

# National World Alzheimer's Month

Learn more about Alzheimer's disease and the ways it affects us all.

## Facts About Alzheimer's Disease

- Alzheimer's disease is the most common form of dementia. Dementia is a brain condition that affects parts of the brain that control thought, memory, and language.
- Alzheimer's disease and related dementias can seriously affect a person's ability to carry out daily activities.
- The risk of developing Alzheimer's disease increases with age, but Alzheimer's disease is not a normal part of aging.
- Most people living with Alzheimer's disease are older than 65 years. However, people younger than age 65 can develop Alzheimer's disease but it is not common.
- Scientists do not know what causes Alzheimer's disease. However, like other chronic conditions, it is probably a result of multiple factors.
- Controlling high blood pressure, exercising regularly, and quitting smoking may reduce your risk of Alzheimer's disease.



Summer may be over, but there's so much in store for September! Most notable is the **first day of fall**, bringing with it **stunning foliage** and, of course, **pumpkin-spiced** everything. Speaking of eating **seasonal snacks**, that's just one of many **fall activities** at hand, like watching **fall movies** and **carving pumpkins**. But aside from your typical fall fare and fun, the month of September also boasts a variety of holidays!

While there are well-known observances like **Labor Day** and Patriot Day, there are many lesser-known celebrations to discover. Love **chocolate milkshakes**? There's a holiday for that! Can't get enough waffles at breakfast? September has a whole week dedicated to them. And if you're a proponent of the power of a **black dress**, don't miss National Little Black Dress Day.

# HAPPY BIRTHDAY

September 3rd – Beverly Jackson  
September 10th – Kathy Hudson  
September 12th – Martha Pearson  
September 13<sup>th</sup> – Victoria Hall  
September 16<sup>th</sup> – Linda Wicker  
September 23<sup>rd</sup> – Linda Gray  
September 29<sup>th</sup> – Gaye Rosado



## Holiday Traditions Around the World

Also known as the **Moon Festival**, this holiday has been celebrated for at least 3,000 years and is said to be the second-largest festival in China after the Chinese New Year. Observed on the 15th day of the eighth month of the traditional Chinese lunar calendar, it can occur in either September or early October in the Gregorian calendar.

This autumn festival occurs during the full Moon nearest the fall equinox, which is traditionally said to be the brightest and roundest. Local festivities might involve brightly colored lanterns, dances, games, and other entertainment. Families and friends celebrate into the evening to give thanks for the harvest and for being together, offering each other wishes for happiness and long life and remembering loved ones who live far away.

Celebrants may make offerings to the Moon goddess Chang'e or share traditional moon-cakes by moonlight. These round pastries, which symbolize the full Moon and reunion, are often filled with red bean or lotus seed paste surrounding a salted egg yolk in the center.

## September Zodiac

September's zodiac signs are **Virgo (Aug. 23–Sept. 22)** and **Libra (Sept. 23–Oct. 22)**.



## September Birthstone

The birthstone for the ninth month is the sapphire, which was once thought to guard against evil and poisoning.

- Sapphire is a form of corundum that is typically blue, a color caused by tiny bits of iron and titanium; the vivid, medium blues are more valuable than lighter or darker forms. Due to various trace elements, sapphires also appear in other colors. Those with red colors are called rubies.
- Sapphires were thought to encourage divine wisdom and protection. They symbolized purity, truth, trust, and loyalty. Some believed that if they were placed in a jar with a snake, the snake would die.
- The sapphire, along with the related ruby, are the second-hardest natural gemstones, with only the diamond being harder.