



*“Still,
I rise.”*

— Maya Angelou

Memory Sunday

June 9, 2019

What is Memory Sunday?

Memory Sunday was created by the Balm in Gilead's National Brain Health Center for African Americans. Memory Sunday is a nationally-recognized day for African American churches to offer education about the tremendous burden Alzheimer's disease has on our community. Statistics indicate that older African-Americans are twice as likely as older whites to have Alzheimer's disease or other dementias. The information provided today includes information about brain health & prevention, treatment, research studies and findings, and family caregiver support.

Did you know?

- Diabetes may increase your risk for dementia.
- High blood pressure increases your risk for heart disease and possibly dementia.
- Alzheimer's Disease is the sixth leading cause of death in the United States and the third leading cause of death in King County. Alzheimer's kills more than breast cancer and prostate cancer combined.

2019 Memory Sunday Participating Churches

- Emerald City Community Seventh-Day Adventist (Participating on the Sabbath, Saturday, June 8)
- Emerald City Bible Fellowship
- First AME Church
- Martin L. King, Jr. Memorial Baptist Church, Renton, WA
- Tabernacle Missionary Baptist Church

There is no better place for our community to learn about Alzheimer's than in the church.

For more information:

Community Living Connections
communitylivingconnections.org
(844) 348-5464

Alzheimer's Association Washington State Chapter
alzwa.org
(800) 272-3900



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