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Fitness Day

## this month

June 5  
National Cancer  
Survivors Day

June 24-30  
Helen Keller Deaf-  
Blind Awareness  
Week



## PTSD AWARENESS DAY

June 27, 2022

*National PTSD Awareness Day* is celebrated annually on June 27. It aims to raise awareness of posttraumatic stress disorder, a mental health problem that may develop after a person has been exposed to one or more traumatic events. Traumatic events that may cause PTSD include physical or sexual assault, war-related combat stress, terrorism, natural or man-made disasters, or other threats on a person's life.

Typical symptoms of PTSD include distressing dreams, persistent thoughts and recurring flashbacks about the traumatic event or events, numbing or avoidance of memories of the trauma, triggered emotional responses, persistent hyperarousal. The first National PTSD Awareness Day was held on June 27, 2010. This observance was officially established by the Congress.

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**Alzheimer's and Brain Awareness Month**  
**Scoliosis Awareness Month**  
**PTSD Awareness Month**  
**National Safety Month**



# Still Going Strong

## Common Injuries as We Age — Falls

Each year, 36 million falls occur among older adults age 65 and older. One out of five falls cause serious injury such as broken bones or a head injury. Over 950,000 older adults are hospitalized because of a fall injury every year, most often due to a head injury or hip fracture. More than 95% of hip fractures are caused by falling, and falls are the most common cause of TBI related deaths and hospital admissions. Fall death rates are on the rise and have increased 30% in the last 10 years. But falls are not a normal part of aging—they can be prevented. You can take action to prevent falling and stay independent longer.



### *Speak Up*

Tell your doctor if you have fallen, if you feel unsteady when standing or walking, or if you are afraid you might fall.

Ask your doctor or pharmacist to review the medicines you take. Some medicines might make you dizzy or sleepy which can increase your risk of falling.

Have an eye doctor check your eyes at least once a year and update your eyeglasses as needed.

Have your doctor check your feet at least once a year and discuss proper footwear to reduce your risk of falling.

Ask your doctor about health conditions like depression, osteoporosis, or hypotension that can increase your risk for falling.



### *Take Action*

Make your home safer.

Get rid of trip hazards like throw rugs, and keep floors clutter free.

Ask someone to move the furniture so your path is clear.

Brighten your home with extra lighting or brighter light bulbs.

Install grab bars in the bathroom(s)—next to the toilet and inside and outside of your bathtub or shower.

Install handrails on both sides of staircases.

Keep things you use often on lower shelves (about waist high).



### *Keep Moving*

Stay active to maintain your strength and balance, which lowers your chances of falling.

Begin an exercise program to improve your leg strength and balance, like Tai Chi.

Strength and balance activities, done at least 3 times a week, can reduce your risk of falling.

Exercise and movement can also help you feel better and more confident.

Check with your healthcare provider about the best type of exercise program for you.

Source: <https://www.cdc.gov/stillgoingstrong/about/common-injuries-as-we-age.html>



## Alzheimer's Disease Is a Global Epidemic

- ◆ Worldwide, 55 million people are living with dementia.
- ◆ The annual global cost of dementia is \$1.3 trillion in U. S. dollars.
- ◆ The number of people living with dementia worldwide is set to skyrocket to 78 million by 2030.
- ◆ Alzheimer's kills more than breast cancer and prostate cancer combined.
- ◆ More than 6 million Americans are living with Alzheimer's.
- ◆ More than 11 million family and friends provide care to people with Alzheimer's and other dementias in the United States.
- ◆ In 2021, caregivers of people living with Alzheimer's disease or other dementias provided more than 16 billion hours of unpaid care, a contribution to the nation valued at nearly \$272 billion.
- ◆ 1 in 3 seniors dies with Alzheimer's or another dementia.
- ◆ In 2022, Alzheimer's disease will cost the United States \$321 billion. By 2050, these costs are expected to reach nearly \$1 trillion.

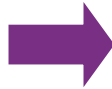
# Join the Fight Against Alzheimer's

Join the Alzheimer's Association in going purple and raising awareness in June. The more people know about Alzheimer's; the more action we inspire.



## Go Purple

- ◆ Purple is the official color of the Alzheimer's movement.
- ◆ Turn Facebook Purple
- ◆ Wear Purple
- ◆ Share Why You Go Purple (#ENDALZ)



## Share Your Story

- ◆ Be part of our gallery by sharing a photo on Instagram or Twitter using the hashtags #ENDALZ or #EndAlzheimers. Follow at @alzassociation to stay tuned to all the ways you can take action in June.



## Take Action

- ◆ The Longest Day is the day with the most light – the summer solstice. On June 21 – the summer solstice – thousands of participants from across the world will fight the darkness of Alzheimer's through an activity of their choice. Together they use their creativity and passion to raise funds and awareness for the care, support and research efforts of the Alzheimer's Association.

Source: <https://www.alz.org/abam/overview.asp#goPurple>



Family Health & Fitness Day will be held on June 11, 2022! Celebrated the second Saturday in June each year, this special day promotes the importance of parks and recreation in keeping communities healthy and active.

Park and recreation agencies everywhere are encouraged to participate by sharing ways families can get active on June 11 — whether through participating in virtual programs at home or in their local parks. Members of the healthcare and public health communities are encouraged to participate, as well, even as sponsors.

Source: <https://www.nrpa.org/events/family-fitness-day/>

## Helen Keller DeafBlind Awareness Week June 26 – July 2

In recognition of the achievements of people who are DeafBlind, the Helen Keller National Center for DeafBlind Youths & Adults (HKNC) celebrates the last week in June as “Helen Keller DeafBlind Awareness Week.”

The focus this year is Diversity and Inclusion: Creativity and innovation are built upon a diverse group of perspectives. Who better to help initiate that innovation than the DeafBlind community, a group of people whose lives are driven by the pursuit of change and innovation?

Helen Keller National Center is the only national agency that provides information, referral, support and a Comprehensive Vocational and Rehabilitation Program exclusively to youths and adults who have a combined hearing and vision loss, to their families and the professionals who work with them.

For more information, visit [www.helenkeller.org/hknc](http://www.helenkeller.org/hknc).



## MISSION STATEMENT

To establish, expand, protect, and enforce the human and civil rights of persons with disabilities through administrative, legal, and other appropriate remedies.

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## PTSD AWARENESS DAY

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In addition, the National Center for PTSD designated June as PTSD Awareness Month. National PTSD Awareness Day aims to raise public awareness about the disorder, educate a wide audience about PTSD and provide people affected by PTSD with access to proper treatment.

How to help raise awareness? You can start with learning key information about PTSD, its causes and treatment options. Then share your knowledge with others, promote PTSD awareness via social networks and reach out to help those who need it.

Source: <https://www.awarenessdays.com/awareness-days-calendar/national-ptsd-awareness-day-in-the-usa-2022/>