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**FOR IMMEDIATE RELEASE**

**MEMORY MATTERS UTAH/NEVADA PROVIDES EARLY STAGE MEMORY LOSS INTERVENTION.**

**ST. GEORGE, UT — January 19, 2017** — Memory Matters Utah/Nevada, formerly the Alzheimer’s and Dementia Society, is offering a 10-week course to registered participants that will benefit those with early stage memory loss or dementia diagnosis and their care partners. A group of local professionals will provide the tools and resources necessary to participants as they face the challenge of a memory loss illness.

The classes will promote brain health and help participants plan for the future. This 10-week course is meant to aid the person with memory loss and their primary care partner. Professionals in the community will present on matters of importance to the group and provide connections to available resources. These include presentations on legal and financial preparation, pharmaceutical and alternative remedies, brain health and nutrition. For the second hour the participants may attend either a cognitive training group or a care partner training and support group.

“There are seven stages of dementia,” says LuAnn Lundquist, Memory Matters Founder and Director. “The first one is where the disease process is evident in brain pathology, but few symptoms are evident. Stages two through four are very important stages to recognize and then become active to maintain brain health as well as making preparations and decisions for the future. After stage four, many of those opportunities are limited.”

“Clients that are proactive in their health are the ones that usually sign up for this intervention. We have seen a lot of success with those who attend this course,” says Lundquist. “Alzheimer’s and dementia can seem overwhelming, but with this course our clients walk away feeling better prepared and empowered to face the future.”

Symptoms of memory loss can be caused by reversible conditions. It is important to quickly see a doctor to rule out those conditions. If the diagnosis is an illness, such as Alzheimer’s disease, there are things that can be done in the early stages to help the person function better and function longer. There are also proactive decisions that give voice to the person with memory loss in the future. It is important to face this life event early. Being in denial during the early stages can cause a family to miss opportunities to improve the situation.

Preregistration is required to attend this course that will begin on Tuesday, February 14<sup>th</sup>, 2017, from 10:30am-12:30pm and is co-sponsored by the St. George Library, Five County Area Agency on Aging and Three Corners Women’s Giving Circle. To register, contact Memory Matters Utah/Nevada at 168 N. 100 East, Suite 104 at 435.319-0407 or email [luann.lundquist@gmail.com](mailto:luann.lundquist@gmail.com).

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*Memory Matters Utah/Nevada is a donor supported 501(c)(3) organization.  
100% of your tax-deductible donation will help families of Southern Utah and Mesquite, Nevada  
dealing with the effects of Alzheimer’s disease and dementia.*