



YOUR SOURCE Balancing Work, Family & Life

Your Journey with Alzheimer's

Is Alzheimer's in your future? Very possibly. Our population is growing older and living longer. And with longevity comes an increased risk of developing Alzheimer's. Whether you're caring for a loved one with Alzheimer's or are seeking information about your risk of getting the disease, this issue of *Your Source* can help.

Get started with a simple *Click It!* and access *Your Journey with Alzheimer's* on the *Spotlight* section and read about the following:

- What is Alzheimer's? Learn about the disease, the signs and symptoms, ways to discuss it with your loved ones and more.
- Can Alzheimer's be prevented? Read how keeping your brain active and having a social support system goes a long way to delaying the onset of the disease.
- Connect with community resources. Having outside help and support is more important than ever to all people affected by Alzheimer's. Check out the wide range of resources available to you.

Also Available This Month...

Curing the 'Disease to Please' Podcast

There are real, tangible benefits of setting boundaries, the least of which is that you'll have more time for yourself! Access this Podcast and learn practical tips for saying no and other boundary setting techniques. *Click It!* to access under *On Demand Learning, Webinar Recordings and Podcasts*.

Click it! and QUIT IT!

The Great American Smoke-Out is November 19! *Click It!* and go to *Library, Healthy Living* to find information and resources that can help you or a loved one quit smoking.

Click it! to check it out online

Log on to www.MagellanHealth.com/member and register with your program's toll-free number to access *Your Journey with Alzheimer's*, and other helpful resources in the *Spotlight* section.

1-800-937-2112



Which is a sign of Alzheimer's?

- Forgetting why you went in a room
- Difficulty having a conversation
- Forgetting an appointment
- Losing your car at the mall

Check your answer on the bottom.

Now That's An Idea!

Maintain Your Brain! Keeping your brain active strengthens brain cells and the connections between them, and may even generate new connections. On the other hand, watching TV puts your brain in an alpha state, the same as sleeping. So, stay curious and stay involved. Any daily activity that makes you think is beneficial; here are a few ideas:

- Read books, newspapers and magazines
- Do crosswords or other puzzles
- Play board or card games, even video games
- Write letters or e-mails
- Build something
- Attend school lectures or plays
- Stay in the workplace
- Volunteer
- Join a bridge club or other social group
- Travel



Setting Better All the Time™

Correct Answer: b. People with Alzheimer's may struggle with words or call things the wrong name (e.g., calling a watch a hand-clock). For Alzheimer's information, go to www.alz.org.