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**FOR IMMEDIATE RELEASE:**

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## **August Brain Health Programs for Boone, DeKalb, McHenry, Ogle, Stephenson and Winnebago Counties**

*Every 70 seconds someone develops Alzheimer's disease.*

**ROCKFORD, IL---**The Alzheimer's Association – Greater Illinois Chapter will offer several brain health programs in the month of August including, **Caregiver Workshop: Building Confidence in Caregiving, Now What Was I Saying?** and **Memory Loss 101**. These state-of-the-art programs are intended for family caregivers and healthy older adults who are interested to learn more about brain health.

### **Caregiver Workshop: Building Confidence in Caregiving**

Thursday, August 6, 2009

6:30 p.m. – 10:00 p.m.

DeKalb Senior Services

330 Grove Street

DeKalb, Illinois

**"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 Susan Sklar, program manager for the Chapter. "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."

### **Now What Was I Saying?**

Tuesday, August 11, 2009

10:00 a.m. – 11:30 a.m.

Meadow Ridge Living

1731 Hance Drive

Freeport, Illinois

Tuesday, August 11, 2009

1:00 p.m. – 2:30 p.m.

Prairie Ridge Living

1730 Hance Drive

Freeport, Illinois

Sklar went on to explain, "**Now What Was I Saying?** begins with a description of how memory works and provides information about normal age-related changes versus serious memory problems. We also discuss common myths about the brain and memory. The program concludes with evidence-based research into brain health and wellness in addition to practical tips given that can help you maintain a healthy brain. This free program is great for healthy older adults who are concerned about brain health."

## Memory Loss 101

Thursday, August 20, 2009

2:00 p.m. – 3:30 p.m.

Alzheimer's Association – Greater Illinois Chapter

4777 East State Street

Rockford, Illinois

**Memory Loss 101** is a free program that offers a basic overview of memory and how it works, focusing on both normal age-related memory changes and more serious changes that should be evaluated by a physician. Participants will learn about the ten warning signs of Alzheimer's disease, what Alzheimer's disease is, how it progresses, the importance of diagnosis, current treatment options, and available community resources.

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 upcoming programs call 815.484.1300 or visit [www.alz.org/illinois](http://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](http://www.alz.org/illinois).

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