

## Sierra Vista Assisted Living Community to Host Internationally Known Writer and Expert on Alzheimer's and Dementia

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Sierra Vista, Arizona (November 18, 2009) – Prestige Assisted Living at Sierra Vista, a leader in assisted living and Memory Care in Southern Arizona, is proud to host nationally and internationally known writer and teacher, David Troxel, MPH. The author will be presenting a free lecture on Alzheimer's disease and memory care dedicated to informing Southern Arizona's seniors. Deborah Anderson from The Arizona Alzheimer's Association will be presenting 2 days later on Thursday November 19th on the same subject. Deborah's presentation is titled "10 Warning Signs of Alzheimer's Disease".

"Our hope is to have local seniors and their families benefit from David Troxel's and Deborah Anderson's vast knowledge on the memory care as it relates to Alzheimer's and Dementia" said Linda Borgstadt, Executive Director at Prestige Assisted Living at Sierra Vista. Linda also went on to say that "If you know someone afflicted with Alzheimer's please come out and see David's presentation on Tuesday, November 17th because it is filled with best fit practices to help the caregiver through extraordinary circumstances".

The name and dates for both events are as follows:

Tuesday, November 17th - 6:30pm - Join us for this free presentation from David Troxel, MPH, nationally and internationally known writer and teacher. David has vast experience in the fields of Alzheimer's disease and long-term care. He has co-authored four influential books; most notably, the Best Friends Approach to Alzheimer's Care as well as numerous articles relating to Alzheimer's disease care

Thursday, November 19th - 1:30 pm - Come and learn as Deborah Anderson, of the Southern Arizona Alzheimer's Association will be sharing new information on the 10 Warning Signs of Alzheimer's Disease.

### About Prestige Assisted Living at Sierra Vista

Prestige Assisted Living at Sierra Vista is 60-apartment assisted living community offering an active lifestyle for its residents. The community's devoted staff helps to foster a true sense of community with its value system based on respect, integrity, commitment and trust. Sierra Vista offers an Expressions Memory Care program designed for individuals with special needs caused by memory loss.

### About Prestige Care

Prestige Care owns and operates independent, assisted living and memory care communities as well as nursing and rehabilitation centers throughout the Western United States. It is the company's mission to provide quality care guided by a compassionate heart with values based on respect, integrity, commitment and trust. Visit us online at [www.PrestigeCare.com](http://www.PrestigeCare.com) or call (360) 735-7155 for more information.

Prestige Care Assisted Living Community in Sierra Vista is hosting a free lecture program on Alzheimer's disease and memory care by internationally known writer and teacher David Troxel to inform Southern Arizona's seniors.

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