

# Lifeline Protector

A Newsletter For Friends & Clients of Wellness Alliances

Wellness Alliances

## Greetings...

Thank you for reading our monthly newsletter! For additional information on your health and wellness visit our social media pages. Follow us on Facebook at Wellness Alliances and on Instagram at @wellnessalliances. We will keep you updated on current events, your caregiving needs, health news, and tips to enhance your physical, mental, and social well-being.

## Alzheimer's Awareness Month

November is Alzheimer's Awareness Month. Alzheimer's disease is a form of dementia also referred to as, senile dementia. Alzheimer's disease is an irreversible progressive disease that destroys memory, thinking skills and behavioral skills. Alzheimer's symptoms commonly start to appear in people in their 60s. Symptoms of Alzheimer's include memory loss, difficulty remembering recent events, difficulty completing familiar task, confusion with time or place, or new problems with words when speaking or writing. Today, there are an estimated 5.8 million Americans of the age 65 and older living with Alzheimer's dementia. This number is expected to grow as an estimated 13.8 million people are projected to have Alzheimer's dementia by the year 2050. To slow down, cure, or prevent Alzheimer's disease from affecting this many people medical breakthroughs are needed. You can help scientist and medical professionals with their research in the pursuit of new, innovative, and promising medical advancements to help people living with Alzheimer's disease by donating. You can donate to the cause of helping cure Alzheimer's disease at, BrightFocus Foundation or Alzheimer's Association.

## Quote of the Month

"Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind."

- Henry James

## Celebrating the Holidays Safely

The COVID-19 pandemic is going to make the holidays a little different this year. The pandemic is our new normal and it is important to continue taking precautions, even while spending the holidays with friends and family. The Holidays do not need to be cancelled. However, it is still important to be safe. Here are some things to be considered about holiday celebrations and guidelines to follow illustrated by the CDC.

- **Location and Duration:** Outdoor gatherings are less of a risk than indoor gatherings. The shorter the gathering the better. Longer gatherings pose more of a risk of contracting COVID-19.
- **Number of People:** The CDC does not have a limit or recommend a specific number of attendees for gatherings. The size of a holiday gathering should be determined based on the ability to reduce or limit contact between attendees, the risk of spread between attendees, and state, local, territorial, or tribal health and safety laws, rules, and regulations.
- **Preventative Measures:** All attendees at a gathering should wear mask and remain 6 feet apart. It is important to take all preventative measures such as, hand washing, mask wearing, and social distancing.
- **Traveling:** It is less likely to contract COVID-19 if attendees are all from the same area. Traveling from different places increases the spread of COVID-19. It is best to stay home to protect yourself and others.

## National Family Caregivers Month

The month of November is a time to recognize, support, and empower family caregivers. National Family Caregivers Month began in 2014. President Barack Obama declared the month of November to be a tribute to the many people providing essential care to help the health of family members, friends, and neighbors. For the year 2020, the Caregiver Action Network has announced the theme for National Family Caregivers Month to be #CaregivingInCrisis. This theme is meant to recognize the new realities family caregivers have been forced to face while caring for a loved one during the COVID-19 pandemic. Here are some of the added challenges caregivers have had to face during these unprecedented times:

- **Social Distancing from a Loved One:** It is a struggle to know if it is worth the risk of visiting an elderly loved one with the risk of COVID-19 looming.
  - **Unemployment:** Covering the cost of a loved one can be a struggle for family caregivers and now some face the loss of a job due to COVID-19 increasing their financial hardships.
  - **Deciding if a Nursing Home is Best:** Deciding whether or not to place an elderly loved one in a nursing home has been made twice as hard due to the risk of contracting COVID-19.
- To help family caregivers dealing with these difficult issues and shed some light on caregivers you know post with the hashtag, #CaregivingInCrisis on social media.

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