

# MEMORY ISSUES? 7 ACTIONS TO TAKE NOW!

**S** Pause, take a deep breath.

**S** Start an events journal.

**S** Educate yourself daily.

**S** Talk with loved ones.

**S** Utilize helpful technology.

**S** Consult with legal and  
financial professionals.

**S** Don't assume a diagnosis,

**work with doctors early.**

No matter what the future holds, forgive and resolve conflicts now. Live life in the moment and enjoy it to the best of your abilities. Create the greatest possible tomorrows by taking the most meaningful actions today!

**LEARN MORE AT  
DEMENTIASOCIETY.ORG**

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# YOU CAN MAKE A BIG DIFFERENCE!

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## OUR MISSION

Dementia Society of America is your leading all-volunteer, all-Dementias nonprofit organization in the United States. Our mission is to enhance the quality of life for those living with Dementia, their caregivers, and the community at large through: education; life enrichment programs; and recognition of superlative Dementia care and innovation.

*...we know you matter.™*



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REV10102015

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