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# Brain Health & Wellness

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[Conditions \(/health/brain-health/conditions/?intcmp=AE-HEA-BH-TERTNAV-COND\)](#)

- [Brain Games \(https://stayingsharp.aarp.org/games?intcmp=AE-HEA-BH-TERTNAV-BG\)](https://stayingsharp.aarp.org/games?intcmp=AE-HEA-BH-TERTNAV-BG)
  - [Global Council on Brain Health \(/health/brain-health/global-council-on-brain-health/?intcmp=AE\)](/health/brain-health/global-council-on-brain-health/?intcmp=AE)
  - [Staying Sharp \(https://stayingsharp.aarp.org/?intcmp=AE-HEA-BH-TERTNAV-SS\)](https://stayingsharp.aarp.org/?intcmp=AE-HEA-BH-TERTNAV-SS)
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## Special Stamp for Alzheimer's



U.S. Postal Service helping to advance important causes



by Garrett Schaffel, [AARP \(https://www.aarp.org\)](https://www.aarp.org), October 6, 2017 | Comments



U.S. POSTAL SERVICE

Soon the U.S. Postal Service will add to its collection of stamps with five designs printed and sold to raise awareness for special causes.

With the ubiquity of email, many of us haven't sent a letter in some time. But in November, there will be incentive to break out the envelopes — the U.S. Postal Service is releasing a special Alzheimer's disease (<https://www.aarp.org/health/brain-health/info-2015/normal-memory-vs-dementia-quiz.html>) semipostal stamp.

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**How does your brain score? Find out at Staying Sharp**  
**(<https://stayingsharp.aarp.org/assessments?intcmp=AE-SSS-HEA-BH-IL-SAMP>)**

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Semipostal stamps, which are sold at higher prices in order to raise money for a particular cause, are authorized by the Postal Service's semipostal discretionary program. The stamps currently cost 60 cents and are designated as first-class postage stamps.

The release of the new stamp aligns with November's designation as National Alzheimer's Disease Awareness Month, which President Ronald Reagan declared in 1983. At the time of his announcement, Alzheimer's affected less than two million Americans; currently, the number has grown (<https://www.aarp.org/health/brain-health/info-2017/hispanic-community-brain-health.html>) to nearly 5.4 million.

The Alzheimer's disease semipostal stamp is the first of five, each of which will have a limited release of two years. Next in the program: a post-traumatic stress disorder (<https://www.aarp.org/health/healthy-living/info-2017/yoga-warrior-copes-with-ptsd.html>)

stamp slated for release in 2019.

The Alzheimer's stamp can be purchased next month at post offices, [usps.com](http://www.usps.com) (<http://www.usps.com/>) and over the phone at 800-STAMP-24. Proceeds for the stamp will be distributed to the U.S. Department of Health and Human Services.

## Also of Interest

- **Is Alzheimer's disease linked to diet?**  
(<https://www.aarp.org/health/brain-health/info-2017/foods-decrease-alzheimers-risk.html?intcmp=AE-HEA-BRH-EOA1>)
- **Explore the full list of benefits available to you as an AARP Member**  
(<https://www.aarp.org/benefits-discounts/your-aarp-member-benefits/?intcmp=AE-BRH-EOA2-MBCOMM-MVI-FD>)
- **WATCH:** **Caring for my father, who has Alzheimer's**  
(<http://videos.aarp.org/detail/video/5472449035001/richard-lui-talks-caregiving-at-1-intcmp=AE-HEA-BRH-EOA3>) (<http://videos.aarp.org/detail/video/4877800098001/m-beats?autoStart=true&q=blood%20pressure?intcmp=AE-HEA-EOA3-VID-FD>)
- **TELL US:** **Discuss caring for someone with Alzheimer's**  
(<http://community.aarp.org/t5/Caregiving/Father-who-has-Alzheimer-s/m-p/22684-intcmp=AE-HEA-BRH-EOA4-OC-FD>)

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