

**HELIOS
NEWSLETTER**



WHETHER YOU'RE A CAREGIVER, LOVED ONE, OR SIMPLY PART OF THE COMMUNITY, EDUCATION AND EMPATHY MAKE A DIFFERENCE.

September
ALZHEIMER'S AWARENESS MONTH



SEPTEMBER IS INTERNATIONAL ALZHEIMER'S AWARENESS MONTH, A TIME TO RAISE AWARENESS, REDUCE STIGMA, AND SUPPORT THOSE LIVING WITH ALZHEIMER'S AND OTHER FORMS OF DEMENTIA.

NOW THE SIGNS – WATCH FOR MEMORY LOSS, CONFUSION WITH TIME OR PLACE, AND TROUBLE WITH DAILY TASKS.

START THE CONVERSATION – GENTLY SHARE YOUR CONCERNS IF A LOVED ONE SHOWS SYMPTOMS.

SUPPORT WITH CARE – OFFER PATIENCE, LISTEN ACTIVELY, AND ASSIST WITH ROUTINES WHEN NEEDED.

 SELF-CARE REMINDER

TAKING CARE OF YOUR MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH. WHETHER YOU'RE MANAGING STRESS, SUPPORTING OTHERS, OR JUST JUGGLING DAILY LIFE, SELF-CARE IS ESSENTIAL.



TRY THESE SMALL, MINDFUL STEPS

**PAUSE AND
BREATHE DEEPLY**

**SAY NO WHEN YOU
NEED REST**

**GET OUTSIDE
FOR FRESH AIR**



**TALK TO SOMEONE
YOU TRUST**

**YOU CAN'T POUR FROM AN
EMPTY CUP. PRIORITIZE
YOURSELF—YOU'RE WORTH
IT.**

