

# HISTORY OF VETERANS DAY

Veterans Day, originally celebrated as Armistice Day, was first issued on November 11, 1919, by President Woodrow Wilson a year after the end of World War I. The purpose of Armistice Day was to honor the fallen soldiers of the Great War for their sacrifice and bravery. Seven years later, in 1926, Congress adopted a resolution requesting that President Calvin Coolidge issue annual proclamations on November 11, making Armistice Day a legal holiday.

In 1945, World War II veteran Raymond Weeks had the idea to expand Armistice Day to celebrate all veterans rather than just the ones who died in World War I. He led a delegation to General Dwight Eisenhower, who was all for the idea. Weeks then organized the first Veterans Day celebration in 1945 in Alabama and every year since, until he died in 1985. In 1982, he was honored by President Reagan with the Presidential Citizenship Medal. Weeks was also named the 'Father of Veterans Day' by Elizabeth Dole.

In 1954, Ed Rees, the U.S. Representative from Emporia, Kansas, presented a bill to establish the holiday to Congress. Eisenhower, who was then the president and also from Kansas, signed the bill into law on May 26, 1954, eight and a half years after Raymond Weeks held the first Veterans Day. After having been through both World War II and the Korean War, the 83rd U.S. Congress — at the urge of the veterans' service organizations — amended the Act of 1938 by striking out the word 'Armistice' and inserting the word 'Veterans.' With the approval of this legislation on June 1, 1954, November 11 became a day to honor American veterans of all wars.

The National Veterans Award was also created in 1954, first received by Congressman Rees for his support in making Veterans Day a federal holiday. Though the holiday is currently and was originally celebrated on November 11, the day was moved to the fourth Monday of October in 1971 due to the Uniform Monday Holiday Act. Finally, on September 20, 1975, President Gerald R. Ford signed a law that returned the annual observance of Veterans Day to its original date of November 11, beginning in 1978.

The holiday is observed by the federal government on a Friday, if the holiday falls on Saturday, or on a Monday, if the holiday falls on a Sunday. Federal government closings are established by the U.S. Office of Personnel Management. State and local government closings are determined locally and non-government businesses can close or remain open as they see fit, regardless of federal, state, or local government operation determinations.

The United States Senate Resolution 143, which was passed on August 4, 2001, designated the week of November 11 through November 17, 2001, as National Veterans Awareness Week. The resolution called for educational efforts directed at elementary and secondary school students concerning the contributions and sacrifices of veterans.

## 5 FACTS ABOUT VETERANS IN THE UNITED STATES

### 1. Many have served in at least one war

As of 2018, 18.2 million veterans who are still alive served in at least one war.

### 2. Female veterans

9% of all veterans in the U.S. are women.

### 3. Leading states

As of 2019, the states with the highest percentage of veterans were Alaska, Wyoming, and Virginia.

### 4. World War II veterans

325,000 out of 16 million Americans who participated in World War II, were still alive in 2020.

### 5. The Korean War

Two million veterans served during the Korean War.

# HOW TO OBSERVE NATIONAL ALZHEIMER'S DISEASE AWARENESS MONTH

## 1. **Take a memory walk**

The Alzheimer's Association is sponsoring memory walks all over the country. Thousands of people come together to raise funds to support both the care of patients and the research for a cure. Wear blue if you have dementia, or purple if you've lost a loved one to the disease.

## 2. **Get screened**

The National Memory Screening Program allows you to answer a list of questions to see if you or someone you know may potentially have Alzheimer's Disease. The test is a series of questions to measure your language skills, thinking ability, and intellectual functions. Taking the test is free. But it will not definitely tell you whether or not you have AD. Check with your doctor to get a thorough evaluation.

## 3. **Donate**

Your dollars are critical in the search for a cure. Funding also helps develop new medications to slow the effects of the disease. Your support makes it all happen.

## 5 IMPORTANT THINGS TO KNOW ABOUT ALZHEIMER'S DISEASE

### 1. You can lose your sense of smell

People with AD often lose their sense of smell — which can be an early sign of the disease.

### 2. Drink your coffee

A team of French and German researchers discovered that caffeine and coffee may delay memory decline.

### 3. It's linked to heart disease

Heart disease heightens your AD risk due to vascular dementia stemming from narrowed blood vessels in the brain caused by less oxygen.

### 4. Its costs are sky high

In 2050, treatment costs for AD are expected to balloon to \$1 trillion.

### 5. It impacts women more than men

Brain shrinkage in women appears to be more severe than in men.

# WHY NATIONAL ALZHEIMER'S DISEASE AWARENESS MONTH IS IMPORTANT

## **A.** It's progressive

Alzheimer's Disease worsens over time and eventually the sufferer can no longer do routine tasks. During full progression, patients aren't sure where they are or may not be able to converse. When symptoms are fully apparent, people with AD may only live an average of eight years, but some can survive up to 20 years, depending on their overall health.

## **B.** It interferes with your memory

Alzheimer's (AD) attacks your memory of people, places, and things. The symptoms to look for include memory loss (especially short-term), trouble making plans and solving problems, confusion over times or places, and misplacing objects. AD patients also experience mood and personality changes that can devolve into someone being confused, suspicious, or even depressed.

## **C.** It encourages a routine

When someone has AD, having a routine is critical to helping the person manage their symptoms. As a caregiver, try to keep from overstimulating the person. Keep details to a minimum and speak calmly about one idea at a time. Most importantly, reassure your loved one that they are safe with you.