

## Remember to make time for a Memory Screening

Since 1983, the month of November has been known as Alzheimer's Awareness Month. According to the Alzheimer's Association, in 1983 there were less than two million people with the disease. Through the years, that number has grown to more than five million.

During the month of November, Memory Screening events are scheduled throughout the nation. Memory screening is a simple and safe evaluation tool that checks memory and other thinking skills. Memory screening is not used to diagnose any illness and does not replace consultation with a qualified physician or other healthcare professional. It can establish a brain health baseline and indicate whether an additional checkup is needed.

The face-to-face screening takes place in a private setting; only the individual being screened, and the screener are present. It consists of three short tasks that look for any indicators of possible changes in memory. It only takes 10-15 minutes and the results are confidential. There is no cost for this service and participants can receive a copy of the screen results to bring to a healthcare professional for follow-up and/or inclusion in medical files.

The ADRC of the North, Bayfield County branch is offering memory screens in the month of November at the following location at the specified dates and times.

November 7th, 2019 - Barnes Town Hall Office - (10:30am – 12:00pm)

November 7th, 2019 - Washburn Public Library - (11:30am-1:30pm)

November 8th, 2019 - Bethesda Lutheran Church, Bayfield - (10:30am-1:00pm)

November 12th, 2019 - First Lutheran Church, Port Wing – (3:30pm-5:00pm)

November 14th, 2019 - Iron River Community Center - (10:30am-12:30pm)

November 20th, 2019 - Red Cliff Senior Center - (11:30pm -1:00pm)

November 20th, 2019 - Benoit Community Center - (3:30pm -5:30pm)

**If you have questions about Memory Screenings, about screen locations in Bayfield County and surrounding areas, or to request an appointment for a memory screen in your home, call the ADRC of the North at 1-866-663-3607.**