

September

- Mask wearing is still recommended to protect against COVID-19 & it's delta and lambda variants
- Blood Cancer Awareness Month
- Childhood Cancer Awareness Month
- National Grandparents Day, Sept. 12
- Healthy Aging Month
- National Childhood Obesity Awareness Month
- National Cholesterol Education Month
- National Food Safety Education Month
- National Recovery Month
- National Sickle Cell Month
- Ovarian Cancer Awareness Month
- Prostate Cancer Awareness Month
- National Preparedness Month
- World Alzheimer's Month



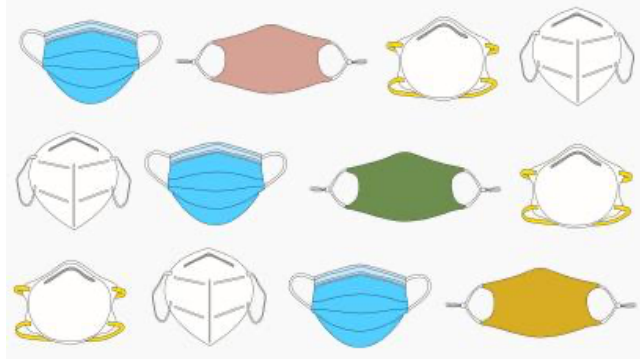
Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security.

Jeremiah 33:6

In His Service,
H-3 Ministry



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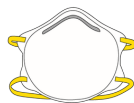
HOW DIFFERENT MASKS PROTECT AGAINST COVID-19, AND ITS DELTA AND LAMBDA VARIANTS

Masks help prevent the spread of infection, both with the original Covid-19 virus, and the [delta variant that is taking hold](#) of the US, and other variants like the [lambda variant](#) and those that will inevitably arise.

While mask mandates were lifted in some locations of the country months ago, the US Centers for Disease Control and Prevention (CDC) [recently reversed its masking recommendations](#) even for the vaccinated. Its mask guidelines now recommend that people in areas with high transmission wear masks indoors while in public. That's because face masks reduce the transmission of the delta, lambda, and other Covid-19 variants as well as they do for the original Covid-19 virus. Mask wearing by vaccinated people reduces the risk of breakthrough infections.

So now that there are new mask guidelines again, it's worth taking a look again at which masks are out there, and the pros and cons of each.

N95 MASK PROTECTION



N95 masks offer the best protection against the [Covid-19 virus](#) and its delta variant. N95 masks filter 95% of particles in the air as small as 0.3 microns. The CDC says healthcare workers and other workers who work in hazardous conditions should [have prioritized access](#) to N95 masks. Only buy and use N95 masks if there's an abundant supply in your area.

KN95 MASK PROTECTION



The next best option against Covid-19 is a KN95 mask, also filtering up to 95% of particles in the air as small as 0.3 microns in size. The difference between N95 and KN95 masks is how they are certified. N95 masks follow a US standard whereas KN95 masks follow a Chinese one. The standards are very similar, but the differences mean that N95 masks usually have headband straps, while KN95 masks have ear loops.

When purchasing KN95 masks, look to see if they meet [requirements](#) similar to those set by the National Institute for Occupational Safety and Health (NIOSH).

According to the CDC, these masks are suitable for situations that require prolonged close contact with people who do not live in the same household, or for people who are at increased risk for severe illness.

The downsides to KN95 masks are that they can be uncomfortable, require more effort to breathe, and may not be readily available.

SURGICAL MASKS PROTECTION



These masks are commercially available, more comfortable, and affordable. However, surgical masks are harder to fit properly. A poor fit causes gaps around the nose and along the sides of the face where respiratory droplets containing the virus leak in and out. Masks with tie cords and nose wires can help improve fit. The ear loops of surgical masks can also be knotted to fit more snugly. Since the delta variant is [more contagious](#) than other variants, it's even more important to make sure masks are properly fitted.

MASKS WITH EXHALATION VALVES OR VENTS



These masks are not recommended by the CDC or the World Health Organization because the valves and vents allow respiratory droplets containing the virus to escape. You could infect the people around you if you have the [coronavirus](#) and are wearing a mask with a vent.

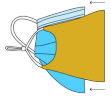
PROTECTION FROM CLOTH MASKS AND GATERS



The effectiveness of cloth masks depends on how porous the fabric is. Look for cloth masks made of multiple layers of tightly woven, breathable fabric. One way to test a cloth mask is by holding it up to a light source and seeing if the mask blocks the light.

Cloth masks can be made at home and customized for the best fit. They are also more comfortable, affordable, washable, and reusable.

LAYERING MULTIPLE MASKS FOR MORE PROTECTION



Surgical masks can be layered underneath cloth masks for improved fit and filtration. The cloth mask holds the surgical mask in place. Layering masks may be less comfortable and less breathable than a single mask alone, but is more effective at controlling the spread of the delta variant than either of the masks alone.

SEPTEMBER IS BLOOD CANCER AWARENESS MONTH



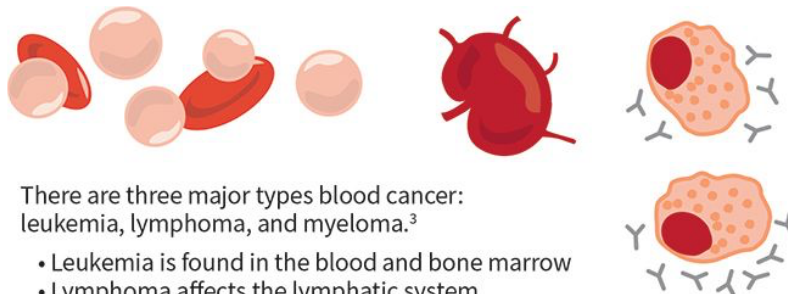
In the US, someone is diagnosed with a blood cancer every 3 minutes.¹



Each year, blood cancer accounts for more than 10% of all new cancer diagnoses.²



More than 1.3 million people in the US are living with or in remission from a blood cancer today.²



There are three major types blood cancer: leukemia, lymphoma, and myeloma.³

- Leukemia is found in the blood and bone marrow
- Lymphoma affects the lymphatic system
- Myeloma is cancer of the plasma cells

SOURCES:

1. DKMS - Delete Blood Cancer
2. National Foundation for Cancer Research
3. The American Society of Hematology

cure[®]

CHILDHOOD CANCER FACTS

WHAT IS CHILDHOOD CANCER?

Childhood cancer (also called pediatric cancer) typically means a cancer that is found in children and teens, and sometimes young adults. It is not just one disease. There are many types, which can be found in different places throughout the body.

The most common cancer in children is leukemia, a type of blood cancer. Cancer can also occur in organs and tissues such as the lymph nodes (lymphoma), nervous system (brain tumors) and muscles, bone and skin (solid tumors).



CANCER STATISTICS

- Cancer is diagnosed each year in about **400,000 children and adolescents** ages 19 and under worldwide.
- Cancer is the **leading cause of death by disease** past infancy for U.S. children.
- However, thanks to better therapies, **more than 80% of U.S. childhood cancer patients** now become long-term survivors.
- Survival rates vary depending on the type of cancer.
- About **483,000 childhood cancer survivors** live in the U.S., with many more around the world.



GRANDPARENTS DAY 2021—SEPT. 12

The COVID-19 Pandemic reshaped our lives in unthinkable ways. It also gave us an appreciation for grandparents and Grandparents Day more than ever before. Far too many of us endured unspeakable hardship and loss. The pandemic also made us cherish connections more. There were scores of multigenerational households and grandfamilies where young and old experienced the pandemic together.

Since 2012, Generations United has spearheaded an annual campaign to encourage all generations to Do Something Grand and engage with another generation on Grandparents Day. As our society opens back up, our theme this year is a question:

ALL YEAR ROUND:

Grandparents and Older Adults: We're asking you to commit to do something grand and share your wisdom, perspectives and key civic values with young people and advocate on their behalf.

Children, Youth, and Younger Adults: We're asking you to commit to do something grand and connect and serve with your grandparents or older adults in your community.

Grandfamilies: You provide a safe and loving home to your grandchildren or other relatives in your care. We think you are doing something grand for children every day of the year. As part of our week-long celebration of Grandparents Day, Generations United recognizes, honors, and thanks grandfamilies. Want to talk to an expert on grandfamilies? Contact us

Intergenerational Programs: You are doing something grand every time you bring younger and older people together. We're asking you to plan and coordinate grand intergenerational activism projects.

Together, adults and youth can reach out to decision-makers and begin one of the most important dialogues in our history: discussing how, as a country, we can address the many challenges facing future generations—from literacy to health and wellness to financial stability.

CELEBRATE SEPTEMBER IS HEALTHY AGING® MONTH BY REINVENTING YOURSELF!



SEPTEMBER IS HEALTHY AGING MONTH: PHYSICAL, SOCIAL, MENTAL AND FINANCIAL WELLNESS.

SEPTEMBER IS HEALTHY AGING® MONTH!

Think it's too late to "re-invent" yourself? Think again.

According to Carolyn Worthington, editor-in-chief of *Healthy Aging® Magazine* and executive director of Healthy Aging®, it's never too late to find a new career, a new sport, passion, hobby or work on your health issues. Worthington is the creator of *September is Healthy Aging® Month*, an annual health observance designed to focus national attention on the positive aspects of growing older.

Now more than 20 years since it began, *September is Healthy Aging® Month* provides inspiration and practical ideas for adults, ages 45-plus, to improve their physical, mental, social and financial well-being.

The numbers of people over 45 are growing every year. The attention used to be just on the baby boomers. Now, the Generation X-ers are elbowing their way in and have many of the same interests as the previous generation - stay active and vibrant as long as possible. There are over 76 million baby boomers today over 50 and the first of the 82.1 million generation x-ers reached that milestone in 2015.

“Use September as the motivation to take stock of where you’ve been, what you really would like to do,” says Worthington. “And try it! Who says you have to follow a career related to what you studied in school? Who says, you can’t start your own home business later in life? Why not choose a new athletic goal (5K anyone?), or do something wildly different from anything you’ve done before? Only that person you see in the mirror!”

WHY SEPTEMBER IS HEALTHY AGING MONTH?

According to Worthington, “We saw a need to draw attention to the myths of aging, to shout out ‘Hey, it’s not too late to take control of your health, it’s never too late to get started on something new.’ Why not think about the positive aspects of aging instead of the stereotypes and the negative aspects?”

September is a perfect time to celebrate Healthy Aging Month since it is time when many people think about getting started on new tasks after the summer. Drawing on the “back to school” urge embedded in everyone from childhood, the observance month’s activities are designed to encourage people to rejuvenate and get going on positive measures that can impact the areas of physical, social, financial and mental wellness.

September is Healthy Aging® Month was first introduced when the baby boomers were about to turn 50. “At that time, no one wanted to talk about growing older,” Worthington says. “You know, it was that same ‘60’s attitude - ‘Don’t trust anyone over 30; hell no we won’t go.’ Today as the boomers turn 60 and 65, it’s a different story,” Worthington explains.

“We recognized early on that careful attention to the combination of physical, social, mental and financial fitness was powerful in the pursuit of a positive lifestyle and have built our Healthy Aging® programs around that concept for the public and private sector through this annual observance as well as TV specials, videos, books, printed material, our website and blogs.

“The interest in positive lifestyle information seems to be insatiable. Our subscriber list for *Healthy Aging® Magazine* keeps growing so we know we are on the right track. We are not about retirement. Nor are we a ‘senior’ magazine filled with articles about depression, incontinence or organ recitals.

We are about vibrant, active, 45-plus people who are taking charge of their lives, following their passion, and who are happily looking forward to what’s next in life.”

To get you started on re-inventing yourself, here are some ideas from the editors of *Healthy Aging® Magazine*. Maybe you will find some that will help you think outside the box.

10 TIPS FOR REINVENTING YOURSELF DURING SEPTEMBER IS HEALTHY AGING MONTH:

1. DO NOT ACT YOUR AGE

Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself. (Tip: Don't keep looking in the mirror, just FEEL IT!)

2. BE POSITIVE

Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news.)

3. DITCH THE NEGATIVITY

Have negative friends who complain all of the time and constantly talk about how awful everything is? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often. It's contagious and wards off naysayers.)

4. WALK TALL

Walk like a vibrant, healthy person. Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)

5. STAND TALL

Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better. (Tip: Your waistline will look trimmer if you follow this advice.)

6. HOW ARE YOUR PEARLY WHITES?

How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)

7. LONELY?

Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time, Take a class, Invite someone to meet for lunch, brunch, dinner, or coffee. (Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends, take a computer class or a tutorial session at your cell phone store to keep up with technology, choose a new person every week for your dining out.)

8. WALK 10,000 STEPS A DAY

Start walking not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!) Make it a goal to walk 10,000 steps a day. Want to lose some weight or belly fat? Make it 15,000. You can do it!

9. GET THOSE ANNUAL CHECK-UPS

Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.

10. FIND YOUR INNER ARTIST.

Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? (Tip: Sign up now for fall art or music classes and discover your inner artist!)



PREVENTING CHILDHOOD OBESITY: 5 THINGS YOU CAN DO AT HOME

Obesity is a complex disease with many contributing factors, but there are ways parents and caregivers can help children on their journey to good health.

EAT THE RAINBOW

Having a healthy diet can help children get the nutrients they need for healthy growth and development, and help them reach a healthy weight. A healthy diet is rich in fruits, vegetables, whole grains, lean proteins, and low-fat or fat-free dairy.

Unfortunately, very few people get enough fruits and vegetables. In 2017, just 2% of high school students ate enough vegetables, and 7% ate enough fruit. Help your kids eat the rainbow: make half of their plate fruits and vegetables for optimal health.

MOVE MORE

Compared to those who are inactive, physically active youth have stronger muscles and better cardiovascular fitness. They also typically have lower body fat and stronger bones. Regular physical activity in childhood also reduces the risk of depression. Children need at least 60 minutes of physical activity every day - try these tips to help your kids move more.

SLOW DOWN ON SUGAR

Most of us eat and drink too many added sugars, which can lead to health problems such as weight gain and obesity, type 2 diabetes, and heart disease. Children under age 2 should have no added sugar in their diet at all, and children over age 2 should keep sugars to less than 10% of their daily calories.

A good way to slow down on sugar is by avoiding sugary drinks like soda, juice drinks, and flavored milk. Help your kids rethink their drink by offering water, plain low-fat milk, or 100% juice instead.

REDUCE SCREEN TIME:

Adults and children spend over 7 hours a day being sedentary - and that doesn't include time spent sleeping! Many of these sedentary hours are spent sitting or laying down on a phone, tablet, or computer; watching TV; or playing video games (also known as **screen time**).

Too much screen time has health consequences: it's associated with poor sleep, weight gain, lower grades in school, and poor mental health in youth. When you reduce screen time, you free up time for family activities. The American Academy of Pediatrics recommends creating a family media plan, and has examples such as keeping meal times tech-free, charging devices at night outside the bedroom, turning screens off an hour before bed, and many more.

SLEEP WELL

Good sleep is critical to prevent type 2 diabetes, obesity, injuries, poor mental health, and problems with attention and behavior. Did you know that children 6-12 years old need 9-12 hours of uninterrupted sleep a night and youth 13-18 need 8-10 hours? Too little sleep is associated with obesity partly because inadequate sleep can make us eat more and be less physically active. Help your [children sleep better](#) by making sure they're active during the day, removing screens from their bedrooms, and setting a consistent sleep schedule, even on weekends.



SEPTEMBER IS NATIONAL CHOLESTEROL EDUCATION MONTH

According to the Centers for Disease Control and Prevention (CDC), heart disease is the number one leading cause of death in the U.S. More than one million Americans have a heart attack each year and about 500,000 die of heart disease. High blood cholesterol is one of the major risk factors for heart disease, causing heart attack and stroke.

Cholesterol is a fat-like substance in your blood. Your body, specifically your liver, makes all the cholesterol you need. The rest comes from what you eat, namely foods high in saturated and trans fat, such as meat, poultry, full-fat dairy products, and tropical oils such as palm oil, palm kernel oil, and coconut oil. Saturated and trans fats cause your liver to make more cholesterol than it normally would. When there is too much in the bloodstream, it builds up in the walls of the arteries and, over time, they become narrower and blood flow to the heart slows down or becomes blocked. A few other things can affect cholesterol levels, too, including:

- Being overweight
- Inactivity
- Being older (cholesterol levels natural rise as we age)
- Relatives with high cholesterol
- Smoking

FOOD SAFETY EDUCATION MONTH



September is National Food Safety Education Month (FSEM). It's a great time to freshen up on food safety and educate others about preventing food poisoning.

MEET FOOD SAFETY CHEF

During FSEM, follow along on social media to get tips from Food Safety Chef about keeping food safe when cooking at

home: @CDCgov Twitter, @CDC_NCEZID Twitter, CDC Facebook, CDCgov Instagram, and @Foodsafetygov Twitter. Look for hashtags #FSEM2021 and #CDCFoodSafety and share these tips to show others how to keep food safe.

TAKE STEPS TO PREVENT FOOD POISONING

As you prepare and handle food, follow these four steps to help prevent foodborne illness (also called food poisoning):

- Clean: Wash your hands, utensils, and surfaces often when you cook.
- Separate: Raw meat, chicken, turkey, seafood, and eggs can spread germs. Separate them from cooked food and fresh produce.
- Cook: Use a food thermometer to make sure foods are cooked to an internal temperature that kills germs.
- Chill: Refrigerate perishable foodsexternal icon (foods likely to spoil or go bad quickly) and leftovers within 2 hours, or within 1 hour if the food is exposed to temperatures above 90° F (like a hot car or summer picnic).

Anyone can get sick from food poisoning. But some groups of people are more likely to get sick and to have a more serious illness:

- Adults aged 65 and older
- Children younger than 5
- People with weakened immune systems (for example, people with diabetes, liver or kidney disease, alcoholism, or HIV, or people who receive chemotherapy or radiation therapy)
- Pregnant people

SALMONELLA: A PREVENTION PRIORITY

CDC estimates that *Salmonella* is responsible for more foodborne illnesses in the United States than any other bacteria. Though *Salmonella* can be found in a variety of foods, chicken is a major source of these illnesses. Ground beef has also been linked to large *Salmonella* outbreaks in recent years. CDC and partners are working along the food chain to prevent *Salmonella* illnesses associated with chicken and ground beef.

When you cook chicken or ground beef, follow the four steps to food safety to help protect you and your family from *Salmonella* and other germs. Here's a recipe that shows how to prepare chicken following the four steps. Food Safety Chef will share other *Salmonella* prevention tips on social media during FSEM.



WHAT IS IT?

Sickle cell is a red blood cell disorder. It is inherited. That means that it's passed down the same way people get the color of their eyes, skin, and hair from their parents. For a child to inherit sickle cell, both parents need to carry the gene for it. There is no way to catch sickle cell and it is not contagious. You are born with it.

- Healthy red blood cells are smooth, round, and bendable so they can easily flow through blood vessels and carry oxygen to every part of the body.

- In sickle cell disease, red blood cells can change shape and form a sickle, or crescent. The cells become stiff and sticky, causing them to block blood flow and break down inside the blood vessels.

HOW DO SICKLED CELLS AFFECT THE BODY

- These crescent moon-shaped sickle cells can catch on one another or stick to the blood vessel walls. When this happens, it is difficult for them to squeeze through the tiny blood vessels.
- These sickle cells can create pile-ups, which may prevent your organs from getting the oxygen they need.

SICKLE CELL FAQS?

WHY AM I SO MUCH MORE TIRED THAN OTHER PEOPLE?

There are many possible reasons, including [anemia](#). Here's why fatigue can happen in people with sickle cell:

- Because [sickle cells don't live as long](#) as healthy cells, your body usually doesn't have enough red blood cells. The hemolysis, or breakdown of red blood cells, also reduces that number
- Anemia is a condition caused by a lack of oxygen being transported throughout the body
- Anemia may cause you to feel very tired because your body's tissues aren't getting enough oxygen delivered to them

WHY DOES SICKLE CELL CAUSE PAIN?

Sickle cell pain happens when sickled blood cells [get stuck in blood vessels](#). Because of their shape, stiffness, and stickiness, sickled cells don't slide past each other smoothly like round red blood cells do. Instead, they can catch on each other and form pile-ups. These pile-ups mean that your organs and tissues may not be getting the oxygen that they need.

WHO HAS SICKLE CELL AND WHY?

About 100,000 people in the United States have sickle cell. Here's how it breaks down:

- People of African descent make up 90% of the population with sickle cell in the United States
- Sickle cell also affects people of Hispanic, South Asian, Southern European and Middle Eastern ancestry
- Sickle cell affects people whose ancestors came from parts of the world where malaria is common. Sickle cell can affect these populations because having the sickle cell trait helps protect a person from the harmful effects of malaria
- Sickle cell likely comes from evolution's attempt to protect against malaria, even though it introduced other [health problems](#) in the process.

Recognize the Subtle Signs of Ovarian Cancer

***** Ovarian cancer is one of the deadliest cancers—and one of the most misunderstood. Because the ovaries are near the intestines and bladder, symptoms can appear to be common digestive disruptions or urinary problems.

“Many patients attribute these symptoms to growing older and don’t seek medical attention,” says **Theresa Werner, M.D.**, an oncologist at University of Utah Health Care’s Huntsman Cancer Institute. “If you experience any of these symptoms, and if they are persistent or worsening over time, you should call your doctor.”



An upset stomach.

Ovarian cancer can cause gastrointestinal symptoms including bloating, constipation, cramps and abdominal pain.



Constant fatigue

that interferes with your daily life.



Changes in bathroom habits,

including a need to urinate more urgently or often, or changes in bowel habits and stool consistency.



Weight gain or loss,

without making changes to diet or exercise routines.



A weak appetite,

or a feeling of fullness after even a light meal.



Pain or a feeling of pressure

in the pelvic area or lower back.



Vaginal discomfort,

including pain during sex and abnormal bleeding or discharge.



SEPTEMBER IS PROSTATE CANCER AWARENESS MONTH

September is Prostate Cancer Awareness month and ABC 10News is supporting the Prostate Cancer Foundation to raise awareness by highlighting the need for testing and addressing outcome disparities in Black men diagnosed with prostate cancer. The reasons are complex and unclear.

Dr. Tyler Seibert, MD, PhD, a Prostate Cancer Foundation-funded investigator and Radiation Oncologist at University of California, San Diego spoke with ABC 10News Anchor, Virginia Cha about those facing a cancer that is easily detected and treatable if caught early.

WHO IS AT MOST RISK FOR PROSTATE CANCER?

- According to the Prostate Cancer Foundation, prostate cancer is the second most common type of cancer in men, affecting four million men in the U.S. and an estimated 14 million men worldwide. One in eight men will be diagnosed with prostate cancer in his lifetime.
- If you are of African descent or African American, that number increases by over 75% and they are twice as likely to die from the disease as white males.
- Men with relatives - father, brother, son - with a history of prostate cancer may be twice as likely to develop the disease.

IS PROSTATE CANCER CONSIDERED “TREATABLE”?

- We know that 30% of cancer is preventable with lifestyle factors.
- Early detection is critical to ensure successful outcomes.
- While prostate cancer is relatively common, the good news is that about 90% of all prostate cancers are detected when the cancer is confined to the prostate or the region around it, and treatment success rates are high compared with many other types of cancer.

KNOW YOUR RISK, KNOW YOUR NUMBERS

- Eating healthy and exercising can prevent any number of chronic diseases, and in some cases, like diabetes, it can even help reverse some of the most dangerous effects.
- Start by having a conversation with your doctor about screening and understanding your risk.
- Cancer, even prostate cancer is a family problem, so speak with your family and educate yourself.

This September, you can join the Prostate Cancer Foundation challenge to “Eat It to Beat It” during Prostate Cancer Awareness Month.

It’s a simple challenge: eat 30 healthy foods in 30 days and help raise awareness about prostate cancer. You’ll show that making healthy lifestyle choices can potentially reduce risk for developing prostate cancer and improve outcomes.

For more information about the “Eat It to Beat It” [CLICK HERE](#).
Sign up to participate through email or Join the Facebook group.



NATIONAL PREPAREDNESS MONTH: SEPTEMBER 2021

When major disasters strike, visit the U.S. Census Bureau's [Emergency Management](#) page to access demographic and economic data for the impacted areas. You will also find our mission critical tools: Census Business Builder, OnTheMap for Emergency Management, COVID-19 Interactive Data Hub, local Weather Forecasting Offices and more.

From Ready.gov, 2021 National Preparedness Month:

“National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time. The 2021 theme is ‘Prepare to Protect. Preparing for disasters is protecting everyone you love.’

Weekly Themes

Each week in September, the campaign will focus on a different aspect of preparedness for individuals, families and communities.

Week 1 September 1-4: Make A Plan

Talk to your friends and family about how you will communicate before, during, and after a disaster. Make sure to update your plan based on the Centers for Disease Control recommendations due to the coronavirus.

Week 2 September 5-11: Build A Kit

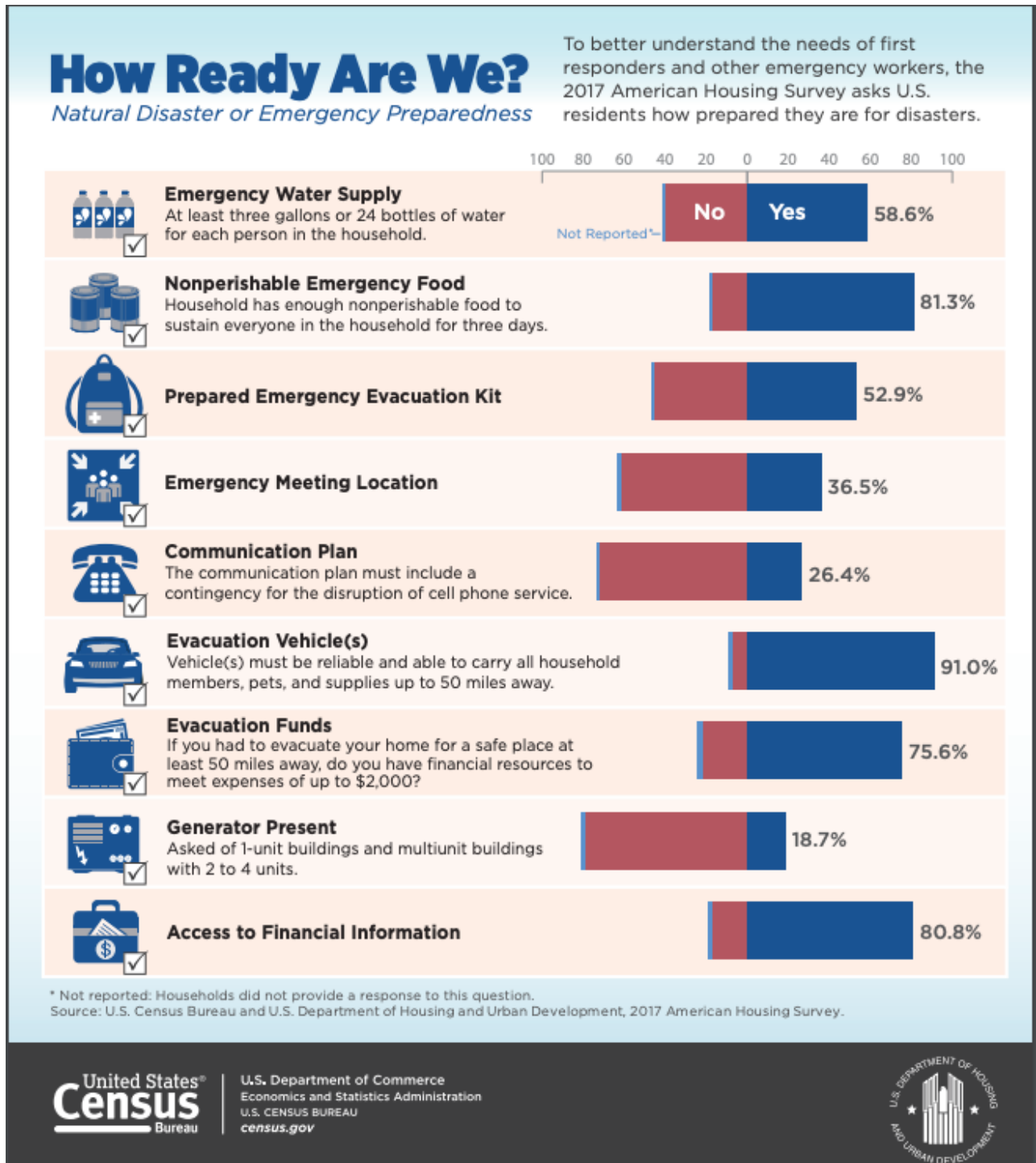
Gather supplies that will last for several days after a disaster for everyone living in your home. Don’t forget to consider the unique needs each person or pet may have in case you have to evacuate quickly. Update your kits and supplies based on recommendations by the Centers for Disease Control.

Week 3 September 12-18: Prepare for Disasters

Limit the impacts that disasters have on you and your family. Know the risk of disasters in your area and check your insurance coverage. Learn how to make your home stronger in the face of storms and other common hazards and act fast if you receive a local warning or alert.

Week 4 September 19-25: Teach Youth About Preparedness

Talk to your kids about preparing for emergencies and what to do in case you are separated. Reassure them by providing information about how they can get involved.”



10 Warning Signs of Alzheimer's

If you notice any of these signs, take action.

Use this form to note your concerns so you can address them with a friend, family member or doctor.

- 1. MEMORY LOSS THAT DISRUPTS DAILY LIFE.** One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking the same question over and over again, or increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things the person used to handle on their own.

What's a typical age-related change? Sometimes forgetting names or appointments, but remembering them later.

- 2. CHALLENGES IN PLANNING OR SOLVING PROBLEMS.** Some people living with dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What's a typical age-related change? Making occasional errors when managing finances or household bills.

- 3. DIFFICULTY COMPLETING FAMILIAR TASKS.** People living with Alzheimer's disease often find it hard to complete routine tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game.

What's a typical age-related change? Occasionally needing help to use microwave settings or to record a TV show.

- 4. CONFUSION WITH TIME OR PLACE.** People living with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's a typical age-related change? Getting confused about the day of the week, but figuring it out later.

- 5. TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONSHIPS.** For some people, vision problems are a sign of Alzheimer's. They may also have problems judging distance and determining color or contrast, causing issues with driving.

What's a typical age-related change? Vision changes related to cataracts.

6. NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING. People living with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue, or repeat themselves. They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name.
What's a typical age-related change? Sometimes having trouble finding the right word.

7. MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS. A person living with Alzheimer's may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. He or she may accuse others of stealing, especially as the disease progresses.
What's a typical age-related change? Misplacing things from time to time and retracing steps to find them.

8. DECREASED OR POOR JUDGMENT. Individuals may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, or pay less attention to grooming or keeping themselves clean.
What's a typical age-related change? Making a bad decision once in a while, like neglecting to change the oil in the car.

9. WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES. A person living with Alzheimer's may experience changes in the ability to hold or follow a conversation. As a result, he or she may withdraw from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite team or activity.
What's a typical age-related change? Sometimes feeling uninterested in family or social obligations.

10. CHANGES IN MOOD AND PERSONALITY. Individuals living with Alzheimer's may experience mood and personality changes. They may be easily upset at home, at work, with friends or when out of their comfort zone.
What's a typical age-related change? Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

WHAT'S NEXT?

If you're concerned that you or someone you know is displaying any of these signs, take action:

Talk to someone you trust. It can be helpful to confide in a friend or family member. For tips on how to have a conversation, visit alz.org/memoryconcerns.

See a doctor. Get a full medical evaluation to determine if it's Alzheimer's or something else. Early diagnosis gives you a chance to plan for the future, access support services and explore medication that may address some symptoms for a time. Visit alz.org/evaluatememory to learn what an evaluation may include.

Get support and information. Call the **Alzheimer's Association 24/7 Helpline (800.272.3900)** or visit alz.org/10signs.

Note: This list is for information only and not a substitute for a consultation with a qualified medical professional.

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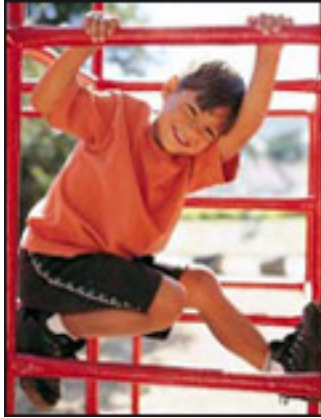
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ABOUT CHILD & TEEN BMI

CHILD & TEEN BMI CALCULATOR



Body mass index (BMI) is a person's weight in kilograms divided by the square of height in meters. It is an inexpensive and easy-to-perform method of screening for weight categories that may lead to health problems.

For children and teens, BMI is age- and sex-specific and is often referred to as BMI-for-age. In children, a high amount of body fat can lead to weight-related diseases and other health issues. Being underweight can also put one at risk for health issues.

A high BMI can indicate high body fatness. BMI does not measure body fat directly, but BMI is correlated with more direct measures of body fat^{1,2,3}.

HOW IS BMI CALCULATED FOR CHILDREN AND TEENS?

Calculating BMI using the BMI Percentile Calculator involves the following steps:

- Measure height and weight. Refer to Measuring Children's Height and Weight Accurately At Home for guidance.
- Use the Child and Teen BMI Calculator to calculate BMI. The BMI number is calculated using standard formulas.

Resources:

<https://qz.com/2042410/how-effective-masks-are-against-the-delta-variant/>

<https://www.stjude.org/treatment/pediatric-oncology/childhood-cancer-facts.html>

<https://grandparentsday.org/>

<https://healthyaging.net/healthy-aging-month/celebrate-september-is-healthy-aging-month-reinvent-yourself/>

<https://www.cdc.gov/nccdphp/dnpao/features/childhood-obesity/index.html>

<https://meridienresearch.net/september-national-cholesterol-education-month/>

<https://www.cdc.gov/foodsafety/communication/socialmedia.html#foodsafetyeducationmonth>

<https://www.pinterest.com/pin/828380925195854581/> (national recovery)

<https://sicklecellspeaks.com/understanding-sickle-cell/what-is-sickle-cell/>

<https://healthcare.utah.edu/healthfeed/postings/2014/images/ovarian-cancer.jpg>

<https://www.10news.com/community/community-connection/september-is-prostate-cancer-awareness-month>

https://www.alz.org/alzheimers-dementia/10_signs

[census.gov/newsroom/stories/preparedness-month.html](https://www.census.gov/newsroom/stories/preparedness-month.html)