

Caregiver Advisor Offers TRENDY Program on  
Alzheimer's Disease & Care  
Book Discussion of *Still Alice*



*Still Alice* is a compelling novel about a 50-year-old woman's sudden descent into early onset Alzheimer's disease, written by first-time author Lisa Genova, who holds a Ph. D in neuroscience from Harvard University.

Alice Howland, happily married with three grown children and a house on the Cape, is a celebrated Harvard professor at the height of her career when she notices a forgetfulness creeping into her life. As confusion starts to cloud her thinking and her memory begins to fail her, she receives a devastating diagnosis: early onset Alzheimer's disease. Fiercely independent, Alice struggles to maintain her lifestyle and live in the moment, even as her sense of self is being stripped away. In turns heartbreaking, inspiring and terrifying, *Still Alice* captures in remarkable detail what's it's like to literally lose your mind...

Three week Book Discussion is at Helen Matthes Library  
100 Market Street  
Effingham

Dates:

- Thursday March 15th from 10:00 a.m.—11:00 a.m.
- Thursday March 22nd from 10:00 a.m.—11:00 a.m.
- Thursday March 29th from 10:00 a.m.—11:00 a.m.

During these sessions we will discuss the different warning signs of dementia and how the diagnosis of Alzheimer's disease impacts families.

***Still Alice* can be purchased at Barnes and Noble and Amazon. A limited number of paperback books will be available on loan from the Caregiver Advisor at Heartland Human Services. For registration information call the Caregiver Advisor at 217.347.7179 extension 1062.**

Use this link to register <http://engagedpatrons.org/EventsExtended.cfm?SiteID=4680&EventID=119248>

