

24/7 Helpline: [1.800.272.3900](tel:18002723900)**Research shows that type 2 diabetes may shrink the brain**

People with type 2 diabetes may lose more brain volume than is expected as they age, a new study suggests. Researchers said there may be two ways diabetes affects the brain: damage to blood vessels and brain-cell degeneration. The additional damage seen in the brains of study participants may be more like a disorder such as Alzheimer's. The researchers cautioned that they don't yet know if diabetes causes the brain shrinkage and if treating diabetes will prevent or slow it.

[MORE](#) ▶**Attention Lincoln walkers, your stories are needed!**

The 2014 Lincoln Walk to End Alzheimer's Committee is looking for volunteers to share their story of being touched by Alzheimer's. These will be short, edited, 2-3 minute vignettes on camera. The goal is to put a face on the Alzheimer's epidemic by showing real local people who have been affected by this disease. If you're interested click the "more" button and submit information online or call 420.2540, we will pass your name on to the committee.

[MORE](#) ▶**Join hundreds of thousands of Alzheimer's advocates who are making a difference**

Alzheimer's is the sixth-leading cause of death in the United States and affects millions of people daily. Join our network of advocates, and we'll send you timely alerts to take simple actions that will help influence national policy and create widespread awareness of this devastating disease.

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[Alzheimer's Navigator](#)
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Your Local Community

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Come join us for Caregiver 101 a series of education sessions

Care giving doesn't come with an instruction manual, but we can help. Join us in May for Caregiver 101, a series of education sessions presented at the VFW, 2431 North 48th St. in Lincoln. There are three sessions starting Tuesdays May 6, 13 and 20 from 5:30-7:30 p.m. Each one hour session will cover a different topic and will include an optional one hour question and answer session. You may attend one session or all three! Click the "more" button below for more information.

[MORE](#) ▶**Pet therapy can be beneficial for people with Alzheimer's**

Spending time with pets can serve as a brain-stimulating activity for people with Alzheimer's. One example is a New Mexico man with the disease who briefly regained the ability to speak after interacting with the family dog. A video posted by the man's daughter has over 4 million views on YouTube.

[MORE](#) ▶**Caregiver Center**

Online resources, tools
and support.

[Visit alz.org/care](http://alz.org/care)**ALZHEIMER'S navigator**

Create a free, customized
action plan.

[Map out a plan](#)

Your donations and support make a difference.

[Make a Donation](#)**More Resources:**

[Stages of Alzheimer's](#) |
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The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

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