

## For National Alzheimer's Disease Month, We Call Attention to Early-Onset Alzheimer's

**There may be half a million Americans  
under age 65 who have dementia.**

During National Alzheimer's Disease Month - we are calling attention to early-onset dementia.

We also renew our commitment to our vision—a world without Alzheimer's—and to serving those affected by Alzheimer's today and the millions more who will face this disease as baby boomers enter the age of greatest risk for Alzheimer's.

“With technology now able to detect Alzheimer's in its earlier stages, as many as half a million Americans under age 65 may have dementia or cognitive impairment consistent with dementia, according to newly analyzed data from the Health and Retirement Survey,” said Kent Barnheiser, president and CEO of the Greater Illinois Chapter.

“As we continue learning about the unique characteristics of early-onset dementia, we are broadening our efforts to support individuals and families affected while raising public awareness,” he said.

“We want everyone to know that Alzheimer's is not a normal part of aging and not a disease for the elderly. We want people to know the warning signs, that technologies allow us to detect the disease in its earlier stages, and that an earlier diagnosis provides a better under-

standing of the disease and allows more time to treat it.”

“Equally important points are that a diagnosis of early-onset Alzheimer's does not mean someone cannot have a meaningful, productive life, and that information, support and resources are available to help people with the disease live longer and more independent lives.”

### Tips for living with early-onset Alzheimer's

We offer these tips for people with early-onset Alzheimer's and their families as they continue with meaningful, productive lives, taking part in activities they enjoy and finding comfort in family and friends:

- Expect good and bad days.
- Find ways to express your feelings.
- Discuss changes in relationships with a counselor.
- Talk with family and friends about changes the disease is causing.
- Consider adapting job hours or duties.
- Get professional legal & financial help.
- Keep up your health and reduce stress.
- Take steps to make your home safer.
- Record your thoughts, memories and family history.

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### **Holiday Season 101: Memorable Festivities Begin with Preparation, Attention to Detail**

We offer these suggestions for your holiday festivities, so everyone can enjoy opportunities for togetherness, sharing, laughter and memories.

#### **Adjust expectations**

- Discuss holiday celebrations with relatives and close friends so everyone understands your family situation and has realistic expectations.
- Do only what you and your family reasonably can manage and what is most important to you.
- Modify your holiday traditions for less demanding activities, especially traditions that have been important through the years.
- Consider celebrating during the day instead of in the evening (some people with Alzheimer's become confused during evening hours).

#### **Involve everyone**

As you prepare for holiday activities, include the person with Alzheimer's in safe, manageable activities whether the person is at home, in a residential care setting or is visiting another home.

Activities can provide people with dementia and caregivers a sense of security and togetherness.

Activities can bring meaning and purpose to the person's life, use his skills and abilities and may enhance the person's dignity and self-esteem.

Activities that involve the person's family and friends may reduce agitation or wandering.

*Continued on page 4*

## Alzheimer's Association Vision & Mission

Our *vision* is a world without Alzheimer's disease.

Our *mission* is to eliminate Alzheimer's disease and other dementias through advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementias through the promotion of brain health.

## Alzheimer's Association Greater Illinois Chapter Board of Directors

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## Greater Illinois Chapter News

### New Office Opens in Joliet

Community leaders, volunteers and well-wishers joined Greater Illinois Chapter staff and the chairman of the board of directors on October 12 to cut the ribbon for the Chapter's new office in Joliet.



Pictured (from left): Cindy Marsden, senior office manager; Sen. A. J. Wilhelmi (District 43); Melanie Adams, program manager; Stephen C. Mack, chair of the board of directors; Kent Barnheiser, chapter president and CEO; Leann Favero, manager, special events; Rachael Ferro, office manager; Larry Walsh, Will County Executive; Don Marsden. We provide information, programming, resources and support for residents in Grundy, Iroquois, Kankakee and Will Counties from the office at 1150 Essington Rd., Suite 109, Joliet, IL 60435.

## Greater Illinois Chapter Staff Announcements

*Alzheimer's Care Quarterly*, a peer-reviewed journal with information on dementia care practices, named **Daniel Kuhn**, MSW, director of the Professional Training Institute, Associate Editor. Dan, who has been on the editorial board since its inception in 1999, will guest edit a special issue of the journal in 2007 on "Quality of Life."

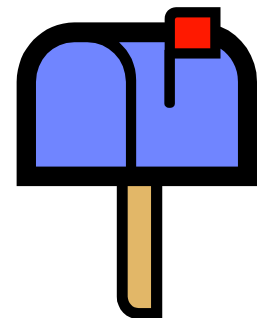
**Jonathan Lackland** is our new director of public policy and works in our Springfield office. Most recently, Jonathan was senior administrative director for legislative services for the American Society for the Prevention of Cruelty to Animals, was midwest regional director for the Brady Campaign to Prevent Gun Violence, worked in the Illinois Department of Human Services, was a grant coordinator for Macon County, IL and a housing and rural development specialist for the Rural Community Assistance Program, an affiliate of USDA Rural Development.

## Order Holiday Cards Today, Support the Association

Choose any of nine designs in our Holiday Greeting Card Collection and 40 percent of the order price is a tax-deductible donation to the Association. Visit [www.elnvite.com/alz59](http://www.elnvite.com/alz59) to order online or download a form to order by fax or mail.

- ✓ 25 cards/envelopes are in each pack. Standard cards are \$37.50 per pack, plus tax and shipping. Online orders of \$200 or more receive free shipping.
- ✓ You can customize your card order for an additional fee. Or, you can customize limited quantities of cards at no charge from your home computer.
- ✓ Most cards ordered online will ship in three business days of receipt of the order.
- ✓ The Alzheimer's Association – Greater Illinois Chapter receives a donation of \$15 per pack of cards sold (40 percent of the cost of the cards, excluding customization, shipping and taxes). The \$15 is tax-deductible (excluding customization, shipping and taxes).

Thank you for ordering your greeting cards from the Alzheimer's Association 2006 Holiday Card Collection. Your support will make a difference in the lives of those living with Alzheimer's and other dementias.



## Two Grants Support Professional Training

The Chapter's Professional Training Institute received two grants aimed at improving the knowledge and skill of professionals who care for people with Alzheimer's disease and related dementias.

### 1 - Train Adult Day Center Staff

When Sen. William Haine (District 56) of Alton earmarked \$1 million in the state budget this spring, the Illinois Department of Public Health authorized a one-year grant for the four Association chapters serving Illinois to educate and train staff of adult day centers enrolled in Illinois' Community Care Program.

Our Chapter has programmatic and fiscal oversight for the project and we are working closely with the Central Illinois, Greater Iowa and St. Louis Chapters. There are two main parts to the project:

- Scholarships for 440 staff of adult day centers to attend chapter conferences and seminars.
- Two train-the-trainer programs (the "Illinois Dementia Care Train-the-Trainer" and the "Best Friends™ Approach to Alzheimer's Care").

### 2 - Develop Train-the-Trainer Program for Special Care Unit Staff

We will use \$25,000 in grant funding from the Illinois Council on Long Term Care Foundation to develop interactive modules for a train-the-trainer program for staff that work in nursing homes with dementia Special Care Units (SCUs).

Illinois law now requires all SCU staff to obtain 12 hours of continuing education annually. After we develop and test the curriculum, we will roll it out statewide.

## 24-Hour Helpline

**800.272.3900**

(TDD: 866.403.3073)

or

**[www.alzheimers-illinois.org](http://www.alzheimers-illinois.org)**

The link is on our home page.

## Education Opportunities Abound

Visit [www.alzheimers-illinois.org](http://www.alzheimers-illinois.org) call the Chapter office near you for details on our programs for public and professional audiences in our 68-county Chapter area.

### Community Education

**Family Caregiver Education Series** – for family caregivers wanting relevant information as family needs changes. Attend any or all of the following hour-long programs in the series: Memory Loss 101 • Responding to Communication Changes • Understanding Challenging Behaviors • Stress Management for Caregivers.

**Mind Your Memory** – are you worried your memory isn't as good as it used to be and wonder what you can do about it? You will come away from this fun and interactive one-hour program with tips for improving memory and information on how the brain works, normal changes in memory as we age, why people forget, the difference between normal and serious memory loss, and the effects of depression on memory.

### Professional Training Institute Programming

Visit [www.alzheimers-illinois.org/pti](http://www.alzheimers-illinois.org/pti) for details and to register. Or, e-mail [aapti@alz.org](mailto:aapti@alz.org) or call the Chapter office near you for more information.

- Illinois Dementia Care Train-the-Trainer Program
- Activity Based Alzheimer Care: Building a Therapeutic Program
- Alzheimer Education Network: share experiences and ideas for better care
- Alzheimer Seminars & Conferences on Research and Care

## Team CARE Breaks Records at 2006 Chicago Marathon

We heartily applaud all marathoners who ran the LaSalle Bank Chicago Marathon in October, especially members of Team CARE (Conquering Alzheimer's Running Endeavor), the Association's running team, for their commitment to successfully run and complete the 26.2-mile marathon, and for a record-breaking year.

- ▶ **Record-breaker #1** – Team CARE consisted of more than 100 runners (more than ever before)
- ▶ **Record-breaker #2** – Team members and others donating on their behalf raised more than \$100,000 to date



"Special thanks to Team CARE co-founders Bryan and Jan Selander of Rockford for their commitment to Team CARE and their ongoing enthusiasm to raise awareness about Alzheimer's disease," said Lisa Lee, vice president of development. "We would not have had so many new team members and so much support without their help."

"Team CARE is all about people, our connection to Alzheimer's, and what we can do singly and together," Selander said. "Whether team members ran this marathon to qualify for the Boston Marathon, ran at the back of the pack like I did, or somewhere in between, at some point this year most everyone talked about someone they know with Alzheimer's, some with very close connections to the disease. One team member lost his mother to Alzheimer's on the Thursday before the marathon and he ran with us in her memory. One team member brought her grandfather who has Alzheimer's to our tent in Charity Village to experience the day with her."

Selander and Lee thank 2006 Team CARE committee members, donors and sponsors for their support. They also specially applaud the four Team CARE members who qualified for the Boston Marathon.

When asked his marathon time, Selander said, "same day – finished before the street lights came on."

## Holiday Season 101:

## Memorable Festivities Begin with Preparation, Attention to Detail

### Involve everyone *Continued from page 1*

Activities could range from household chores, to creative pastimes to physical, social or spiritual outings.

Here are tips for planning activities:

- Encourage involvement in daily life and establish familiar routines.
- Provide encouragement and praise.
- Offer opportunities for choice and be flexible and patient.
- Simplify instructions and avoid correcting the person.
- Maintain the person's independence as much as possible.
- Respond to the person's feelings.

Involve everyone in reminiscing for younger family members to learn family history and to validate the perspective of the person with dementia.

To encourage conversation and activity, place magazines, scrapbooks, or photo albums in reach; play music to prompt dancing or other kinds of exercise.

Encourage young family members to participate in fun, simple and familiar activities with the person (but not too challenging or overwhelming). Consider taking walks • icing cookies • telling stories • doing chores • listening to music • looking at holiday cards or photographs • making a memory book or family tree • reading a favorite book or newspaper • keeping a journal.

### Communication Tips

Alzheimer's can diminish a person's ability to communicate. These tips may help you understand each other better.

- Be calm and supportive if the person has trouble communicating.
- Focus on feelings; sometimes emotions are more important than words.
- Speak in a gentle or relaxed tone.
- Address him by name; it's courteous and can get his attention.

- Speak slowly.
- Ask him to point or gesture if you don't understand him.
- Be patient, flexible and understanding, and let him know you're listening and trying to understand what is being said.

### Adapt gift giving

- Encourage useful, practical gifts such as favorite books, films or music • gift certificates to a favorite restaurant • photo albums or scrapbooks to display special people and events • home-adaptive equipment (phones with speed-dial and memory features).
- One priceless gift is visiting with the person to talk, take a short drive to look at holiday decorations or just spend time together.

### Be safety and comfort-conscious

Consider these tips to adapt environments to reduce the risk of injury and situations that could be disruptive and confusing to someone with dementia.

- Maintain the person's normal routine to avoid disruptions and confusion.
- Carefully evaluate where the person will spend the holiday.

Note: Some people don't handle change very well, and spending the holiday away from home or a residential care setting may not be pleasurable for them. Taking short outings prior to gatherings could ease the transition and allow more enjoyment at the gathering.

- Consider seating options so the person with Alzheimer's can best focus on conversation and be least distracted.
- Arrange ample space for walking side-by-side, for wheelchairs and walkers.
- Place contrasting-color rugs in front of doors or steps to help him anticipate a change in space (avoid dark-colored rugs that may appear to be "holes").

- Remove objects that could disorient or confuse, such as electrical appliances without automatic shut-off valves. Consider removing appliance knobs or installing hidden gas valves or circuit breakers so appliances can't be started.
- Avoid changes in light levels; avoid blinking lights.
- Limit access to places where injuries occur (kitchen, stairwell) • disguise entrances • install deadbolt or child-proof locks and doorknob covers • install textured stickers to slippery surfaces • secure carpeting.
- Keep emergency phone numbers and a list of medications handy.

### Travel wisely

- Never leave the person alone.
- Use familiar modes of transportation and avoid peak travel times.
- Keep plans simple and maintain daily routines as much as possible.
- Advise service and hospitality staff that you are traveling with someone with dementia and about the person's behaviors and special needs.
- Arrange for services, such as wheelchairs, well ahead of time.
- Provide identification items such as a Safe Return® bracelet or clothing labels.

### ... Speaking of Safe Return®

Did you know that more than 60 percent of people with Alzheimer's wander at some point, often more than once. Many wanderers become disoriented and lost, and are unable to return home or communicate their situations.

Safe Return® helps reunite people who wander with family/caregivers and has information on preparing for wandering and ways to prevent it. Visit [www.alz.org/safereturn](http://www.alz.org/safereturn) and call our 24-hour Helpline at 800.272.3900.

## Tips to Help Reduce Caregiver Stress

Physical, emotional and financial stresses often affect Alzheimer caregivers from two directions—the stresses of everyday life and the stresses of caring for a family member. Too much stress can be damaging to caregivers, yet too often symptoms go largely unnoticed or unattended because of the rigors of caregiving or because caregivers don't recognize their own needs, fail to do anything about them, or don't know where to turn for help.

### The 10 most common signs of caregiver stress are:

- Denial** – about the disease and its effect on the person diagnosed.
- Anger** – at the person or at people who don't understand what's going on.
- Social withdrawal** – from friends and activities that once brought pleasure.
- Anxiety** – on what the future holds.
- Depression** – that begins to break your spirit and affects your ability to cope.
- Exhaustion** – that makes it hard to complete necessary daily tasks.
- Sleeplessness** – caused by a never-ending list of concerns.
- Irritability** – that leads to moodiness, negative responses and reactions.
- Lack of concentration** – that makes it difficult to perform familiar tasks.
- Health problems** – that begin to take a toll both mentally and physically.

“More than 80 percent of Alzheimer caregivers report frequent, high levels of stress, and nearly half say they suffer from depression,” said Melanie Chavin, vice president of program services for the Chapter. “We urge caregivers to learn to recognize and take these steps to reduce stress, and offer these suggestions,” she added.

- Call the 24-hour Helpline – **800.272.3900** – for support, information and resources. Learn as much as you can about Alzheimer's disease.
- Use community services such as adult day programs and respite services.
- Join a cyber support group or use online message boards and chat rooms, such as those offered by the Alzheimer's Association at [www.alz.org](http://www.alz.org).
- Do legal and financial planning.
- Ask family and friends to help with caregiving.
- Exercise, eat well-balanced meals, get enough sleep, don't skip check-ups.
- Accept changes; acceptance can make transitions easier.
- Give yourself credit, not guilt.
- Take time out to do something you enjoy – listen to music, read, call a friend.

## Holidays may reveal signs of Alzheimer's

Families often are the first to notice a change in someone's behavior. Family gatherings can be a good time to look for changes in relatives you may not have seen in a while.

Some change in memory is normal as we grow older, but the symptoms of Alzheimer's are more than simple lapses in memory. People with Alzheimer's experience difficulties communicating, learning, thinking and reasoning – problems severe enough to have an impact on an individual's work, social activities and family life.

We developed this checklist of common symptoms to help you recognize the difference between normal age-related memory changes and possible warning signs of Alzheimer's disease.

If you notice someone experiencing some of these signs, contact a physician, call our 24-hour Helpline at **800.272.3900** and visit [www.alzheimers-illinois.org](http://www.alzheimers-illinois.org).

### 10 Warning Signs of Alzheimer's Disease®

1. Memory loss
2. Difficulty performing familiar tasks
3. Problems with language
4. Disorientation to time and place
5. Poor or decreased judgment
6. Problems with abstract thinking
7. Misplacing things
8. Changes in mood or behavior
9. Changes in personality
10. Loss of initiative

## New Online Training for Professionals!

We now offer online training options for staff caring for people with dementias.

- **CARES: A Dementia Caregiving Approach**—six, one-hour modules for direct care workers, particularly nursing assistants. Text and streaming video illustrate how to care for people with dementia in residential care settings. Visit [www.caresprogram.com](http://www.caresprogram.com).
- **Learning Academy Online Training**—eight self-taught modules for health-care, administrative, social service and activities staff on dementia care. The \$20 per-module fee includes CEUs. Visit [www.alzceu.org](http://www.alzceu.org).
- **Dementia Care Training for Team Leaders**—a one-hour program on teamwork and supervision for unit coordinators, nurses, activity directors, administrators. \$25 per person; volume discounts are available. Visit [https://www5.myvip.com/landing/alz/index.php?ent\\_id=3759](https://www5.myvip.com/landing/alz/index.php?ent_id=3759).

## Become An Alzheimer Advocate!

We invite you to become an Alzheimer Advocate and speak up in support of quality care and life for Illinoisans who are impacted by Alzheimer's disease.

You will be part of the Illinois Chapter Network, the leading Alzheimer advocate group in the state, including volunteers from all Association chapters in Illinois.

Here are some of the ways Alzheimer Advocates work with us throughout the year and throughout our 68-county area.

- Advocates help forward public policy priorities** to improve quality of life for those affected by Alzheimer's.
- Advocates contact legislators** on these priority areas.
- Advocates can be “Lead Advocates”** to help legislators know how Alzheimer's impact Illinoisans.
- Advocates are on top of legislative and policy issues** via our advocacy alerts.

**Interested?** Call Jonathan Lackland, Director of Public Policy, at **217.726.5184**.

## Calling Attention to Early-Onset Alzheimer's Disease

Continued from page 1

### Addressing issues faced by those with early-onset Alzheimer's

We need to know more about the unique characteristics of early-onset dementias and issues faced by those who have them.

According to *Early Onset Dementia: A National Challenge, a Future Crisis*, a report issued by the Alzheimer's Association, some of these issues include:

- Difficulty getting an accurate diagnosis.
- Loss of employment and job-related income.
- Difficulty obtaining disability payments, especially from the federal government.
- Lack of health insurance and high out-of-pocket costs for medical care.
- High out-of-pocket expenditures for long-term care.
- Lack of appropriate medical and residential care and community services.

### Calling attention to early-onset dementia

We urge the federal government to fund research to confirm how many Americans have early-onset dementia, its causes and the unique problems it presents. We also recommend that the federal government:

- Focus research to prevent, slow and delay early-onset.
- Create a national education program for the public, health care professionals, caregivers and employers.
- Analyze work environments for workplace accommodations.
- Dispense information on programs that help people with disabilities.
- Cancel the two-year waiting period for Medicare coverage for people under age 65 who qualify for federal disability payments.
- Provide affordable health insurance for those ineligible for or without access to existing insurance programs.
- Expand Medicaid income limits for those with early-onset.
- Open Administration on Aging-funded services to those with early-onset.
- Include those with early-onset Alzheimer's in program planning and public education.

### Older Americans Act benefits families facing early-onset Alzheimer's

Few programs are available to assist family caregivers of people with early-onset Alzheimer's, and we applaud Congress for renewing the Older Americans Act (OAA) to provide new help for families taking care of younger people with Alzheimer's.

This is one of the first public policy changes to benefit those with early-onset Alzheimer's. Currently, the program provides federal funds to states to expand and enhance existing caregiver

support services for family caregivers of people age 60 and older.

A key provision in the OAA amendments of 2006 extends the existing National Family Caregiver Support Program to provide supportive services, including caregiving training, respite care and counseling, to those caring for people with early-onset Alzheimer's.

In addition to extending supportive services to caregivers of people with early-onset Alzheimer's, the OAA renewal bill authorizes additional funding for the National Family Caregiver Support Program.

### A hopeful future: technology & treatment

Alzheimer's being in the news just about every day reflects the accelerating pace in Alzheimer research to prevent, slow, treat and stop the disease, and new technologies to detect it in its earlier stages.

Nearly everything known about Alzheimer's was discovered in the last 15 years, and today there are more than 50 compounds currently being tested for therapies to slow or stop the disease progression.

In addition, advanced brain imaging technologies, including PET, MRI and others, are improving early detection of Alzheimer's and may prove to be powerful tools in testing new therapies.

For those living with Alzheimer's, including those with early-onset Alzheimer's, new treatments cannot come soon enough.

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## Did You Know?

- Early-onset is a diagnosis of the disease when someone is younger than 65. Early-stage is the disease phase at which the capacity to perform complex tasks may be affected and memory loss begins to be noticeable. People with early-onset Alzheimer's go through the early stages of the disease, but not all people in the early stages of Alzheimer's have early-onset Alzheimer's.
- We offer a reviewed collection of items related to early-onset Alzheimer's at <http://www.alz.org/resources/rtrlearly.asp>. Call 800.272.3900 or your local library for availability of the items.
- We also have a new online forum for people with early-onset Alzheimer's. Join the conversation at <http://www.alz.org/login.htm>.
- During National Alzheimer's Disease Month, we also mark the 100-year anniversary of Dr. Alois Alzheimer first describing the disease in a 51-year-old woman. After autopsy, Dr. Alzheimer found a dramatically shrunken brain and unusual abnormalities in and around the cells.

## Thanks to All Participants, Donors, Sponsors and Friends, Greater Illinois Chapter Tops \$1.14 Million Memory Walk Goal!

Greetings! On behalf of the Alzheimer's Association – Greater Illinois Chapter staff and volunteers, heartiest thanks to all 7,800 participants in our 8 Memory Walks this fall for helping us raise awareness of Alzheimer's disease – and – for donating so generously that we exceeded our chapter-wide goal this year!

We accomplished a lot in the span of four weekends in September and October!

- ▶ **7,800 Memory Walkers** covered more than 19,500 miles through scenic parks (and in all kinds of fall weather)
- ▶ **471 teams** of family members, friends, co-workers, and club members supported the Alzheimer's Association (100 more teams than in 2005)
- ▶ Memory Walk participants raised **\$1,177,283** to date (donations are still arriving!)

Our 2006 Memory Walks broke many records and it's all because of the generosity, enthusiasm and support we received from our Memory Walk participants, volunteers, sponsors and donors. Our successes would not have been possible without each of you and your commitment to helping us provide information, programs and support for the half million Illinoisans living with Alzheimer's who are in our Chapter's 68-county area. Together, we are taking steps toward a world without Alzheimer's!

Sincerely, *Lisa Lee, Vice President of Development, Alzheimer's Association*

### A Note from Mary Knauss-Townsend and Her Family *You know, the family pictured on the Memory Walk posters, brochures, and billboards across the country ▶ ▶ ▶*

Dear Alzheimer's Association Friends: The Chicago Memory Walk 2006 was another wonderful event for my family and me. We are so honored you selected our family to represent Memory Walk participants on the Alzheimer's Association Memory Walk materials.

It's been fun hearing from family and friends across the country that they saw my husband Dar and one of my sons Darwin and me on brochures, banners, posters and billboards. We always urged them to participate in Memory Walk, too!

My brothers and sisters - Laura, Joan, Jim, John, Tom and Bill - and I also are honored to donate \$2,500 to the Chicago Memory Walk through the Norma A. Knauss Foundation. After our first Memory Walk in 2005, we established the foundation in honor of our mother, who has been suffering with Alzheimer's for the past several years. We created the foundation as a charitable organization to provide funding to increase the quality of life to all individuals affected by Alzheimer's in the Chicago area. Our ultimate goal is to provide a better life and companionship for individuals affected by this disease. Proceeds from our first fundraising event (at the Chicago Cub's Opening Day last April) will go to help supplement Alzheimer's care at healthcare facilities and fund day-sitter programs for people with Alzheimer's who have no immediate family or loved ones.

We donated to Memory Walk this year because we all were very inspired to see families, caregivers and so many others walking for such a great cause. Again, it was such a great pleasure to be a part of Memory Walk. Sincerely, *Mary Knauss-Townsend*



## How to Contact the Greater Illinois Chapter

We're as close as your phone or computer for information, support and access to community resources

**24-Hour Helpline 800.272.3900**  
(TDD: 866.403.3073)  
We offer translation in 140  
languages and dialects

**Chapter Web site [www.alzheimers-illinois.org](http://www.alzheimers-illinois.org)**  
The link to Helpline e-mail is in the  
upper right-hand corner of our home  
page.

**National Web site [www.alz.org](http://www.alz.org)**

### Chapter Offices

**309.827.9508 Bloomington/Normal**  
2027 S Main, Ste 3, Bloomington, IL 61704

**618.985.1095 Carterville**  
402 E Plaza Dr, Ste 4, Carterville, IL 62918

**312.335.8700 Chicago**  
225 N Michigan Ave, 17th FL, Chicago, IL 60601

**815.744.0804 Joliet**  
1150 Essington Rd, Ste 109, Joliet, IL 60435

**815.484.1300 Rockford**  
4777 E State St, Rockford, IL 61108

**847.933.2413 Skokie**  
4709 Golf Rd, Ste 1015, Skokie, IL 60076

**217.726.5184 Springfield**  
6 Drawbridge Rd, Ste 4, Springfield, IL 62704

We are a proud member of




RETURN SERVICE REQUESTED

[www.alzheimers-illinois.org](http://www.alzheimers-illinois.org)  
800 272 3900

We are fighting on your behalf 24/7  
to give everyone a reason to hope.

Greater Illinois Chapter  
4709 Golf Road, Suite 1015  
Skokie, IL 60076

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