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MEDIA RELEASE

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**Alzheimer's Association First Friday's Program
"Dealing with Difficult Family Members"**

Dealing with Difficult Family Members will be the topic of the **Nov. 4th First Fridays** Program hosted by the Alzheimer's Association - Central Illinois Chapter, Quincy Area Branch. The lunch time event will begin at **11:45 a.m. at the Quincy Senior and Family Resource Center, 639 York St., Quincy.**

Quincy Branch Manager Breeana Hill will offer tips and strategies on getting the family to work together when a loved one is diagnosed with a serious illness such as Alzheimer's disease. Topics to be discussed include the family's history of coping and interacting, uneven distribution of labor, avoiding role confusion, the value of family meetings, and the importance of delegating. A decision making model will also be presented.

The program is free to the public although reservations are required. Lunch will be served at 11:45 a.m.; the presentation will begin at Noon. Caregivers can also take advantage of respite care available through the Adult Day Care Center located at the Senior Center and through homemaker services. Advance registration is required for respite care.

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.

The program is made possible through a grant from the West Central Illinois Area Agency on Aging. To register, please call 228-1111. For disease and caregiving information, visit the agency's website at www.alz.org/illinoiscentral.

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