

FOR IMMEDIATE RELEASE

Contact: **The Caring Place Adult Day Center**
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Series on Health and Aging Offered in Waukesha County

-Session Two will offer insight on what to do now that we need services for Mom or Dad-

WAUKESHA, WI – July 21, 2012 - The Aging and Disability Resource Center of Waukesha County, in partnership with its contracted Adult Day Service providers, and the Alzheimer's Association will be presenting an eight-session series for family caregivers. Session Two of the series is called "Be Proactive, Not Reactive" and will be held on Thursday, August 16, 2012 from 12:00 to 2:00 p.m. at The Caring Place Adult Day Center, 810 N. East Avenue in Waukesha located in the lower level of The First Presbyterian Church. The speaker will be Barbara Horstmeyer, CSA, President of Senior Planning Group.

As part of an eight-session series, this program will provide information that everyone will want to know about "Where to start when Mom or Dad need a helping hand and you need a roadmap for their "Elder Care Journey." This program is being offered at no charge for family caregivers and their loved ones.

Registration is required; please call Mary or Al at 262-542-6388 or send an email to thecaringplace@tds.net. Services for adult day or respite care are available at no charge during this program; please inquire while registering.

About the Aging and Disability Resource Center of Waukesha County

The Aging and Disability Resource Center of Waukesha County (ADRC) is a single access point for publicly funded long term care in Waukesha County. The ADRC provides information, assistance, counseling and supportive services for older adults age 60 and above; caregivers, adults with physical or developmental disabilities; and adults with mental health or substance abuse concerns.

About the Alzheimer's Association

The Alzheimer's Association is the leading voluntary health organization in Alzheimer care, support and research. Its mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Its vision is a world without Alzheimer's. For more information about Alzheimer's disease and local services visit www.alz.org/sewi or call the Alzheimer's Association 24/7 Helpline at 800-272-3900.

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