



## Alzheimer's and Brain Awareness Month

Alzheimer's and Brain Awareness Month is observed in June as an opportunity to spread the word about and discuss Alzheimer's disease and other dementias. Throughout the month, the Alzheimer's Association encourages people around the globe to support the movement by wearing purple and training their brains to fight the disease.

Brain Health according to the American association of Neurology is a continuous state of attaining and maintaining the optimal neurologic function that best supports one's physical, mental, and social well-being through every stage of life.

Alzheimer's disease is a brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest tasks. People with Alzheimer's also experience changes in behavior and personality.

More than 6 million Americans, many of them age 65 and older, are estimated to have Alzheimer's disease. That's more individuals living with Alzheimer's disease than the population of a large American city. Many more people experience Alzheimer's in their lives as family members and friends of those with the disease.

The symptoms of Alzheimer's disease — changes in thinking, remembering, reasoning, and behavior — are known as dementia.

That's why Alzheimer's is sometimes referred to as "dementia." Other diseases and conditions can also cause dementia, with Alzheimer's being the most common cause of dementia in older adults. Alzheimer's disease is not a normal part of aging. It's the result of complex changes in the brain that start years before symptoms appear and lead to the loss of brain cells and their connections. For more information, please go to [Alzheimers.gov](https://www.alzheimers.gov) .





## PHA/Biometric Screenings with CareATC

There will be a PHA/Biometric screening event, on Wednesday, June 26th at the SOMS location 9319 East 42nd Street North from 7am – 10am.

Employees who are currently on a City of Tulsa medical plan, and complete a PHA/Biometric screening through CareATC by November 30th, 2024 will get preferred pricing on medical premiums for their 2025 benefits.

Employees who opt out of completing a PHA at a CareATC office or a PHA event will incur a \$600 annual surcharge on their medical premiums. The surcharge will be deducted at a rate of \$23.08 per pay period. Spouses or dependent children do not have to complete a PHA.

Appointments and walk ins are welcome at the PHA/Biometric screening event. You may schedule an appointment by calling 918-948-6360 or <https://www.careatc.com/patients>

The City of Tulsa Spirit team will be providing breakfast first come, first served until they run out to those employees who complete the PHA/Biometric screening at this event!





## National CPR and AED Awareness Week

National CPR and AED Awareness Week occurs from June 1 through 7 annually. It highlights that more lives could be saved if more Americans knew CPR and how to use an AED (Automated External Defibrillator). Around 70 percent of out-of-hospital cardiac arrests happen in homes. So, if you ever find yourself in a situation where you must give CPR in an emergency, chances are it'll be someone you love whose life is on the line.

Cardiac arrest is an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts blood flow to the brain, lungs, and other organs. When a person has a cardiac arrest, survival depends on immediately receiving CPR from someone nearby. According to the American Heart Association, about 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, primarily if performed immediately, can double or triple a cardiac arrest victim's chance of survival.

### Be the Difference for Someone You Love

If you are called on to perform CPR in an emergency, you will most likely try to save the life of someone you love: a child, a spouse, a parent, or a friend.

### Call 911

The telecommunicator on the other end of the line can assist you while getting the emergency help you need on the way.

### Music Can Save Lives

Regarding CPR, it's essential to know that you need to push on the chest at 100 to 120 compressions per minute. And guess what? You can sync up your compressions to the beat of some fantastic songs! Just think about tunes like

- "Stayin' Alive" by the Bee Gees, "Crazy in Love" by Beyoncé featuring Jay-Z, "Hips Don't Lie" by Shakira, or even "Walk the Line" by Johnny Cash. People feel more confident doing Hands-Only CPR when trained to a familiar song's rhythm. And hey, it helps them remember the correct rate!

### Take 90 Seconds to Learn How to Save a Life

Watch the 90-second video. Visit [www.heart.org/handsonlycpr](http://www.heart.org/handsonlycpr) to watch the Hands-Only CPR instructional video and share it with the important people in your life. Hands-Only CPR is a natural introduction to CPR, and the AHA encourages everyone to learn conventional CPR as a next step.

**City of Tulsa Safety & Training provides employees with CPR/AED/First Aid classes. To learn about class dates and times, visit the [Safety & Training Site](#). You can find a CPR class near you at [heart.org/CPR](http://heart.org/CPR) for non-employee training.**