



**For immediate release**

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## **Touchmark plans presentation for those caring for family members with Alzheimer's**

APPLETON, Wis. — Caring for someone living with Alzheimer's disease isn't easy — something Karen Holseth-Broekema knows well.

Holseth-Broekema will share her story of how she has cared for her husband with early-onset Alzheimer's disease the past six years during "Caregiving with Alzheimer's: Lessons Learned and Yet to Learn" at 6:30 p.m., Sept. 2, at Touchmark on West Prospect.

Holseth-Broekema has a master's degree in social work and worked for 17 years as a social worker. She'll describe essential strategies for taking care of yourself, creating peaceful places in your home, the importance of daily structure for someone with Alzheimer's, communication and preserving integrity. She'll also address "getting out of Dodge" and areas where she struggles. Her presentation is part of Touchmark's Memory Care Speakers Series.

Touchmark is located at 2601 Touchmark Drive. There is no charge for the presentation, which is open to the public. RSVPs are necessary and may be made by calling 920-832-9100.

### **About Touchmark**

Located on 40 acres directly across from the Butte des Morts Country Club, Touchmark is home to more than 200 people. The full-service retirement community offers a wide range of homes and lifestyle options.

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