

## Clinical health

At the Smith Alzheimer's Center, we understand that memory loss disorders can pose an overwhelming set of challenges for patients, caregivers, and communities. Improving the cognitive health of our community is accomplished by offering a full-service Memory and Aging Clinic that provides memory and cognitive assessments, treatment, education, counseling services for patients and families, and access to cutting-edge investigational interventions through our clinical trials programs. Additionally, we also sponsor a Memory and Aging Network that allows us to support additional sites throughout central and southern Illinois.

**For more information about  
our clinical trials**

217.545.6829 | [siumed.org/trials](http://siumed.org/trials)  
[nsi\\_research@siumed.edu](mailto:nsi_research@siumed.edu)

**To schedule an appointment for the  
Memory Clinic**

217.545.8000



# SIU MEDICINE

DALE & DEBORAH SMITH CENTER  
FOR ALZHEIMER'S RESEARCH  
& TREATMENT



The Dale and Deborah Smith Center for Alzheimer's Research and Treatment at SIU Medicine has been one of three state-designated Illinois Alzheimer's Disease Assistance Centers since 1986. Our mission is to integrate patient care, education, and research to better understand the biological aspects of aging, cognition, and neurodegenerative disorders allowing us to design innovative personalized care that addresses both the underlying symptoms and the disease leading to improved patient, family, and community outcomes. This is accomplished through careful integration of clinical health, analytical neuroscience and community engagement.

217.545.8000  
[siumed.org/alz](http://siumed.org/alz)



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## BEYOND THE MEDICAL CENTER PROGRAMS



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# BEYOND THE MEDICAL CENTER PROGRAMS

To register: [CARE@siumed.edu](mailto:CARE@siumed.edu) | 217.545.7204  
To learn more, [siumed.org/alz-programs](http://siumed.org/alz-programs)

## ART EXPRESS

Creativity is often alive and well throughout disease progression. Art Express takes advantage of this by helping people with memory loss or decreased verbal communication skills express themselves through their artwork. Participants benefit from the therapeutic effects of art expression as well as support from interactions with counseling students.

## EARLY STAGE MEMORY LOSS GROUP

Learn to cope with memory loss, foster social and familial relationships, prepare for safety issues and daily living challenges, and consider legal and financial planning in this support group. Caregivers are also invited to share experiences and learn coping skills.

## MINDS IN MOTION

Use all five senses while participating in activities such as brain games, creative activities, group interaction and socialization. The primary goal is to improve or maintain the mental, physical, and emotional well-being of persons with memory loss or dementia. Caregivers are invited as well.

## MUSIC & MEMORY

Favorite music can stimulate deep emotional recall, even for those in the advanced stages of dementia which may calm chaotic brain activity and enable the listener to focus on, and enjoy, the present moment. Participants will receive a personalized playlist of music on a portable device.

## OPENING MINDS THROUGH ART

An award-winning, intergenerational art-making program for persons with memory loss. Its failure-free approach provides opportunities for creativity and self-expression.

## STEPPING UP

Designed to improve flexibility, strength, endurance, and balance, this evidence-based exercise program focuses on lower-body strengthening and has shown to reduce falls. It is designed for each participant's needs and abilities.

*For caregivers*

## DEMENTIA CAREGIVING 101

Designed to improve caregiver's confidence and provide strategies to manage the day-to-day care of persons with memory loss. This class will not only give caregivers the skills to care for a loved one but also the tools to care for oneself.



## Find respite or connect

Through our Beyond the Medical Center programs, the Smith Alzheimer's Center focuses on additional ways to improve the quality of life for those who are surrounded by and care for a person with dementia. It also provides a chance for caregivers to connect with other caregivers who understand the unique challenges they face.

Many of these programs also offer an opportunity for respite for caregivers, as staff and volunteers provide support and care for those with memory loss. This provides a chance for caregivers to complete errands, meet with others, or simply have time to themselves while their loved one enjoys the program.

## Community engagement

Community engagement is crucial to our integrated care approach to treating memory loss. Some of our offerings include support groups, movement and cognition improving courses, outlets for expression, and instructional courses to enhance knowledge surrounding memory loss and caregiving. We also connect with the general population, as well as clinical and scientific communities, by providing educational opportunities through conferences, symposiums, seminars, training for other providers, demonstrations, and community events.

Partner with us and help support programs, patient care and research to help patients with Alzheimer's disease and related disorders.

[forwardfunder.siumed.edu/CARE](http://forwardfunder.siumed.edu/CARE)