



EXCEPTIONAL FAMILY MEMBER PROGRAM NEWSLETTER

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ALZHEIMER'S DISEASE AWARENESS MONTH

President Ronald Reagan designated November as National Alzheimer's Disease Awareness Month in 1983. At the time, fewer than 2 million Americans had Alzheimer's; today, the number of people with the disease has soared to nearly 5.4 million. Although Alzheimer's affects approximately 1 in every 2 families in the U.S., there are still some basic facts that you might not be aware of.

- Alzheimer's is the most common form of dementia and accounts for 60 to 80 percent of dementia cases.
- Alzheimer's is not a normal part of aging. The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. But Alzheimer's is not just a disease of old age. Approximately 200,000 Americans under the age of 65 have early-onset Alzheimer's.
- Alzheimer's worsens over time because it is a progressive disease, where dementia symptoms gradually worsen over a number

of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. It is the sixth leading cause of death in the United States. Those with Alzheimer's live an average of eight years after their symptoms become noticeable to others, but survival can range from four to 20 years, depending on age and other health conditions.

-Alzheimer's has no current cure, but treatments for symptoms are available and research continues. Although current Alzheimer's treatments cannot stop it from progressing, they can temporarily slow the worsening of symptoms and improve quality of life.

Today, there is a worldwide effort under way to find better ways to treat the disease, delay its onset, and prevent it from developing.

PREMATURITY AWARENESS MONTH

One in ten babies is born prematurely in the United States. An estimated 15 million babies around the world are born premature each year and more than one million of them do not survive their early birth.

Millions of these children face serious health challenges or have trouble learning in school because they were born early. Even the best of care can't prevent a premature baby from lasting health issues. And premature birth is the leading cause of newborn death in the United States.

Prematurity is a complicated and difficult public health problem. Although the United States has seen sustained improvement in its preterm birth rate, it has one of the highest rates of preterm birth of any industrialized country. Like heart disease, diabetes or cancer, it will take many years to achieve significant impact, but there has been, and will be progress along the way.

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Events

EFMP Conversations: Linden Oaks

- Where: The Lodge at Linden Oaks
- When: Tuesday, November 19, 12:30–1:30 p.m.
- Come connect with other EFMP Families and ask EFMP staff questions and get answers.

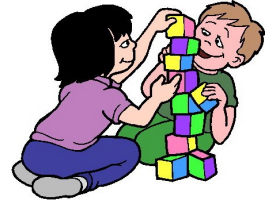
For more information, call (910) 907-3405.



Monthly Playgroup

- Where: The Lodge at Linden Oaks
- When: Wednesday, November 6, December 4, 9:00 a.m.–10:30 a.m.

- An interactive playgroup for children in EFMP ages 4 and under.
 - Structured activities and crafts.
- To register, call (910) 396-2749.



EFMP Conversations: Down Syndrome



- Where: Hammond Hills Community Center
- When: Wednesday, November 20, 11:00 a.m.–12:00 p.m.

- Connect with other Families who have a Family member Down Syndrome

For more information, call (910) 907-3405.

Parenting Toolbox

- Where: Soldier Support Center, 3rd Floor
- When: Friday, November 1, 9:00 a.m.–11:00 a.m.

- Each week Child & Family Behavioral Health will introduce new parenting tools to help with those frustrating moments parents experience.

For more information, call (910) 396-2749.



Fall Festival

- Where: Soldier and Family Readiness Group Center
- When: Saturday, November 2–1:00 p.m.–2:30 p.m.

- Games, prizes, crafts, & fun!

For more information, call (910) 907-3405.

