**Monthly Challenge:** Improve your memory with daily games such as Sudoku, crossword puzzles and reading to help keep your brain young and active.

**Did You Know...**

- **More than 5 million Americans** have Alzheimer’s disease.

- **In 2012,** 15.4 million caregivers provided more than 17.5 billion hours of unpaid care—this care is valued at $216 billion.

- **In the United States,** Alzheimer’s disease is the 6th leading cause of death.

- **Approximately 1 in 3 seniors dies** with Alzheimer’s disease or another form of dementia.

- **In 2013,** Alzheimer’s disease will cost the United States $203 billion—this number is expected to rise to $1.2 trillion by 2050.

**RESOURCES**

- **Websites:**
  - National Institute on Aging Alzheimer’s Association
  - http://www.lumosity.com/
  - http://www.doctoroz.com/exercise-your-brain

**College Resources**

- **Employee Assistance Program – New Directions**
  - www.newdirections.com
- **Medical - Coventry**
  - www.chcmissouri.coventryhealthcare.com
- **Dental - Guardian**
  - www.GuardianAnytime.com
- **Vision - Vision Service Plan**
  - www.vsp.com