

Age-Friendly Sullivan Minutes, Wednesday, February 2, 2022, 9a-10a, ZOOM presentation

	Topic	Discussion	Action
8:30am	Refreshments / Social	At home - as desired	
9am	<p>Presentation: Anne Romney, volunteer educator & Amy Angelo, program manager</p> <p>Alzheimer's Association of Maine</p> <p>383 US Route One #2C, Scarborough, ME 04074 207.772.0115</p> <p>https://www.alz.org/maine</p>	<p>Understanding Alzheimer's & Dementia presentation by volunteer community educator of the Alzheimer's Association, Anne Romney, as she provided the basic information on the 10 warning signs of Alzheimers.</p> <ol style="list-style-type: none"> 1. Memory Loss that Disrupts Daily Life 2. Challenges in Planning or Solving Problems 3. Difficulty Completing Familiar Tasks 4. Confusion with Time or Place 5. Trouble understanding Visual Images & Spatial Relationships 6. New problems with words in Speaking or Writing 7. Misplacing things and losing the ability to Retrace Steps 8. Decreased or poor judgement 9. Withdrawal from work or social activities 10. Changes in mood and personality <p>Go to website to download the PDF documents and take the free online training offered. Learning that there are 15 online support groups is so reassuring to anyone experiencing any of these diseases in themselves or a loved one.</p> <p>https://www.alz.org/maine 24/7 Helpline: 1-800-272-3900 https://www.alz.org/alzheimers-dementia/10_signs https://training.alz.org/home</p>	
	Funding & Finance:	No discussion	
	Community Organization Updates:	No discussion	
	Current Discussion & Project Updates:	No discussion	
	Next meeting ZOOM	9am March 2, 2022: In-Person at Town Office, topic TBD	

