

The Health Ministry Committee of the Grant United Methodist Church is hosting an opportunity to learn more about Alzheimer's and other dementias on Monday afternoon, Sept. 10 at 2 p.m. in the fellowship hall of the church.

This meeting is an opportunity to learn about Alzheimer's and other dementias, as well as ways to cope as a caregiver.

It was estimated that the number of people in Nebraska in 2010 with Alzheimer's disease was 37,000, which was an increase of 33 percent over the year 2000.

No one should face Alzheimer's disease alone! In fact, no one does face it alone. If a family member has Alzheimer's, it affects every member of the family. Alzheimer's is the most common form of dementia and shows as a slow decline in memory, thinking and reasoning skills. As the disease progresses it becomes severe enough to interfere with daily life.

Dementia is often incorrectly referred to as "senility." This suggests that dementia is a normal part of aging, which it is not.

Dementia, including Alzheimer's, is different than "forgetting" something, or the inability to remember someone's name when wanting to introduce them to a friend.

Those with the disease may have problems with short term memory loss, communication and language, and the ability to focus and pay attention. They might have difficulty with reasoning and judgment which interferes with their activities of daily living. Symptoms start slowly and progress over time.

The upcoming program will begin with a video explaining Alzheimer's, including the effect it has on family, and especially the care giver. Time for questions and discussion will follow.

Light refreshments will be served. The public is invited to attend. For easy access, use the north entrance to the church.