



"The Peak of Good Living"

TOWN OF APEX NORTH CAROLINA

Proclamation

Alzheimer's and Brain Health Awareness Month 2026

from the Office of the Mayor

WHEREAS, Alzheimer's disease and other dementias affect more than 55 million people worldwide and impact countless families, caregivers, and communities; and,

WHEREAS, Cognitive health and brain wellness are essential parts of overall health for people of all ages, and healthy habits such as physical activity, social engagement, quality sleep, proper nutrition, and lifelong learning may help reduce the risk of cognitive decline; and,

WHEREAS, Early recognition of memory concerns and access to supportive resources can improve quality of life for individuals living with dementia and their care partners; and,

WHEREAS, The Town of Apex Senior Center is proud to offer resources for individuals with dementia as well as caregivers, and provides opportunities for Seniors to engage in activities that support their cognitive wellness; and,

WHEREAS, The Town of Apex encourages residents to learn about brain health, support those affected by dementia, and join the ongoing effort to advance awareness, compassion, research, and community connection.

NOW, THEREFORE, I, Jacques K. Gilbert, Mayor of Apex, North Carolina, do hereby proclaim the month of June 2026, "Alzheimer's and Brain Health Awareness Month" in the Town of Apex, and urge residents to learn more about brain health and dementia, as well as things they can do to support affected individuals in our community.

I hereby set my hand and have caused the Seal of the Town of Apex,
North Carolina, to be affixed this the 9th day of June, 2026

Jacques K. Gilbert, Mayor