



Alzheimer's
Family Center

CREATE HAPPIER AND HEALTHIER DAYS



FREE MEMORY CHECKUPS

▪ by Phone or via Zoom ▪

As seniors are urged to shelter in place during the coronavirus pandemic, the risks of social isolation are becoming more of a concern. They include loneliness and depression, which increase the risk of dementia. Now is the time to determine your risk, especially if you have :

- Trouble remembering important dates or events,
- Problems misplacing or losing items,
- Greater difficulty performing basic tasks.

If any of these conditions describe you, consider having a free memory checkup done in your home with a healthcare professional by phone or via Zoom, the secure online platform. Zoom is a program and app that can be run on your desktop computer, laptop, tablet, or smartphone.

Your evaluation will be done remotely at a time most convenient for you. Within 20 minutes, you will learn if your memory falls within normal ranges, or whether you have a memory concern that needs further evaluation.

We recommend everyone age 50 and older get a yearly "Check up from the neck up."

Your results and information will be kept completely confidential.

Please call

(657) 200-5244

if you want more information or to schedule an appointment Monday through Friday.

Stay Safe & Healthy 