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Contact: **Nancy Rainwater**
 Director, Communications
 Greater Illinois Chapter
 847.933.2413 office line
 847.324.0373 direct dial
 nancy.rainwater@alz.org

Danielle Dodson
Care Navigator, Clinical Supervisor
Greater Illinois Chapter
847.933.2413
danielle.dodson@alz.org

Greater Illinois Chapter to Offer New Community Education Program for Family Caregivers

CHICAGO, IL---On six consecutive Tuesdays, beginning September 8 and ending October 13, the Alzheimer's Association – Greater Illinois Chapter, in partnership with Alexian Brothers, will present the **Powerful Tools For Caregivers** program from 6:30 p.m. – 9:00 p.m. at Alexian Brothers Medical Center, 800 Biesterfield Road, conference rooms one and two, Elk Grove Village.

"Powerful Tools for Caregivers, a six-week educational program, will be presented by the Alzheimer's Association - Greater Illinois Chapter, in partnership with Alexian Brothers," said Melanie Chavin, vice-president of program services for the Chapter. "The program is designed to help family caregivers take care of themselves while caring for a relative or friend. Participants will benefit from this class whether they are assisting with the care of a parent, spouse, or friend who lives at home, in a nursing home, or across the country. This program is intended for non-professional caregivers, we encourage professional caregivers to contact our Professional Training Institute."

Powerful Tools for Caregivers was developed by Legacy Caregiver Services in Portland, OR, and has been shown to reduce caregiver guilt, anger and depression; improve caregiver self-care and communication skills; and increase community service use. In Illinois there are almost a half-million people who are touched by Alzheimer's, most are caregivers. The need for well educated caregivers is evident given that there will be an additional 10 million U.S. baby boomers that will develop Alzheimer's disease. Because of this sobering statistic the Greater Illinois Chapter is committed to providing up-to-date training opportunities for caregivers.

To register for this program call 847.933.2413 or visit www.alz.org/illinois. There is a one time registration fee of \$35. Light snacks will be provided.

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.