

## Contact Your Local Office Today!

### Bloomington

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8430 W. Bryn Mawr., Suite 800  
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1.800.272.3900  
[www.alz.org/illinois](http://www.alz.org/illinois)

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**Greater Illinois Chapter**

303 North Hershey Road  
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# audio conferences



## winter/spring 2012

Are you too busy to attend an on-site program?

You should attend one or more of our **FREE** Audio Conferences designed for community members who aren't able to attend a program outside the home or office.

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### Wednesday, January 4, 2012

#### Caregiver Stress – Respect Your Well-being

Jessica Kirby, MSW, LSW, Director, Care Navigation Services, Alzheimer's Association, Greater Illinois Chapter

Your role as a carepartner is challenging, important and no doubt tiresome but you are no good to anyone if you don't take care of yourself. It's often easy to get caught up in the routine of caring for a person with Alzheimer's and difficult to focus on your own well-being. Learn how to avoid the pitfalls that many carepartners succumb to. Exhaustion, depression, and anxiety are just some of the issues that will be addressed as we explore support services and ways to identify and manage ten common stress symptoms.

### Wednesday, February 1, 2012

#### Open Forum: Questions & Suggestions

Melanie Chavin, MS & Heather Mulder, Alzheimer's Association, Greater Illinois Chapter

Part of the mission of the Alzheimer's Association is to provide care & support for all who are affected by Alzheimer's disease. This session is an opportunity to get your questions answered about not only the disease, but the Association as well. You will also have the chance to share your thoughts and ideas with Association staff. This open forum is a unique opportunity for you to voice your comments, questions & concerns.

### Wednesday, March 7, 2012

#### Breaking through Barriers

Angela Dunk

When caring for a person with dementia, caregivers can find they need to access services to help both the individual they are caring for, and themselves. Unfortunately, caregivers can find they are running into barriers when trying to incorporate the different types of assistance available. Because of this, there are some common unmet needs that caregivers can experience. This session will delve into some of the major obstacles caregivers can experience, and offer practical suggestions to dealing with them.

### Wednesday, April 4, 2012

#### Long Term Care – Decoded

Tara Kaiser, LCSW, Administrator, Sugar Creek Alzheimer's Special Care Center

Deciding to bring a loved one to a long term care facility can be an incredibly difficult decision, and if it comes to that point, there are many questions that come to mind. How do I find the best facility? What should I be looking for to know this is a 'good' home? Who can I contact if I need help? This session will answer these common questions associated with long term care and discuss the options that are available.

### Wednesday, May 2, 2012

#### Downsizing, De-cluttering & De-stressing

Cheryl Schaffer, Senior Move Manager, Neu-nest

A life well lived often times lends itself to a houseful of mementos, and perhaps an arresting moment where you wonder, 'what am I doing with all this stuff?'" While it can be difficult to clear out the clutter, when dealing with someone with Alzheimer's disease, the task can become that much more daunting. Whether downsizing, or de-cluttering, this session will teach you about some common obstacles you may face, and creative solutions to help overcome them.

### Wednesday, June 6, 2012

#### Conquering Communication Challenges

Susan Rothas, RN, BSN, Senior Manager, Education & Outreach, Alzheimer's Association, Greater Illinois Chapter

As someone progresses through Alzheimer's disease, it becomes more difficult for them to communicate. This impairment is doubly difficult, because not only are they having difficulty conveying information to us, but they have more challenges interpreting what we are saying as well. By attending this session, you will learn about some of the common communication challenges that people with Alzheimer's face, and some tips to help make it easier on everyone.

**All Audio Conferences are from  
12:00 p.m. - 1:00 p.m.**

### Audio Conference Registration Form:

**Online:** [www.alz.org/illinois](http://www.alz.org/illinois)

**Mail:** Alzheimer's Association  
Greater Illinois Chapter  
303 North Hershey Road, Suite 2A  
Bloomington, IL 61704

**Phone:** 309.662.8392

**Fax:** 309.664.0495

**Program:**

- Wednesday, January 4, 2012
- Wednesday, February 1, 2012
- Wednesday, March 7, 2012
- Wednesday, April 4, 2012
- Wednesday, May 2, 2012
- Wednesday, June 6, 2012

Name

Address

City/State/Zip

Phone Number

E-Mail

How many people will be on the call? \_\_\_\_\_  
*Once registered you will receive a packet of information and directions for the call.*