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Media Release

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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. **"Since the House is on Fire – Let us Warm Ourselves: Perspectives on Caregiver Stress"** will be held **Tuesday, September 13th, from 1:30 – 4:00 p.m. at the Schuyler County Senior Citizens Center, 250 N. Monroe Street, Rushville.**

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 free and open to the public and is co-funded, in part, by the West Central Illinois Area Agency on Aging. **Registration is required by September 12th** by calling the Quincy Area Branch at 228.1111.

The Alzheimer's Association – Central Illinois Chapter is a donor supported, not-for-profit health organization serving 20 counties in northern, central, and west central Illinois. Its three office locations – Dixon, Peoria, and Quincy – provide educational and supportive services to help people with Alzheimer's and their caregivers understand and deal with the disease and its impact on their lives. Its core programs include information and referral, care consultations, education, support groups and safety services. Disease, caregiver, and support services information can be found on the agency's website at www.alz.org/illinoiscentral.

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