



Purple Angels Newsletter

A monthly publication from Marshfield Area Purple Angels, Inc.

SEPTEMBER 2017 *Calendar*

September 7

Memory Café
11:00 a.m. to 3:00 p.m.
Good Shepherd Lutheran
Church, Marshfield

September 10

Grandparents Day
We salute the grandmas and grandpas who make a difference in the lives of young people. We hope you have a wonderful day!

September 16

Eat an Apple Day
An apple a day keeps more than just the doctor away. Apples have many health benefits and they are delicious! Make sure you have an apple as a snack today!

September 18

National Ceiling Fan Day
Show your ceiling fans some love today by giving them a good cleaning!

September 30

Save Your Photos Day
We all have boxes and envelopes of family photos we want to keep. Today is a good day to get them organized. Photos are also a great way to reminisce and share fun stories and memories together.

September is World Alzheimer's Month

World Alzheimer's Month is the international campaign every September to raise awareness about dementia. The theme for 2017 is "Remember me" and the focus is on the importance of recognizing the early signs of dementia and getting the right diagnosis. It is also about remembering those who have dementia and supporting them, as well as their families and caregivers. Alzheimer's Disease International, who coordinates World Alzheimer's Month, offers these suggestions as part of this year's theme:

If you are living with dementia: Remember that you don't have to be alone. Find support from your family and friends, health care providers, and organizations in your community (like the Purple Angels). You have a right to feel empowered, to be included, and to be treated as an individual and a valuable member of the community.

If you are a caregiver: Remember that caring for someone with dementia can be challenging. Don't be afraid to ask for help. It is important to take care of your needs, too. This also makes a big difference to the wellbeing of the person you are caring for.

The "Remember me" theme is also special for the Seubert family, as it was a phrase our mother, Margaret, wrote on the back of a photo she gave to each of her children.

She is the reason why we started the Purple Angels in Marshfield!

Remember me

September



**World
Alzheimer's
Month**



Purple Angels Memory Café

A community program provided by Marshfield Area Purple Angels, Inc.

Remember Me



**World
Alzheimer's
Month**

September

Alzheimer's Disease International

Celebrating World Alzheimer's Month and Raising Dementia Awareness!

September is World Alzheimer's Month and a time for raising awareness about all types of dementia. This is no time to be ashamed or fearful. Let's face it together, celebrate it, and support each other along the way!

- Enjoy refreshments and social time with friends
- Join in a sing-a-long
- Learn about helpful resources
- Enjoy lunch with friends

For more information, contact Doug at **715-383-0897** or visit our website: www.marshfieldpurpleangels.org

WHEN:

Thursday September 7, 2017

LOCATION:

Good Shepherd Lutheran Church
502 W McMillan St, Marshfield

TIME:

11:00 a.m. to 3:00 p.m.

You don't need to stay for the entire time
(*come when you can, leave when you need to*)

LUNCH:

Free lunch served at 12:30 p.m.

Menu: Sandwiches, salad, and angel food cake and ice cream for dessert!

Purple Angels Memory Café events are always free and open to anyone looking for support or information about memory loss, Alzheimer's disease, and other forms of dementia.