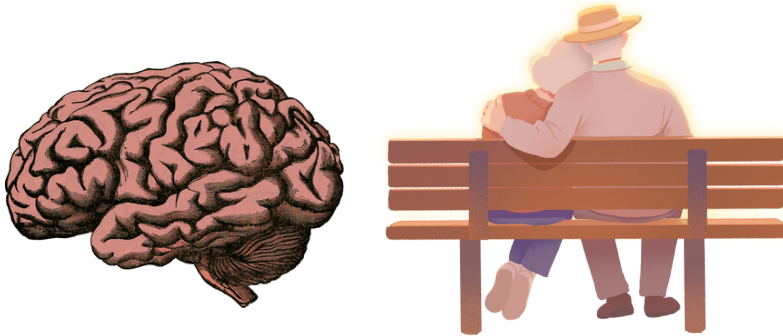


NewsLetter

November 2025



Did You Know It's...

National Alzheimer's Disease Awareness Month

Each November, we take time to honor those affected by Alzheimer's disease and other forms of dementia such as individuals, caregivers, and families alike. This month serves as a reminder of the importance of early detection, compassionate support, and continued research toward treatment and understanding.

At Cognitive Solutions, we specialize in comprehensive neuropsychological evaluations that assess memory, attention, and problem-solving skills — helping to differentiate between normal aging, mild cognitive impairment, and dementia-related changes.

Our clinicians provide:

- Memory and Cognitive Assessments to identify early signs of cognitive decline
- Therapy and Support for individuals and families adjusting to life changes
- Executive Function Coaching to help maintain independence and daily functioning
- Referrals for additional medical or community resources

If you or someone you love has noticed changes in memory, language, or thinking, we encourage you to reach out for a consultation. Early evaluation can make a meaningful difference in planning, treatment, and peace of mind.

What Alzheimer's Awareness Means to Me

As a clinical and research neuropsychologist specializing in the assessment of neurocognitive disorders, I have dedicated my life's work to providing cognitive assessments to assist with the diagnosis of neurodevelopmental disorders like Alzheimer's disease. But more importantly, I have been personally impacted by Alzheimer's disease and related dementias. My mother and grandmother were both affected by different forms of dementia; however, the impact on me and my family was significant. This is a disease that profoundly affects not only the individual who is diagnosed but also the family/caregiver. Because of my personal experience with dementia, I am dedicated to ensuring that anyone who is struggling with dementia receives the compassionate care and support that they deserve. I would also like to dedicate our recognition of Alzheimer's disease awareness month to my mother, Joan Johnson, and my grandmother, Marie Greer. You both are truly missed.

Written by,
Dr. Stephanie Johnson, PhD