



Volume 12

LAKESIDE

Issue 11

NEWSLETTER

TOWN HALL FOOD DRIVE & TOYS FOR TOTS DONATIONS The Town of Lakeside has started the annual food drive for the Tarrant Area Food Bank and collecting new toys for Toys for Tots.

One of the most important parts of the holiday season is giving to those in need. Here in Tarrant County, there are thousands of underprivileged families, children, veterans and homeless that need your help to make it through another year. It's only through the compassion and goodwill of local citizens that keep these organizations going strong and helps put smiles on the faces of the less-fortunate.

If you want to spread some holiday joy to those in need you can bring your donations to Lakeside Town Hall. Lakeside will be collecting non-perishable food items, canned food and new toy items during Town Hall business hours, Mon.-Fri., 7:30 am—4:30 pm. Collection will begin Thursday, October 1st and end on Monday, December 7th.

Last year we had very generous donations to both associations! Let's see if we can collect even more this year!



TOWN HALL HOURS
Monday — Friday
7:30 am to 4:30 pm

Bulk Trash Items must be out
by 7AM on 11/18 collection
will conclude on 11/21

MAYOR - Patrick Jacob

COUNCIL MEMBERS

PLACE 1 – Don Pitts

PLACE 2 – Kathy Livingston

PLACE 3 – Wesley Hearn

PLACE 4 – Amy Robinson

PLACE 5 – Rona Gouyton

November is National Alzheimer's Awareness Month President Ronald Reagan designated November as National Alzheimer's Awareness month in 1983. At the time fewer than 2 million Americans had Alzheimer's; today the number of people living with the disease has soared to more than 5.7 million.

Alzheimer's and dementia basics

* Alzheimer's is the most common form of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for nearly 80% of dementia cases.

* Alzheimer's isn't a normal part of aging. The greatest known risk factor is increasing age, and most people with Alzheimer's are 65 and older. But Alzheimer's isn't just a disease of old age. Approximately 200,000 Americans under the age of 65 have younger-onset Alzheimer's.

* Alzheimer's worsens over time. Alzheimer's is a devastating neurodegenerative disease that weakens the memory and other cognitive and emotional functions. In its early stages, memory loss is mild, but with late stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment.

* Alzheimer's cannot be prevented, slowed or cured. Alzheimer's is the 6th leading cause of death in the United States.

Alzheimer's affects the whole family

Dementia impacts the whole family, not just the person with the disease. The chronic stress of watching a loved one slowly decline affects everyone. Family caregivers experience high rates of physical illness, social isolation, emotional distress and financial hardship compared to non-caregivers. Having a care plan can help reduce stress by knowing what to expect and having resources at hand.

When is memory loss more than forgetfulness? Occasionally forgetting words or names does not mean a person has Alzheimer's. Signs that memory loss is more than normal include:

* Memory loss that disrupts daily life

* Difficulty completing familiar tasks

* New problems with words in speaking or writing

* Decreased or poor judgement

* Trouble understanding visual images and spatial relationships

* Challenges in planning or solving problems

* Confusion with time or place

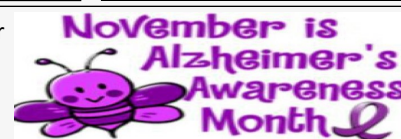
* Misplacing things and losing the ability to retrace steps

* Withdrawal from work or social activities

* Changes in mood and personality

If you notice any of the 10 warning signs of Alzheimer's in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor.

With early detection, you can explore treatments that may provide some relief of symptoms and help you maintain a level of independence longer, as well as increase your chances of participating in clinical drug trials that help advance research.



The Great American Smokeout What is the Great American Smokeout? The American Cancer Society sponsors the Great American Smokeout on the third Thursday of November, challenging smokers to give up cigarettes for 24 hours. If you or a loved one smokes, consider joining the movement, and take the first step toward quitting forever.

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Let the Great American Smokeout be your day to start your journey toward a smoke-free life. You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus the American Cancer Society can help you access the resources and support you need to quit.

About 32.4 million Americans adults still smoke cigarettes and smoking remains the single largest preventable cause of death and illness in the world. Smoking causes an estimated 480,000 deaths every year, or about 1 in 5 deaths. More than 16 million Americans live with a smoking related disease.

No matter your age or how long you've been smoking, quitting improves health both immediately and over the long term. Giving up smoking is a journey, it can be hard, but you can increase your chances of success with a good plan and support. Getting help through counseling and medications doubles or even triples your chances of quitting successfully.

Quitting smoking is not easy, but you can do it. To have the best chance of quitting and remaining smoke-free, you need to know what you're up against, what your options are and where to go for help.

Research shows that most people try to quit smoking several times before they succeed. It's called a relapse when smokers go back to smoking like they were before they tried to quit. If a relapse happens, think of it as practice for the next time. Don't give up your efforts.

Quitting smoking is a process and success may look different for different people. There are many ways to quit smoking and some work better than others. The American Cancer Society can tell you about the steps you can take to quit smoking and help you find quit-smoking programs, resources and support that can increase your chances of quitting successfully. To learn about the available tools you may call the American Cancer Society at 1-800-227-2345. Or go to their website at www.cancer.org for free tips and tools.



November 2020

SUN	MON	TUE	WED	THU	FRI	SAT
 2		 3	4	5	6	7
8	9	10	<i>Town Hall Closed</i> 	12 <i>City Council Meeting</i> 6:30 PM		14
15	16	17	18 <i>Bulk Pickup</i> Items must be out by 7 AM	19	20	
22	Nov. 23 is...  National Espresso Day	24	25	 THANKSGIVING	27 <i>Town Hall Closed</i> 26th & 27th	28
29	 November 30 is the World Computer Security Day Be Smart, Be Safe					