



CENTRAL ILLINOIS CHAPTER

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MEDIA RELEASE

November 4, 2011

Distribution: For Immediate Release

Alzheimer's Association to Present Basics of Alzheimer's

Area residents can learn the basics of Alzheimer's disease at a program, **"Alzheimer's 101" to be held Tuesday, Nov. 15th, from 1:30 – 4:00 p.m. at the Brown County YMCA, R99 South, Mt. Sterling.**

Presented by the Alzheimer's Association, the program will explore the common causes of memory loss, including Alzheimer's disease and other related dementias, stages and symptoms of the disease, importance of a good medical examination, and current research and treatments.

An early diagnosis allows affected people, relatives and their caregivers to plan for the future, obtain medical care to manage symptoms and optimize function, and assists families in taking steps to reduce the risk of accidents requiring further medical care.

"Our goal is to work with families and connect them to local resources and services that help them to better understand and manage what Alzheimer's disease introduces into their lives," said Quincy Branch Manager Breeana Hill. "This knowledge can not only be empowering but extremely helpful to the whole family."

The program is free to the public through a grant from the West Central Illinois Area Agency on Aging. Reservations are required by calling the Quincy Branch at 228.1111.

The Alzheimer's Association - Central Illinois Chapter provides free services to caregivers and those with memory loss problems including education programs, 24-hour telephone Helpline, library, newsletter, advocacy, care consultations and registration in the national MedicAlert+Safe Return program.

For disease and caregiving information, visit the agency's website at www.alz.org/illinoiscentral.

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