



## Storing Holiday Leftovers

Always store leftovers in the refrigerator. Remember, harmful bacteria can still grow in the fridge, so it is important to toss after a designated amount of time.

**Cooked Turkey: 3-4 days**



**Raw Turkey: 1-2 days**



**Gravy: 1-2 days**



**Green Bean Casserole: 1-2 days**

**Cranberry Sauce: 2 weeks**



**Mashed Potatoes: 5 days**



**Pumpkin Pie: 4 days**



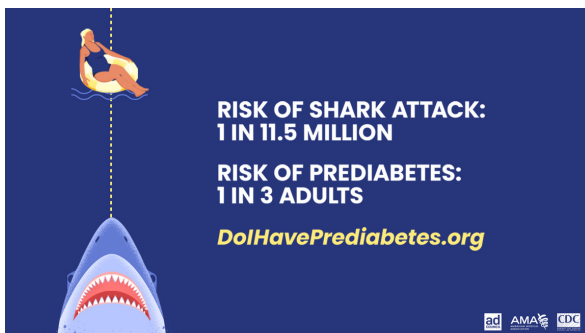
**Apple Pie: 3 days**



**Stuffing: 4 days**



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**RISK OF SHARK ATTACK:  
1 IN 11.5 MILLION**

**RISK OF PREDIABETES:  
1 IN 3 ADULTS**

[DolHavePrediabetes.org](https://DolHavePrediabetes.org)

BD AMA KDC



## 10 Warning Signs of Alzheimer's Disease



Forty years ago this month, President Ronald Reagan proclaimed November as "National Alzheimer's Disease Month." Over 6 million Americans are living with Alzheimer's Disease, with 3 million new cases diagnosed yearly. Alzheimer's is deadlier than breast cancer and prostate cancer combined. Alzheimer's is a brain disease that causes a slow decline in memory, thinking, and reasoning skills.

The Alzheimer's Association identifies ten warning signs:

- 1. Memory Loss that disrupts daily life.** This can include forgetting important dates and repeatedly asking the same question.
- 2. Challenges in planning or solving problems.** May experience changes in developing and following a plan or working with numbers.
- 3. Difficulty completing familiar tasks.** This can include trouble driving to a familiar location, organizing a grocery list, or remembering the rules of a favorite game.
- 4. Confusion with time or place.** Sometimes, they forget where they are or how they got there.
- 5. Trouble understanding visual images and spatial relationships.** Which includes problems with judging distance and determining color or contrast.
- 6. New problem with words in speaking or writing.** They need help with vocabulary, have trouble naming a familiar object, or use the wrong name.
- 7. Misplacing things or losing the ability to retrace steps.** They may lose things and cannot return to their steps to find them again.
- 8. Decreased or poor judgment.** Sometimes, they need to improve their judgment when dealing with money or pay less attention to grooming or keeping themselves clean.
- 9. Withdrawal from work or social activities.** As a result, they may withdraw from hobbies, social activities or other engagements.
- 10. Changes in mood and personality.** They can become confused, suspicious, depressed, fearful, or anxious.

**Early detection matters. Whether you notice these signs in yourself or others, contact your doctor to get evaluated**

Fuente: [https://www.alz.org/alzheimers-dementia/10\\_signs](https://www.alz.org/alzheimers-dementia/10_signs). Adaptado por Tessa Hobbs-Curley, Educadora de Vida Familiar

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