

NEWS RELEASE



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Family shares Alzheimer's disease journey as part of Alzheimer's & Brain Awareness Month

EDMOND, Okla. – A family will share its proven tips for caring for people with Alzheimer's disease at a presentation at 2 p.m. June 22 at Touchmark at Coffee Creek. Molly Arnold, vice president of the Broyles Foundation, a national resource group for Alzheimer's disease caregivers, lost her grandmother to the disease in 2004. She will discuss *Don't Let the Alzheimer's Game Beat You*.

Her grandfather, former University of Arkansas football coach Frank Broyles, established the foundation after his wife Barbara's death and wrote a guidebook for caregivers, "Coach Broyles' Playbook for Alzheimer's Caregivers." The foundation has grown to offer caregiver counseling, support groups and training.

"Our goal was, and still is, to give all family members a better quality of life," the foundation website states.

Arnold's presentation coincides with Alzheimer's & Brain Awareness Month in June. It also immediately follows The Longest Day, which is June 21, the summer solstice (and longest day of the year). The day recognizes that every day for individuals with Alzheimer's and their caregivers is The Longest Day. The disease currently affects more than 5 million Americans, touching one more life every 66 seconds. This year, alone, Alzheimer's will cost the United States \$259 billion, according to the Alzheimer's Association.

Touchmark is located at 2801 Shortgrass Road in Edmond. Arnold's presentation is open to the public, and there is no charge. Light appetizers will be served. Because seating is limited, RSVPs are requested by June 21. Contact Touchmark at 405-340-1975 for more information or to make a reservation.

Arnold's appearance is made possible through a community partnership of Touchmark and Eunice Khoury's Well Preserved Advisory Group. Khoury is an independent insurance agent in Oklahoma City who has been working with retirees, Medicare beneficiaries and persons planning to retire for over 16 years. She specializes in Medicare, long-term care planning and retirement planning. More information is available at wellpreserved.info/.

Touchmark is part of the Coffee Creek 638-acre planned residential development, which includes a golf course, recreational centers and walking and biking trails for Coffee Creek homeowners. A full-service retirement community, Touchmark offers a wide range of homes and lifestyle options. For more information, contact Touchmark at 405-340-1975 or visit TouchmarkEdmond.com.

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