

Coffee & Chat



Level Up
Elevate your total wellbeing.

OHRM Office of Human Resources Management



[Register](#) for the July **Coffee & Chat** webinar and join us on **Wednesday, July 7 at 9 a.m.**

- This month's webinar will be all about fun and games – are you ready to play and win BIG?
- We'll review *The Summer of Wellness* activities and events.
- Plus, we'll give away some random wellness prizes!

Wellness Wednesday

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June is Alzheimer's Awareness Month

June is [Alzheimer's & Brain Awareness Month](#) — an opportunity to hold a conversation about the brain, and share the fact that Alzheimer's disease and other dementias are a major public health issue.

During the month of June, the Alzheimer's Association asks people around the world to wear [purple](#) and fight Alzheimer's by bringing awareness to disease.

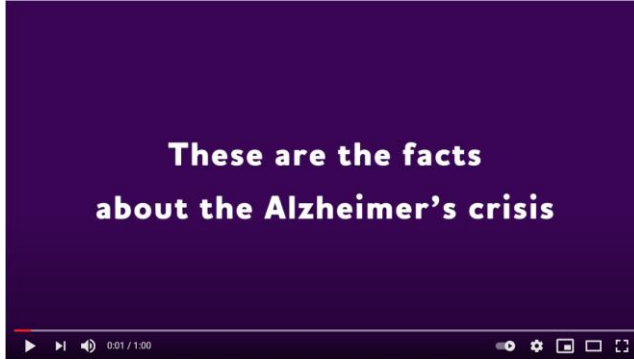
What is Alzheimer's?

- Alzheimer's disease is the most common type of dementia.
- It is a progressive disease, beginning with mild memory loss and possibly leading to loss of the ability to carry on a conversation and respond to the environment.
- Alzheimer's disease involves parts of the brain that control thought, memory, and language.
- It can seriously affect a person's ability to carry out daily activities.

Facts & Figures

- Alzheimer's disease is one of the top 10 leading causes of death in the United States.
- The 6th leading cause of death among U.S. adults.
- The 5th leading cause of death among adults aged 65 years or older.
- In 2020, as many as 5.8 million Americans were living with Alzheimer's disease.
- Younger people may get Alzheimer's disease, but it is less common.
- The number of people living with the disease doubles every 5 years beyond age 65.
- This number is projected to nearly triple to 14 million people by 2060.
- Symptoms of the disease can first appear after age 60, and the risk increases with age.

Watch this [60-second video](#) to Learn more about Alzheimer's.



Additional Resources

- [Alzheimer's Association](#)
- [The Centers for Disease Control & Prevention](#)
- [U.S. Department of Health & Human Services](#)
- [National Institute on Aging](#)

TUNE IN ON FRIDAY, JUNE 25th

Winners of *The Summer of Wellness* raffle for June will be announced during the [Zumba Dance Party](#). You could win:

- **Apple Beats Flex Ear Buds** or
- **A \$50 Nike gift card!**



Don't forget to participate in [The Summer of Wellness](#). We've planned a summer that checks all of the boxes to elevate your total well-being. Explore *The Summer of Wellness* activities and sign up for those that will help motivate and move you! Plus, you'll be eligible to win cool wellness giveaways.

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