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## NEWS RELEASE

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**FOR IMMEDIATE RELEASE**

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

**ST. GEORGE, UT — AUGUST 8, 2017** — Memory Matters Utah/Nevada is offering a 10-week Early Stage Memory Loss Course beginning on September 12, 2017 at the St. George Library. The course is designed to benefit those with an early stage memory loss or dementia diagnosis and their care partners. Recognized professionals will provide the tools and resources necessary for participants and caregivers to face the challenges of a memory loss illness.

Classes will promote brain health and help participants plan for the future. The 10-week course is designed to aid the person with memory loss and their primary care partner and include presentations on legal and financial preparation, pharmaceutical and alternative remedies, brain health and nutrition. The second hour of the class 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 begins on Tuesday, September 12th, 2017, from 10:30am-12:30pm at the St. George Library; and is funded by the Sorensen Legacy Foundation, Three Corners Women’s Giving Circle, Dolores Dore’ Eccles Foundation and Alzheimer’s Foundation of America (AFA). The course is co-sponsored by the St. George Library, Five County Area Agency on Aging. Register online at [www.memorymattersutah.org/early-stage-memory-loss-course](http://www.memorymattersutah.org/early-stage-memory-loss-course); contact Memory Matters Utah/Nevada at 168 N. 100 East, Suite 104, St George Utah 84770; phone 435-319-0407; or email [janet.labrum.ads@gmail.com](mailto:janet.labrum.ads@gmail.com).

*Memory Matters Utah/Nevada is 501(c)(3), local, nonprofit organization. Our mission is to reduce isolation and improve wellness for individuals with dementia and their caregivers through activities, support, education and consultation. Learn more at: [www.memorymattersutah.org](http://www.memorymattersutah.org)*

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