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**FOR IMMEDIATE RELEASE**

## **NSYMCA Partners with Alzheimer's Association for Y.E.S. Series Presentations**

Northbrook, IL; December 2023: The North Suburban YMCA's Educational Series (Y.E.S.), a monthly series of free live and virtual presentations, has partnered with the Alzheimer's Association once again to offer two one-hour programs dedicated to Alzheimer's awareness.

Held virtually on Zoom, the first Alzheimer's program, "Effective Communications Strategies for Alzheimer's" will be presented on Thursday, January 11 at noon, and led by Anna Sampley, MPH, Manager, Education & Community Volunteers, Alzheimer's Association Illinois.

The program will talk about the impacts of Alzheimer's and other dementias that affect an individual's ability to communicate across different stages. The presentation will give both patients and caregivers a better understanding on how to communicate with people living with the disease. Other topics will include: The difference between Alzheimer's and dementia, Alzheimer's and disease stages, risk factors, as well as correct research and treatments available to address certain symptoms. The presentation will be held virtual on zoom, and registration is required. To register visit [EFFECTIVE COMMUNICATION STRATEGIES FOR ALZHEIMER'S | North Suburban YMCA](#)

The second presentation on Thursday, January 18<sup>th</sup> at 11 am will be on the topic "Advancing the Science: Dementia Research Updates," led by Oliva Matongo, VP of Programs for Alzheimer's Association Illinois Chapter & Sarah Graef DC, RDN Intervention Director on U.S. Pointer research study at Rush University Medical Center.

The program includes a discussion of what dementia is and what are common risk factors, as well as recent research on what you can do to decrease that risk. In addition, the speaker will explore early detection signs, diagnosis and FDA approval therapies. This presentation will be virtual on Zoom and registration is required. To register visit [ADVANCING THE SCIENCE: DEMENTIA RESEARCH UPDATES | North Suburban YMCA](#)

“The Alzheimer’s Association has been a valuable partner of the NSYMCA, for more than 8 years and the information that they provide is always important and beneficial to the community,” said Kim Nyren, Director of Community Investment. “Our Y.E.S. series will continue to bring more educational forums to the community throughout 2024.”

**The YMCA Education Series (Y.E.S.)** is a series of free live presentations by local professionals covering topics related to physical, mental, and social health and wellbeing. The presentations are also recorded and made available on the [NSYMCA YouTube Platform](#). To be a Y.E.S. speaker or learn more about the Y.E.S. Series contact Kim Nyren at [knyren@nsymca.org](mailto:knyren@nsymca.org) or visit [www.nsymca.org](http://www.nsymca.org).

The Alzheimer’s Association is a worldwide voluntary health organization dedicated to Alzheimer’s care, support and research. Its mission is to lead the way to end Alzheimer's and all other dementia by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. For more information visit <https://www.alz.org/illinois>

**About the North Suburban YMCA:** The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at [NSYMCA.org](http://NSYMCA.org)



Caption: The North Suburban YMCA will hold two virtual presentations on Zoom on 1/11 and 1/18 partnering with Alzheimer’s Association and Rush University Medical Center.