



**FOR IMMEDIATE RELEASE**



**CONTACT:**

**Shawna Miller**

Redstone Highlands

724-832-8400

[smiller@redstonehighlands.org](mailto:smiller@redstonehighlands.org)

**National Memory Screening Day Comes to Redstone Highlands**

**Redstone to Hold Free, Confidential Memory Screenings November 19**

GREENSBURG, Pa. (November 11, 2013) – As part of National Memory Screening Day—an annual initiative of the Alzheimer’s Foundation of America (AFA)— Redstone Highlands Communities will offer free, confidential memory screenings on November 19 at their communities in Greensburg, Murrysville, and North Huntingdon. Screenings will be held from 10:00 am to 2:00 pm. No appointment is necessary.

Qualified healthcare professionals will administer the memory screenings and provide educational materials about memory concerns, brain health and caregiving. The face-to-face screenings consist of a series of questions and tasks, and take five to 10 minutes to administer. Screeners emphasize that results are not a diagnosis, and encourage individuals who score poorly as well as those who still have concerns to pursue a full medical examination.

AFA suggests memory screenings for anyone concerned about memory loss or experiencing warning signs of dementia; whose family and friends have noticed changes in them; who believe they are at risk due to a family history of dementia; or who want to see how their memory is now and for future comparisons. Such screenings are becoming increasingly important as the number of Baby Boomers turning age 65—the at-risk age group for Alzheimer’s disease—continues to climb. The federal government’s historic “National Plan to Address Alzheimer’s Disease” urges a greater emphasis on both early diagnosis and education about Alzheimer’s disease and related dementias.

“Brain health should be on everyone’s radar screen, especially as you age. Memory screenings are a first but critical step toward finding out where you stand now and what additional steps you might need to take,” said Carol Steinberg, president of the Alzheimer’s Foundation of America.

Dubbed by many as a “silver tsunami,” the number of Americans with Alzheimer’s disease is expected to triple to 13.8 million by mid-century. Advanced age is the greatest known risk factor for the disease, which results in loss of memory and other intellectual functions, and is the sixth leading cause of death in the United States.

For more information about National Memory Screening Day, call (toll free) 866-232-8484 or visit [www.nationalmemoryscreening.org](http://www.nationalmemoryscreening.org).

### **About Redstone Highlands Communities**

Redstone Highlands is a Christian, non-profit continuing care retirement community (CCRC) with communities in Greensburg, Murrysville, and North Huntingdon, including Colonial Villa estates at its North Huntingdon community. Redstone Highlands is dedicated to providing living alternatives and high-quality services that help to meet the changing needs of the community. Serving more than 800 residents annually, Redstone Highlands is the region’s largest Continuing Care Retirement Community, offering services ranging from independent living to skilled nursing assistant. For more information, please visit [www.redstonehighlands.org](http://www.redstonehighlands.org).

###