partnership with the Alzheimer's Association, *Chicken Soup for the Soul: Living with Alzheimer's & Other Dementias* features 101 inspiring stories written by people living with or caring for someone with Alzheimer's disease or another form of dementia. The book, now on sale, offers support and encouragement for everyone affected by the disease. All royalties from *Chicken Soup for the Soul: Living with Alzheimer's & Other Dementias* go to the Alzheimer's Association. [Learn more.](#)



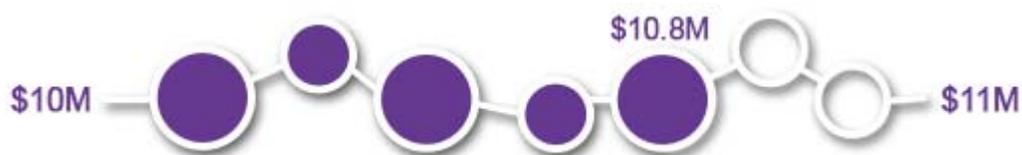
Online Tools

[Alzheimer's Navigator](#)
[Alzheimer's Association International Conference 2014](#)
[2014 Facts and Figures](#)

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NARFE Contributions to Advance Alzheimer's Research



Your donation goes directly to support research through the NARFE Alzheimer's Fund. Help us reach our goal of \$11 million!

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24/7 Helpline: 1-800-272-3900

The [Alzheimer's Association](#) is the world's 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 disease®.

Alzheimer's Association National Office, 225 N. Michigan Ave., Fl. 17, Chicago, IL 60601

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