



# MEMORY SUNDAY

June 11, 2023



# SAVE THE DATE!

## What is Memory Sunday?

Memory Sunday is an annual event—the second Sunday in June—in which African-American faith communities provide education on Alzheimer's prevention, treatment, research studies, and caregiving.

Memory Sunday brings national and local attention to the tremendous burden that Alzheimer's and other dementias are having on the African American community, utilizing the power and influence of the African American pulpit, to bring awareness, distribute facts, encourage participation in research studies, and support persons living with Alzheimer's and their caregivers.

### FACTS ABOUT ALZHEIMER'S AND MEMORY LOSS

- Alzheimer's is a type of dementia that causes problems with memory, thinking, and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks.
- Alzheimer's disease accounts for 60%–80% of dementias.
- Available statistics indicate that, in the U.S., older African Americans are twice as likely as older whites to have Alzheimer's disease and other dementias.
- Alzheimer's disease is the sixth leading cause of death in the United States, and the third leading cause of death in King County. It kills more than breast cancer and prostate cancer combined.

### MEMORY SUNDAY IN THE GREATER SEATTLE AREA

For information about local Memory Sunday programs and resources, contact Karen Winston, Aging and Disability Services, Seattle Human Services Department ([karen.winston@seattle.gov](mailto:karen.winston@seattle.gov) or 206-684-0706).



**City of Seattle**  
Bruce Harrell, Mayor  
Mayor's Council on African American Elders



*Aging and Disability Services*  
Area Agency on Aging for Seattle and King County

