



September is graced with having two different birth flowers.

The two flowers are the vibrant aster and the beautiful yet resilient morning glory. The significance of both flowers is actually very similar, with the aster being said to represent love, while the morning glory represents affection.

Do You Know the Signs of Dementia?

Is it 'Normal' Aging or Something More?*

Everyone experiences slight lapses in memory as they grow older. Usually, you can retrace your steps and you can remember later. It's when forgetfulness impedes your life that it can be a warning sign of something else.

For example, common aging can include misplacing your keys and finding them through retracing your steps. A warning sign of a greater concern would be if those keys are later found in an unlikely place such as under the kitchen sink. Likewise, it's common to stumble over your words in conversation. A warning sign may include your loved one halting conversations without being able to continue because they cannot find any words.

Alzheimer's disease is more than just mild forgetfulness. Alzheimer's affects how the brain functions and can manifest itself in different ways. Some useful comparisons to help gauge what is 'normal' and what is an early sign of Alzheimer's can be [found here](#).

If you have concerns about a loved one who may be displaying signs of cognitive impairment, there are more benefits to addressing the subject rather than avoiding it. Helpful tips to plan your talk include starting with a comfortable environment, presenting solutions instead of obstacles, and expressing your concerns with compassion.

If you're searching for some guidance, ActivCare's Family Advisors can help guide families to find solutions.

Note: these examples are for information purposes only and are not a substitute for a consultation with a qualified medical professional. Speak with your physician about any questions or concerns regarding possible signs of dementia.