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**NEWS RELEASE**

For Immediate Release: February 17, 2012  
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**FOR IMMEDIATE RELEASE:**

**Aging Care Connections to Offer Dementia Care Programs**

La Grange, IL--Aging Care Connections, La Grange, will offer two dementia care classes beginning in March. The first is a five-session class for caregivers of individuals with late stage Alzheimer's disease or other related dementias. The sessions will be held on Wednesdays beginning March 7 and ending on April 4 from 1:30pm to 3pm at Grace Lutheran Church, 200 N. Catherine, La Grange. The class is free of charge, but registration must be completed by calling 708-354-1323, extension 228.

Topics that may be included are: understanding late stage dementia, communication with individuals with late stage dementia, understanding the levels of medical care, anticipatory grief and loss, end of life options, stress relief and self-care, legal and financial issues, and community resources.

The second program is the Early Stage Memory Loss Support Group. This eight-week program is designed for individuals diagnosed with early stage Alzheimer's disease or related dementia, and their family members or friends. It will be held on

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Thursdays beginning March 8 and ending on April 26 from 1:30pm to 3pm at Grace Lutheran Church, 200 N Catherine, La Grange. The program is free, but registration must be completed by calling Ruth Folkening at 708-354-1323, extension 228.

The Early Stage Memory Loss Support Group provides education, emotional support, and social interaction in a safe and supportive environment. Group sessions will offer participants the opportunity to explore what memory loss means to them, learn ways to cope with changes, maximize strength, enhance communication, and plan for the future. Participants will meet in two groups, with those experiencing memory loss in one group, and family members or friends in the other group.

Aging Care Connections is a non-profit organization which is the connection to the most comprehensive, expert information, programs and services enabling older adults to remain independent and their families to make the best, most informed decisions regarding needed care in their lives. Serving 22 communities in Lyons, Riverside and south Proviso Townships and an additional ten communities in Leyden and Norwood Park Townships for elder abuse investigation, Aging Care Connections' programs and services are made possible by community support and donations, and, in part, by the Illinois Department on Aging (IDOA), AgeOptions, Community Memorial Foundation and local United Ways. To learn more, visit [www.agingcareconnections.org](http://www.agingcareconnections.org).