



FOR IMMEDIATE RELEASE

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WMC offers lunch-and-learn for caregivers of Alzheimer's patients

FRANKLIN, TENN. Estimates vary, but experts suggest that as many as 5.3 million Americans may have Alzheimer's disease. Consequently, nearly 11 million family members and friends act as caregivers. Williamson Medical Center is offering a lunch-and-learn to help those who care for a loved one with Alzheimer's disease or other types of dementia.

The hour-long presentation, *Dementia and Caregiver Support*, will be at noon Friday, Feb. 25, in Williamson Medical Center Meeting Rooms A, B and C. Tiffany Mann, M.A.Ed., N.C.C., program coordinator for the Alzheimer's Association, will discuss responsibilities of a caregiver, which can range from managing changes in behavior to helping a loved one get dressed in the morning, and strategies for dealing with stress, grief and changing relationships.

"Caregiving for an Alzheimer's patient is one of the most difficult jobs there is, mentally, physically and emotionally," Mann says. "Part of our job at the Alzheimer's Association is to act as a resource and support system for all of those affected by the disease."

The free lunch-and-learn is open to the public. Reserve a space by calling the WMC's Employee Assistance Program at 615.435.5300 and leaving your name and phone number. Reservation deadline is Wednesday, Feb. 23. Attendees should bring their lunch if they wish to eat during the presentation.

Williamson Medical Center, a 185-bed hospital fully accredited by The Joint Commission, provides comprehensive inpatient and outpatient care including emergency services, with credentialed physicians in 53 specialties and sub-specialties. The community-focused hospital offers a wide range of wellness services, screenings and classes. For more information about Williamson Medical Center, visit www.williamsonmedicalcenter.org.

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