

**FOR IMMEDIATE RELEASE**

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**Contact:** Jeff Johnson, 317.575.9620, jeff.johnson@alz.org

**NEW *COMMUNITY CONVERSATIONS* SERIES PUTS FOCUS ON CAREGIVER EDUCATION,  
PROVIDES VARIETY OF INFORMATION ON ALZHEIMER'S RELATED ISSUES**

NASHVILLE —The Alzheimer's Association of Greater Indiana will host *Community Conversations 2*, a free four part Alzheimer's education series featuring information on a variety of topics that are of interest to all community members with a focus towards caregivers. The programs will be held on consecutive Mondays, Nov. 2 through Nov. 23 from 10:30 – 11:30 p.m. at the YMCA, 105 Willow St.

**Nov. 2 – *Know the 10 Warning Signs*** - an introductory program for anyone who suspects memory loss and /or is interested in learning about it. The basics about memory loss, getting a diagnosis, using the ten warning signs of Alzheimer's disease are all discussed.

**Nov. 9 - *Making Life Decisions*** – this program expands on information on Alzheimer's disease and making decisions. This program will educate attendees about possible care options, legal and financial issues. Topics include various care options, tools to assist in health care decision planning and finances.

**Nov. 16 – *Becoming an Expert Caregiver*** - this workshop will empower caregivers with simple techniques on handling things like challenging behaviors, preventing wandering and activities of daily life such as bathing, dressing, toileting and eating.

**Nov. 23 – *Aging Safely in the Home*** - This program will teach ways to effectively evaluate living environments, avoid injury and wandering, put common objects and substances out of reach and ensure total safety at home.

There is no charge to attend these programs; however reservations for each individual program are encouraged. It is not a requirement to attend each session. To reserve space or for additional information call the Alzheimer's Association Helpline at 800.272.3900.

Today, approximately 5.3 million Americans have Alzheimer's disease, including 120,000 Hoosiers. Every 70 seconds, someone develops Alzheimer's disease, making Alzheimer's disease the 7<sup>th</sup> leading cause of death. The direct and indirect costs of Alzheimer's disease and other dementia amount to more than \$148 billion annually.

The Alzheimer's Association is the world leader in Alzheimer's research and support. Having awarded more than \$150 million to nearly 1,300 research projects, the Alzheimer's Association is the largest private funder of Alzheimer research. The Association's vision is a world without Alzheimer's disease. For more information about Alzheimer's disease, call 800.272.3900.