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## Alzheimer's Association to Offer Presentation on Caregiver Stress

Caring for someone who has Alzheimer's or a related disorder is one of the biggest commitments a person can make and one that will be addressed at an upcoming program sponsored by the Alzheimer's Association - Central Illinois Chapter, Quincy Area Branch. **"Since the House is on Fire – Let us Warm Ourselves: Perspectives on Caregiver Stress"** will be held **Thursday, August 11<sup>th</sup>, from 1:30 – 4:00 p.m. at the Quincy Senior Center, 639 York, Quincy.**

This program is designed to examine the symptoms of caregiver stress and offer strategies towards becoming a healthier caregiver. Quincy Area Branch Program Specialist Amy Voss, MS, will offer tips on setting realistic expectations for oneself and for the individual with Alzheimer's disease.

The program is open to the public and is co-funded, in part, by the West Central Illinois Area Agency on Aging. **Registration is required by August 10<sup>th</sup>** by calling the Quincy Area Branch at 228.1111.

The Alzheimer's Association provides services to caregivers and those with memory loss problems including family education, 24-hour telephone Helpline, library, support groups, newsletter, advocacy, patient referral and guidance services, and registration in the national Medic Alert + Safe Return identification program. Disease, caregiver and support information can be found by visiting the agency website at: [www.alz.org/illinoiscentral](http://www.alz.org/illinoiscentral).

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