



MAY 1, 2025

# NEWSLETTER

## Celebrating Older Americans Month

OLDER  
AMERICANS  
MONTH



FLIP THE SCRIPT ON AGING: MAY 2025

May is recognized as Older Americans Month in the United States. This annual celebration was inaugurated by President John F. Kennedy in 1963 and has been honored every May since.

The aim of Older Americans Month is to acknowledge and appreciate the contributions, achievements, and experiences of older adults within American society. It serves as a time to celebrate their wisdom, expertise, and continued involvement in various areas of life, including family, community, and work.

We extend our gratitude to all our Older Americans, and may we keep learning from each of you on how to enhance our world.



## May is Mental Health Awareness Month

May marks Mental Health Awareness Month in the United States, an observance that has taken place annually since 1949. This month is focused on increasing awareness surrounding mental health issues, diminishing stigma, and fostering education, support, and advocacy.

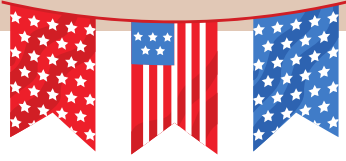
### Key Goals of Mental Health Awareness Month:

- **\*\*Educate\*\*** the public about various mental health conditions, including anxiety, depression, PTSD, and others.
- **\*\*Encourage\*\*** open discussions to help reduce stigma.
- **\*\*Support\*\*** improved access to mental health care and resources.
- **\*\*Promote\*\*** self-care and mental wellness.

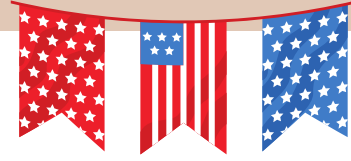


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**Memorial Day: May 26th, 2025**



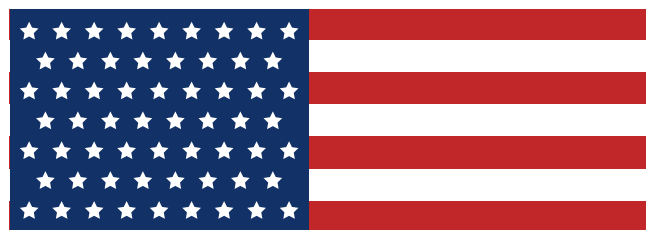
**Memorial Day is a U.S. holiday observed on the last Monday of May each year. This day is dedicated to honoring and remembering the courageous men and women who sacrificed their lives while serving in the U.S. Armed Forces. Originally referred to as Decoration Day, it was first celebrated following the Civil War to pay homage to fallen soldiers by decorating their graves with flowers and flags.**

**Over the years, the holiday has evolved to honor all U.S. military personnel who died in service. Memorial Day is marked by various traditions, including parades, family gatherings, and the decoration of graves in cemeteries. Many also view Memorial Day as the unofficial start of summer, engaging in activities such as barbecues, picnics, and outdoor events. However, the primary focus of the day remains on remembering and honoring those who made the ultimate sacrifice for their country.**

**Do you have any cherished plans or traditions for Memorial Day?**



**MEMORIAL DAY**



**REMEMBER AND HONOR**



# NEWSLETTER



## June is Alzheimer's and Brain Awareness Month



Alzheimer's is a brain disorder that results from damage to neurons. It is the leading cause of dementia, a term that refers to the decline in cognitive abilities. When symptoms such as memory loss, language difficulties, and thinking challenges become significant enough to disrupt daily activities, a person is diagnosed with Alzheimer's dementia.

Currently, nearly 6.5 million Americans are affected by this condition. Additionally, over 11 million family members and unpaid caregivers in the U.S. provide support to individuals facing Alzheimer's or other forms of dementia. Click the National Institute on Aging button to discover more about the disease and find helpful tips for caregivers and individuals living with Alzheimer's.

**Making healthy lifestyle choices may reduce your risk of dementia.**

We don't yet know for certain what, if anything, can prevent dementia, but there may be steps you can take to help reduce your risk.



Control high blood pressure



Sleep well



Eat a healthy diet



Keep physically active



Connect with family and friends

Learn more about these steps and other healthy lifestyle changes you can make at [www.alzheimers.gov/can-i-prevent-dementia](http://www.alzheimers.gov/can-i-prevent-dementia).



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## Minden Medical Center: Prioritizing Senior Health & Wellbeing

At Minden Medical Center, we place a strong emphasis on the health and wellbeing of our seniors. If you or someone you know is facing challenges related to mental health or Alzheimer's disease and requires support, we have several options available right here in our community.

- We are pleased to introduce our Mental Health Specialist, Andreka Garner Winston, PMHNP-BC, FNP-C (Post Masters Psychiatric Mental Health Nurse Practitioner), who is available for consultations at her clinic located both in Minden and Haughton.
- Additionally, Minden Medical Center features an inpatient psychiatric hospital, Freedom Behavioral Hospital, situated within our facility at #1 Medical Plaza, Minden, LA.

If you know someone who could benefit from either of these services, please don't hesitate to reach out to us. Often, isolation can lead to behavioral changes, and socialization with others can be immensely beneficial. This is where The Circle can bridge that gap—feel free to invite those individuals to our events!



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AFFILIATE OF  
MINDEN  
MEDICAL CENTER

