

# PURPLE PROFILES *of* COURAGE



*Name:* Mike Hughbanks

*My Connection to the Cause:*  
I have Alzheimer's disease.

*My Inspiration:*  
Other people living  
with Alzheimer's and  
their families.

*How I Stay Strong:* My family is very supportive. I feel like talking to people about Alzheimer's gives me a sense of accomplishment because I am helping other people who are going down the journey I am.

*My Advice to Others:* Although a diagnosis of Alzheimer's is not good news, there are things we can do through medication, diet and exercise to make the symptoms and day to day a little easier. And there is hope.

*My #ENDALZ Battle Cry:* "Let's make tomorrow a better day than today!"