



# OCEAN COUNTY LIBRARY

Connecting People ... Building Community...Transforming Lives

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## PRESS RELEASE

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### Ocean County Library June Virtual Programs To Raise Awareness of Brain Health and Alzheimer's



**TOMS RIVER** – The Ocean County Library and the Alzheimer's Association Greater New Jersey Chapter mark Alzheimer's and Brain Awareness Month during June, with four awareness-raising virtual programs.

The online discussions, presented by the Alzheimer's Association Greater New Jersey Chapter, will focus on research and treatment, brain health, and matters of law, finances, and medicine for caregivers to consider. Question-and-answer sessions will follow each.

- **10 Warning Signs of Alzheimer's** – 2 PM Wednesday, June 1. Learn about onset symptoms, and how to discuss them with doctors and medical providers.
- **New Advances in Alzheimer's Treatment** – 2 PM Wednesday, June 8. Get an overview of Aducanumab (Aduhelm™): How it works, intended treatment candidates, availability, potential benefits, side effects, and more.
- **Healthy Living for Your Brain & Body** – 2 PM Wednesday, June 15. Discover what researchers are learning about nutrition, exercise, cognitive activity, and social engagement, and how to use them in a quality healthy-aging plan.
- **Managing Money: A Caregivers' Guide to Finances** - 6:30 PM Wednesday, June 22. People who care for someone living with Alzheimer's or other dementias can obtain basic information about legal, medical, and financial issues, and can take part in activities designed to help in creation of a financial plan.

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The presenters will be Debby Montone, RN, and Robyn Kohn, MA, CDP, CMDCP, Director of Programs and Services for the Alzheimer's Association Greater New Jersey Chapter.

In her role for the Alzheimer's Association, Robyn Kohn directs community and family education programs, care and support services, caregiver support groups, Early Stage social engagement programs, and community partnerships.

Debby Montone is a Registered Nurse, Certified Dementia Practitioner, and Certified Dementia Support Group Facilitator. She has served in assisted living centers, dedicated dementia units and daycare for people who have Alzheimer's and dementias, and their families.

According to Alzheimer's Association research, Alzheimer's disease affects about 190,000 New Jerseyans over age 65, and involves an additional 310,000 family caregivers.

Studies also reveal that nearly nine percent of adults aged 45 and older in New Jersey live with subjective cognitive decline. Of the 10 major causes of death in the US, only Alzheimer's has no known cure or remedy.

The series, along with displays and printed information at all 21 OCL branches and reading centers, mark the second consecutive year of partnership between the Library and the Alzheimer's Association Greater New Jersey Chapter.

Registration at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) is required for these free virtual programs. Registrants will receive links to the Zoom sessions by email.

Keep up with Library programs and events at [www.theoceancountylibrary.org](http://www.theoceancountylibrary.org), and on [Facebook](#), [Instagram](#), [Twitter](#), [YouTube](#), [Spotify](#), and [Pinterest](#).

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