



801 E. Front Street, Traverse City, Michigan 49686

231-922-4911

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*Making longer lives, better lives.*

**\*FOR IMMEDIATE RELEASE\***

**Date: May 13, 2019**

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**Subject: The Basics: Memory Loss, Alzheimer's disease and Dementia**

**Kingsley and Interlochen** – It is difficult to see family members or friends – once pillars of strength, caring and mental ability – slowly lose their strength, health and mental capability. Forgetfulness, temporary confusion or having trouble remembering a word or someone's name can be a normal part of aging. However, when unusual behavior or a change in a person's mental competence starts to interfere with daily life and activities, such as preparing meals, driving a car or handling finances, it's time to see if these could be signs of dementia: a loss of cognitive functioning – thinking, remembering and reasoning.

So, if you have wondered how to tell the difference between memory loss and something more serious like dementia or Alzheimer's, join Taylor Cramer, Program Coordinator with the Alzheimer's Association, on Wednesday, May 29, 12:30, in Kingsley, 115 E. Blair Street, or on Thursday, May 30, 12:30, at the Golden Fellowship Hall, Interlochen, 9700 Riley Road, as he presents basic information on memory loss, Alzheimer's disease and dementia.

Although some degree of memory loss is a fairly common part of aging, there is a difference between normal changes in memory and the memory loss associated with dementia. Cramer will cover detection, causes and risk factors, stages of the disease, treatment and more.

The dementia presentation is free. An optional lunch will be served at noon at both locations with a \$3 suggested donation for those 60 years or older; for all others the cost is \$5. Advance registration for lunch and the presentation is required by Friday, May 24 by calling 231-922-2080.

For more information email [dmikowski@grandtraverse.org](mailto:dmikowski@grandtraverse.org) or call 231-922-2080.

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*The Senior Center Network, part of the Grand Traverse County Parks and Recreation Department, offers diverse programs to older adults in Grand Traverse County. Thousands each year enjoy dozens of activities on a daily basis at locations in Traverse City, Acme, Fife Lake, Interlochen, and Kingsley. Business hours are Monday through Friday, from 8 a.m. to 5 p.m. For more information, call 231-922-4911, or visit [www.grandtraverse.org/scn](http://www.grandtraverse.org/scn) or our Facebook page.*