



## FOR IMMEDIATE RELEASE

### For more information, contact:

Peggy Killian [pkillian@alz.org](mailto:pkillian@alz.org) 314.323.3564

## **Alzheimer's Association and Gateway Region YMCA Partner to Provide Education and Support Services**

**ST. LOUIS (September 13, 2016)** - The Alzheimer's Association St. Louis Chapter and the Gateway Region YMCA today announced a pilot program to offer Alzheimer's education and support services at select Y branch locations in the area.

The pilot will include consumer education classes on Alzheimer's warning signs, disease basics and healthy aging taught at 13 Y branches throughout the St. Louis area. The classes, which are free and open to the general public, will begin being offered in mid September. Over the coming months, additional branches will be added and also the program will be expanded to include branch based support groups and fitness classes tailored to individuals with Alzheimer's.

"This partnership with the YMCA will help us better connect individuals and families with important Alzheimer's education, information and support," said Stacy Tew-Lovasz, President of the St. Louis Chapter of the Alzheimer's Association. "And like the majority of our programming, the classes and support groups are being offered out in the communities where people live and work."

"The Alzheimer's education and support elements are a natural fit with the YMCA's community centered programming and mission to build healthy spirit, mind and body for all," said Tim Helm, President and CEO of the Gateway Region YMCA. "This partnership allows us to expand the types of resources we can offer, and we anticipate a great response to these services from our members and guests."

Alzheimer's is the sixth-leading cause of death in the United States. More than 5 million Americans are impacted by the disease – including more than 330,000 individuals with the disease and 900,000+ people providing unpaid care for them in Missouri and Illinois. Source: Alzheimer's Association 2016 *Alzheimer's Disease Facts and Figures Report*.

To register for a class or obtain information about Alzheimer's disease and local programs and services, visit <http://www.alz.org/stl/> or call the Alzheimer's Association's 24/7 Helpline at 800.272.3900. To find a Y location near you, please visit [www.ymcastlouis.org/locations](http://www.ymcastlouis.org/locations).

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***About the Gateway Region YMCA***

The Gateway Region Y is a nonprofit organization dedicated to youth development, healthy living and social responsibility. Featuring 24 traditional Y branches in Missouri and Illinois, along with the Campus Y student leadership facility at Washington University, the Community Services Y-Without-Walls serving East St. Louis and Y Community Literacy. Our Y also includes YMCA Camp Lakewood and Trout Lodge in Potosi, Missouri. The Carondelet Park Rec Complex and O'Fallon Park Rec Complex are owned by the City of St. Louis and operated by the Y. The Y is committed to serving people of all abilities. For those who qualify, we offer financial assistance so everyone has the opportunity to participate in Y programs, regardless of ability to pay. Our Y is a proud member of the United Way of Greater St. Louis. For more information, please visit [www.gwrymca.org](http://www.gwrymca.org) or call 314-436-1177.

***About the Alzheimer's Association St. Louis Chapter***

The Alzheimer's Association is the world leader in Alzheimer's care, support and research. The St. Louis Chapter, a proud United Way member agency, serves 38 counties in eastern Missouri and western Illinois, providing comprehensive care and support programs. The Alzheimer's Association mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. For additional information about the disease, family support or research, visit the Alzheimer's Association St. Louis Chapter web site at [www.alz.org/stl](http://www.alz.org/stl), or call the 24/7 Helpline at 800.272.3900.

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