



Felician Village

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## NEWS RELEASE

To: Herald Times Reporter Date: May 27, 2008

From: Jennifer Meyer, Marketing Assistant (684-7171 Ext 361)

Release: Immediately

Headline: BRAIN HEALTH TOPIC OF FELICIAN VILLAGE PROGRAM

While people know what they should be doing to keep their bodies fit, many people aren't aware of what they can be doing to keep their brain fit. Felician Village is sponsoring the four-part informational series, "Maintain Your Brain" to address this issue. This program, developed by the Alzheimer's Association, will be presented on four consecutive Wednesday's – June 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup> – from 6:00pm to 7:00pm in the Auditorium at St. Mary's at Felician Village. The public is invited and the program is free.

The Alzheimer's Association created this program to foster awareness of the rapid progress in science and new reason for hope to prevent and cure Alzheimer's disease. Currently, no cure or proven prevention for Alzheimer's disease exists. However, evidence is growing about a number of things people can do for themselves to maintain cognitive functions as they age. This educational program has been designed to provide accurate, reliable, up-to-date information to people interested in healthy aging, wellness and the latest research in the field of brain health and function.

The lead presenter will be Kathleen Albert, Outreach Specialist, Greater Wisconsin Chapter, Alzheimer's Association. The topic of her first two programs will be "Maintain Your Brain". In these sessions, Albert will cover a variety of topics including reducing risks of Alzheimer's, the heart-brain connection, benefits of good diet and nutrition, effects of social interaction, and relieving stress.

The second two sessions, presented by Albert and Dr. Cameron Goetz, a clinical psychologist with Holy Family Memorial's Tamarack Behavioral Health Center, will address ways to partner with your doctor to ensure the best health care possible. Topics will include improving communication with your doctor, how to get organized *before* a doctor visit, and how a patient and care giver can work together with the doctor to help

you maximize the health care you receive. Dr. Goetz will also discuss the assessment process to identify early signs of dementia such as Alzheimer's disease.

It should be noted that this program is not designed for people with Alzheimer's or their caregivers. While the information may be of interest to those people, this program is designed to inform the general public, particularly the "baby boomers", about activities they can engage in to maintain the healthy functioning of their brain.

There are many reasons why a person would want to maintain a healthy brain. The brain plays a critical role in almost everything we do: feelings, movements, senses, bodily functions, sleep and our ability to think, reason and remember. You can't help getting older but you just might be able to maintain your brain if you have a better understanding of how to do it.

For more information, please call Tracy at 684-7171 ext. 231.