

**FOR IMMEDIATE RELEASE:**

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**Contact: Chris Garnaat**  
**Program Manager**  
**Greater Illinois Chapter**  
**847.933.2413**  
[chris.garnaat@alz.org](mailto:chris.garnaat@alz.org)

## **Greater Illinois Chapter Announces August Program Line-up for Chicagoland Area**

*10 Million U.S. Baby Boomers will develop Alzheimer's disease in their lifetime.*

**CHICAGO, IL---**The Alzheimer's Association – Greater Illinois Chapter will offer the following programs in the month of August: **Now What Was I Saying?** and **The Caregiver Workshop: Building Confidence in Caregiving**. These state-of-the-art programs are intended for caregivers and healthy older adults who are concerned about brain health.

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

Thursday, August 13

11:00 a.m. - 1:00 p.m.

The Lutheran Home

800 W. Oakton,  
Arlington Heights

Tuesday, August 18

1:00 p.m. - 2:30 p.m.

9th District Chicago Police Station

3120 S. Halsted,  
Chicago

**"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," said Chris Garnaat program manager for the Chapter. "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."

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

Saturday, August 22

10:00 am -1:30 pm

The Lutheran Home

800 W. Oakton, Arlington Heights

Garnaat went on to explain, **"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. 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."

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 community education programs call 847.933.2413 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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