



**Alzheimer's Association
North Central Texas Chapter**
24/7 Helpline: 1-800-272-3900

Fort Worth Office:

101 Summit Ave., Ste. 300
Fort Worth, TX 76102
817-336-4949

Abilene Office:

301 S. Pioneer, Ste. 105
Abilene, TX 79605
325-672-2907

Waco Office:

6605 Sanger Ave., Ste. 1
Waco, TX 76710
254-753-7722

Arlington Office:

401 W. Sanford, Ste. 200
Arlington, TX 76011
817-460-7001

Wichita Falls Office:

901 Indiana, Ste. 350
Wichita Falls, TX 76301
940-767-8800

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Know that a world without Alzheimer's disease can be a reality.

- About 5.1 million Americans have Alzheimer's disease today. Every 72 seconds someone in the U.S. develops Alzheimer's.
- Ninety-five percent of what we know about Alzheimer's we've learned in the past 15 years. Scientists are making great strides in better treatments and preventions that may one day lead to a cure.
- The joint efforts of government agencies, research centers and pharmaceutical companies have uncovered many secrets of Alzheimer's disease.
- Today, Alzheimer's disease can be diagnosed with 90 percent accuracy.

Join the fight. Volunteer, advocate and donate.

- Join an Alzheimer's Association Memory Walk™ or volunteer at your local chapter.
- Lobby your legislators to increase federal funding for Alzheimer's. Talk to them about supporting local Alzheimer initiatives.
- Give to the Alzheimer's Association to advance research and enhance support – and to make Alzheimer's a part of our past, not our future.

Take steps now to take care of your brain.

- Manage your numbers – blood pressure, cholesterol, blood sugar and body weight – to stay healthy as you age.
- Feed your brain with nutrients. Eat foods high in antioxidants, omega-3 fatty acids, folic acid and vitamins E, C and B-12.
- Exercise both your body and brain. Workout, take a class, converse with others, read, play cards or work on crossword puzzles.

Won't you join us!



Charles Simokaitis/Alzheimer's Association

Here's what your support provides...

- \$10** Purchases 100 copies of the brochure "Ten Warning Signs of Alzheimer's Disease"
- \$50** Provides a scholarship for a caregiver to attend an education conference
- \$100** Pays for one person to attend an early stage support group for six months
- \$500** Sponsors a support group for one year
- \$1,000** Funds one education workshop
- \$3,000** Produces one newsletter issue

*Working to create
a world without
Alzheimer's*



Mark Luinenburg/Alzheimer's Association

alzheimer's association

North Central Texas Chapter

Our Mission

To eliminate Alzheimer's disease through the advancement of research and to enhance care and support for individuals, their families and caregivers.

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For more information, contact us

- I would like to make a tax-deductible donation.
- Add me to your email/ mailing list to receive timely updates on Alzheimer's.
- Contact me regarding volunteer opportunities.

Name _____

Address _____

City _____ State _____ Zip _____

E-mail Address _____

Phone Number _____

Method of Payment

- Enclosed is my check to the Alzheimer's Association
- Please charge my donation of \$ _____ to:
 AmEx MasterCard VISA Discover

Credit Card # _____

Expiration Date _____

Name as it appears on credit card

Signature

Complete this panel, detach and place in a stamped envelope addressed to:

Alzheimer's Association - North Central Texas Chapter

101 Summit Avenue, Suite 300
Fort Worth, Texas 76102

Business Line: 817-336-4949

Fax Line: 817-336-4966

Website: www.alz.org/northcentraltexas

Core programs and services of the Alzheimer's Association

Telephone Helpline

A local Helpline offers information, referral and phone assistance to callers 24 hours a day, 7 days a week. This service provides emotional support, a link to community resources, factual information regarding Alzheimer's and related disorders and assistance in planning for and dealing with all aspects of the disease.

Education and Training

An array of educational programs designed to equip the diagnosed individual, family members and professional care providers with the knowledge and skills needed to enhance the quality of life of individuals with dementia.

Support Groups

Monthly gatherings of family, friends and caregivers, as well as specialized support groups for persons with dementia. Groups provide a forum for learning, socializing, discussing and supporting one another on dementia related issues.

MediAlert® + Alzheimer's Association Safe Return®

A nationwide information, identification and medical record system providing 24-hour emergency response service for individuals with Alzheimer's or related dementia who wander or who have a medical emergency.

Research

The Alzheimer's Association is the largest private funder of Alzheimer research in the world. Since 1982, the national organization has committed over \$220 million in grants to enable researchers to work toward a world without Alzheimer's.

Advocacy

Raising public awareness of Alzheimer's and its impact on individuals, families and society. Educating individuals, naturally leads to educating communities and effecting positive change at the state and national levels.



Angela Wyant/Alzheimer's Association



Mark Lunenburg/Alzheimer's Association

FACTS

- Significant memory loss is *not* a normal part of aging.
- Lifestyle changes may help decrease your risk of Alzheimer's – such as healthy diet, exercise and mental stimulation.
- While there is no cure for Alzheimer's disease, there are prescription drugs approved by the U.S. Food and Drug Administration (FDA) to treat its symptoms.



Our work is about
people and science.