

FOR IMMEDIATE RELEASE:

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NEW Caregiver Workshop to be Presented in Jacksonville

10 Million U.S. Baby Boomers will develop Alzheimer's disease in their lifetime.

CHICAGO, IL---The Alzheimer's Association – Greater Illinois Chapter will present the **NEW Caregiver Workshop: Building Confidence in Caregiving**, Saturday, September 5 from 8:00 a.m. – 12:00 p.m. at Passavant Area Hospital, 901 W. Morton Avenue, Jacksonville.

"The Caregiver Workshop: Building Confidence in Caregiving focuses on teaching family members how to use creativity and flexibility when interacting with and caring for individuals with memory loss," said James Dearing, senior program manager. "The workshop focuses on three primary areas of study that include: Tips and techniques for accurate communication; How to help the person with memory loss keep their sense of purpose in life, and how to help minimize frustration and anxiety; Minimizing caregiver stress, rejuvenating the body, mind and spirit, and knowing where and when to get support. A basic understanding of Alzheimer's disease is recommended prior to taking this \$10 course."

According to Erna Colborn, president and CEO for the Greater Illinois Chapter, "Alzheimer's disease is a progressive disease that destroys brain cells and gradually destroys a person's memory and ability to learn, reason, make judgments, communicate and carry out daily activities. The duration of Alzheimer's ranges from three to 20 years after symptoms are experienced. Many scientists believe Alzheimer's develops over several decades before people begin showing symptoms. Our community education programs will engage people in the fight against Alzheimer's by equipping them with the knowledge they need to combat this deadly disease."

To register for any of these community education programs call 217.726.5184 or visit www.alz.org/illinois.

About the Alzheimer's Association - The Alzheimer's Association, the world leader in Alzheimer research and support, is the largest voluntary health organization dedicated to finding prevention methods, treatments and cure for Alzheimer's. Since 1980, the donor supported, nonprofit Alzheimer's Association has provided reliable information and care consultation; created supportive services for families; increased funding for dementia research; and influenced public policy changes. **The Greater Illinois Chapter** serves dozens of counties with offices in Bloomington, Carterville, Chicago, Joliet, Rockford and Springfield. For more information, call our Helpline at 800-272-3900 or visit www.alz.org/illinois.