



# 1-800-AGE-LINE

## 1-800-243-5463

[www.EastAlabamaAging.org](http://www.EastAlabamaAging.org)

### "Go Purple" This Month!

This month, several of our Senior Centers will "Go Purple" to raise awareness for Alzheimer's Disease and other Dementias. Purple is the color used to honor those with Dementia and their Caregivers. Several of our Senior Centers will gear their activities toward this by wearing purple ribbons, wearing purple on Thursday's, doing fun activities, learning how to make their brain healthier with the right food, and other helpful tips. Use this month to **educate** yourself on brain health and steps to take to lessen your risk of Alzheimer's and other Dementias. For more information on brain health, [click here](#).



The picture to the right is how we are using our Facebook profile to "Go Purple". You can change yours by [clicking here](#) then typing "Alzheimer's Association".

June 21st is the longest day of the year. "The Longest Day" program is a National campaign of the Alzheimer's Association. It honors people with Alzheimer's Disease and other Dementias and their caregivers, for whom **every day feels like the longest day**. To participate, do something fun with friends to raise awareness about Alzheimer's Disease. You could play Bingo, do a Trivia Game, go for a walk together, have a game day, or do anything fun. You can do something special on this day or any day of June. [Click here](#) to learn more about "The Longest Day" campaign or to register your team's event.

### Upcoming Events

Our Alabama CARES program will be partnering with other agencies in several upcoming events within our 10-county region. Some of these events will include Health Fairs, Caregiver Conferences, Alzheimer's Education Sessions, and programs for Older Adults that have custody of their grandchildren. Details will be posted on our Facebook page. To make sure that you do not miss out on one of these great events, "Like" us on Facebook by [clicking here](#).



### Older American's Month Wrap-Up

Over 1,100 Seniors celebrated Older American's Month with us at our MayDay Older American's Festival at the *Talladega Superspeedway Motorsports Hall of Fame* last month. It was a fun-filled day of dancing, music, socializing, lunch, and visiting with great Vendors. The Vendors gave out educational materials, goodies, and some great door prizes. This was also the day we recognized our Fitness Contest and Art Contest Winners with certificates and Prizes. Click below to see more info:



- [Art Contest Winners](#)
- [Fitness Contest Winners](#)
- [MayDay Pictures](#)