

# June is Alzheimer's and Brain Awareness Month

Your brain helps you to control your body's functions and understand and interact with the world around you. June is Alzheimer's and Brain Awareness Month, which is a time to raise awareness of and maintain the conversation about the importance of brain health.

Fifty million people across the globe are living with Alzheimer's and other dementia conditions. To show your support during this month, you're encouraged to take time to advocate for the end to these diseases, whether through donating to organizations such as the [Alzheimer's Association](#) or spending time researching and getting a better understanding of dementia.

In support of this cause, we at The Atrium at Navesink Harbor hope to raise awareness through education. Keep reading to learn about the early signs of Alzheimer's and dementia.

## 10 Early Signs of Dementia

1. Memory loss is beginning to affect daily life, from asking the same questions repeatedly to forgetting dates or events. This is one of the most common signs of Alzheimer's and other dementias.
2. People living with dementia may notice a change in their ability to work through problems or develop and follow through with a plan. Multiple step plans become an increasing challenge.
3. Everyday tasks can become too burdensome. Even activities of daily living, such as bathing and getting dressed, become increasingly difficult.
4. People living with Alzheimer's may become confused on the time or place. They may experience uncertainty on where they are, how they got there, or how much time has passed.
5. Alzheimer's and other dementias can even impact vision, which can lead to difficulty with balance or trouble judging distance. This is especially worrisome when it comes to driving.
6. Due to difficulty organizing thoughts and thinking logically, reading and writing may not come as easily to those living with dementia.
7. We all misplace things every once in a while, but an increase in losing belongings can be an early sign of cognitive decline. This is especially true if

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items are left in usual places or a person is unable to retrace steps to find them.

8. Dementia affects the brain, which can lead to decreased or poor judgement. This can manifest in ways such as paying less attention to personal hygiene or impulsive behaviors, such as using vulgar language at inappropriate times.
9. A person living with Alzheimer's may have difficulty connecting to others. Family and friends may notice isolating behaviors or an inability to hold a conversation.
10. Changes in mood and personality and can result in restlessness, agitation, anxiety, tearfulness and fearfulness.

## Discover a Healthy Lifestyle at The Atrium at Navesink Harbor

At The Atrium at Navesink Harbor, along with raising awareness of Alzheimer's and other dementia conditions, we encourage you to take part in supporting your own brain health and cognitive function. We look at the holistic wellness of a person and offer services and amenities that cater to resident needs, such as healthy dining options, engaging activities and socialization opportunities where neighbors become close friends.

[Contact our team](#) today to learn more.