

ChristianaCare Memory Ambassadors are a team of trained clinician volunteers committed to helping you learn more about memory disorders — including Alzheimer's disease — with a focus on enhancing brain health.

We offer free, confidential screenings and memory wellness education programs. We will not make a diagnosis or offer a treatment, but we can help you find qualified resources for memory care evaluation and treatment. We can also link you with needed medical care, social services and community resources.

We have helpful tips to share to keep your brain as healthy as possible:

- *Nutrition.*
 - *Physical activity.*
 - *Mental stimulation.*
 - *Fall prevention.*
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- **Call us to schedule a FREE memory wellness event for your group at 302-320-9403**



Swank Memory Ambassadors Program

- Education
- Free and confidential screening
- Resource suggestions and tips for optimal brain health



Swank Memory Ambassadors Program

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[ChristianaCare.org/MemoryAmbassadors](https://www.christianacare.org/MemoryAmbassadors)





If you are worried about your own memory — or concerned about signs you are seeing in a spouse or friend — Swank Memory Ambassadors are here to help.

Are you worried about your memory?

- Do you have trouble concentrating or focusing?
- Are you misplacing things more often?
- Do you have trouble recalling names or words in conversations?
- Have you ever forgotten where you are going or gotten lost while driving?
- Do you lose track of what you are saying in the middle of a sentence?
- Have others told you that you repeat stories or questions?

➤ If you or a loved one can answer YES to any of these questions, visit christianacare.org/memoryambassadors to learn about FREE memory wellness programs and screenings.



"If we recognize a memory difficulty in its

early stages, there is more that we can do to help."

— James M. Ellison, M.D., MPH
The Swank Foundation Endowed Chair
in Memory Care and Geriatrics

More than 19,000 families in Delaware alone are coping with Alzheimer's disease and related disorders.

- About half of all individuals in our community with Alzheimer's disease or another cognitive disorder have not yet been diagnosed by a health care provider. Many who have the signs and symptoms think they are "fine."
- Nearly half of all people in the U.S. will have dementia by the age of 85.
- The risk is 1.5 times higher for individuals who identify as Hispanic/Latino, and 2-3 times higher for those who identify as Black or African-American than for non-Hispanic whites.
- The average caregiver is a woman in her 40s who is married, employed and caring for her 60+ year old mother who does not live with her.
- Nearly two-thirds of Americans with Alzheimer's disease are women.
- In her 60s, a woman's estimated lifetime risk for developing Alzheimer's disease is 1 in 6. Compare that to a 1 in 11 risk of developing breast cancer.

You make appointments for your annual physical, dental checkups, mammograms and eye exams.

Memory wellness is important, too!

Visit [ChristianaCare.org/memoryambassadors](https://christianacare.org/memoryambassadors) to find upcoming memory wellness programs near you.