

Not so “Gentle on my mind”



Glen Campbell, famous singer and songwriter, won awards for songs like “Gentle on My Mind.” Campbell was diagnosed with Alzheimer’s disease in 2011. But, rather than hide his illness, he went public with it — very public.

In fact, he went on a concert tour across the country. He got cheers and love for sharing his art — and his disease — so openly. Campbell died in August 2017. And that last tour became a TV movie called “I’ll be me.” It’s a moving tribute to Campbell, his family, caregivers and all others who suffer from Alzheimer’s.

Most of us aren’t as well-known as Glen Campbell. But we can use his example to be brave and proactive. The first step is to become aware.

What is Alzheimer’s?

Alzheimer’s is a form of dementia. People with Alzheimer’s slowly lose many things we take for granted — like memory, speech and recall of familiar places and people. They lose everyday skills like driving, dressing and even feeding themselves.

Their personalities can also change. They may suffer from depression, anxiety, irritability and other new emotions. Complications of the disease are usually the cause of death.

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We’ll all know someone with Alzheimer’s

As our aging population grows, so will the cases of Alzheimer’s. That’s because it usually affects people over 65 — although it can strike younger adults too.

Alzheimer’s is fatal and there’s no known cure at this time. But there are treatments to help control some of the symptoms. And there’s ongoing research into the causes and cures.

There’s also help and support for caregivers. They have a huge job in trying to care for loved ones. It’s a task that can impact their lives, health and finances.

Get help and information

Are you concerned that someone you know may have Alzheimer’s? Or are you a caregiver? Learn more and get help at the National Alzheimer’s Organization (alz.org). You can also call their 24-hour helpline at 1-800-272-3900.

There’s nothing good about Alzheimer’s. But people like Glen Campbell have made it easier to talk about it, reach out for help and be part of the solution.

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