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ATTORNEY GENERAL
BILL SCHUETTE'S

Consumer Education



The Centers for Disease Control and Prevention recommends consumers follow the following checklist to ensure their home is ready for winter weather:

- Insulate walls and attic;
- Caulk and weather-strip doors and windows;
- Install storm windows or cover windows with plastic from the inside;
- Insulate any water lines that run along outer walls;
- Service snow-removal equipment;
- Have chimney and flue inspected;
- Install easy-to-read outdoor thermometer; and
- Repair leaking roofs and remove low hanging tree branches.

[Click here to learn more about winter preparations for your home.](#)

Vaccination is one of the best ways to avoid getting the flu. But if the flu still finds you, early treatment and medication can reduce recovery time.



The following list provides practical tips on how to help prevent the spread of flu germs:

- Try to avoid close contact with sick people;
- While sick, limit contact with others. Stay home at least 24 hours after a fever is gone;
- Wash your hands with soap and water. If not available, use an alcohol-based hand rub; and
- Avoid touching your eyes, nose, and mouth.

Additional information on flu prevention is available on the [Centers for Disease Control and Prevention website](#).

[Click here to find a flu vaccination location near you.](#)

FREE TRAVEL GUIDE

The new 2015 Pure Michigan travel guide is now available. [Order the print version and sign up for free travel newsletters today!](#)

National Alzheimer's Disease Awareness & National Caregiver Month

Alzheimer's and dementia are not part of the normal aging process, and it's not just for seniors. Younger-onset Alzheimer's affects people younger than 65 (can be as early as 40s and 50s), affecting roughly two hundred fifty thousand Americans.

Typically medical providers do not look for Alzheimer's disease in younger patients. Getting an accurate diagnosis can be a long and frustrating process since individuals can be in any stage (early, middle, or late) of dementia.

If you're experiencing memory problems, pay attention and seek assistance:

- Schedule a comprehensive exam with a doctor who specializes in Alzheimer's disease. Contact your [local chapter of the Alzheimer's Association](#) for a physician referral;
- Write down your symptoms of memory loss or cognitive difficulties; and
- Remember that a full diagnosis is only available after a comprehensive medical evaluation.

Additional information is available on the [Alzheimer's Association website](#).

If you already are, or will be in the future, caring for an individual suffering from dementia, please know that you are not alone. The Alzheimer's Association provides additional information and resources in their [Caregiver Center](#).

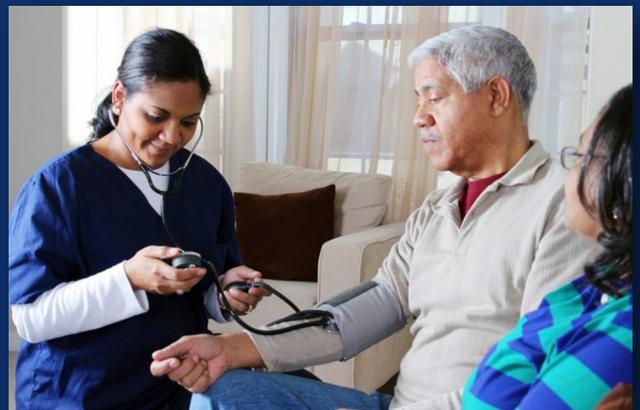
10 Early Signs and Symptoms of Alzheimer's Disease

1. Memory loss that disrupts daily life;
2. Challenges in planning or solving problems;
3. Difficulty completing familiar tasks at home, at work or leisure;
4. Confusion with time or place;
5. Trouble understanding visual images and spatial relationships;
6. New problems with words in speaking or writing;
7. Misplacing things and losing the ability to retrace steps;
8. Decreased or poor judgment;
9. Withdrawal from work or social activities; and
10. Changes in mood and personality

Nobody wants to think about needing care from others. That's why it's easy to put off learning about what we need to know in order to make the best decisions for ourselves or as a caregiver. Decisions about long term care are complicated and emotional.

The In-Home Care and Senior Residences presentation will inform you about available resources to help make the best decisions regarding care for your loved ones at home or in a senior residence.

[Click here to find a presentation near you.](#)



www.mi.gov/ce

agcp@mi.gov

877-765-8388