

*ChristianaCare Memory Ambassadors are a team of trained clinician volunteers committed to helping you learn more about memory disorders — including Alzheimer's disease — with a focus on enhancing brain health.*

*We offer free, confidential screenings and memory wellness education programs. We will not make a diagnosis or offer a treatment, but we can help you find qualified resources for memory care evaluation and treatment. We can also link you with needed medical care, social services and community resources.*

*We have helpful tips to share to keep your brain as healthy as possible:*

- *Nutrition.*
  - *Physical activity.*
  - *Mental stimulation.*
  - *Fall prevention.*
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- **Call us to schedule a FREE memory wellness event for your group at 302-320-9403**



## Swank Memory Ambassadors Program

- Education
- Free and confidential screening
- Resource suggestions and tips for optimal brain health

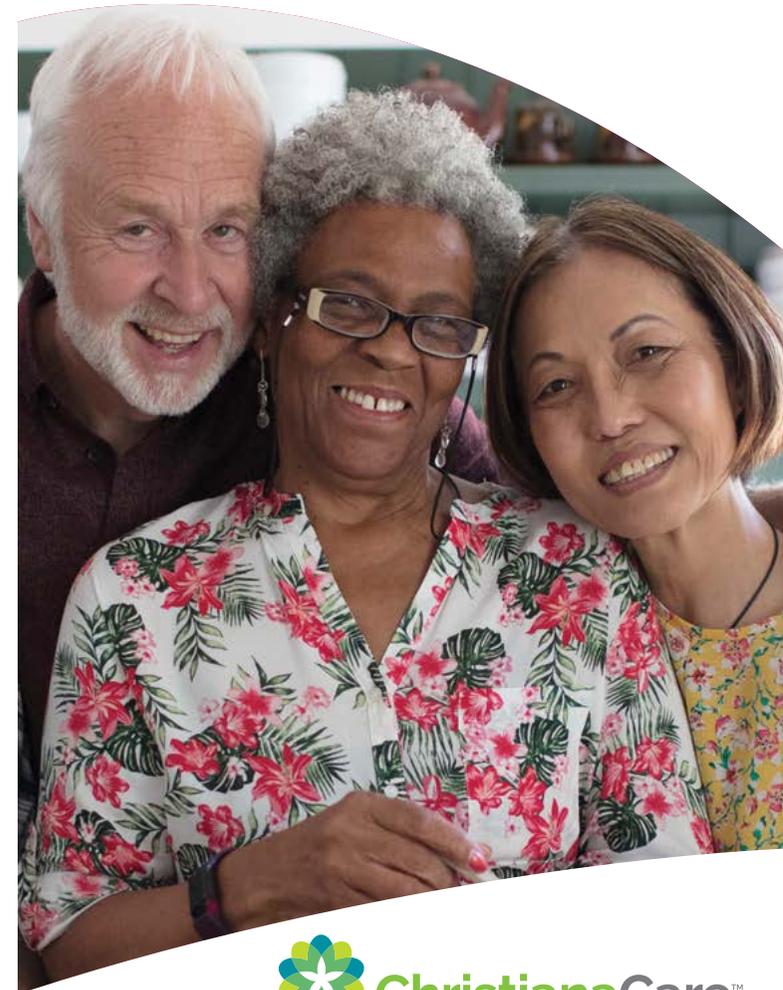


### Swank Memory Ambassadors Program

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[ChristianaCare.org/MemoryAmbassadors](https://www.christianacare.org/MemoryAmbassadors)





If you are worried about your own memory — or concerned about signs you are seeing in a spouse or friend — Swank Memory Ambassadors are here to help.

### Are you worried about your memory?

- Do you have trouble concentrating or focusing?
- Are you misplacing things more often?
- Do you have trouble recalling names or words in conversations?
- Have you ever forgotten where you are going or gotten lost while driving?
- Do you lose track of what you are saying in the middle of a sentence?
- Have others told you that you repeat stories or questions?

➤ **If you or a loved one can answer YES to any of these questions, visit [christianacare.org/memoryambassadors](https://christianacare.org/memoryambassadors) to learn about FREE memory wellness programs and screenings.**



"If we recognize a memory difficulty in its

early stages, there is more that we can do to help."

— James M. Ellison, M.D., MPH  
The Swank Foundation Endowed Chair  
in Memory Care and Geriatrics

### More than 19,000 families in Delaware alone are coping with Alzheimer's disease and related disorders.

- About half of all individuals in our community with Alzheimer's disease or another cognitive disorder have not yet been diagnosed by a health care provider. Many who have the signs and symptoms think they are "fine."
- Nearly half of all people in the U.S. will have dementia by the age of 85.
- The risk is 1.5 times higher for individuals who identify as Hispanic/Latino, and 2-3 times higher for those who identify as Black or African-American than for non-Hispanic whites.
- The average caregiver is a woman in her 40s who is married, employed and caring for her 60+ year old mother who does not live with her.
- Nearly two-thirds of Americans with Alzheimer's disease are women.
- In her 60s, a woman's estimated lifetime risk for developing Alzheimer's disease is 1 in 6. Compare that to a 1 in 11 risk of developing breast cancer.

You make appointments for your annual physical, dental checkups, mammograms and eye exams.

Memory wellness is important, too!

Visit [ChristianaCare.org/memoryambassadors](https://christianacare.org/memoryambassadors) to find upcoming memory wellness programs near you.