**List of Webinars, Classes, Events, and Information Sessions**

Posted July 1, 2024

**Insight Memory Care Center**

Learn more and register at [Insight: Event Calendar (insightmcc.org)](https://www.insightmcc.org/get-involved/events/event_calendar.html)

* [Dance for Brain Health : Insight: Event Calendar (insightmcc.org)](https://www.insightmcc.org/get-involved/events/event_calendar.html/event/2024/05/01/1714581000/dance-for-brain-health/477978)

Wednesday, July 3, 2024, 11:30 am – 12:30 pm, In-Person

Wednesday, July 10, 2024, 11:30 am – 12:30 pm, In-Person

Wednesday, July 17, 2024, 11:30 am – 12:30 pm, In-Person

Wednesday, July 24, 2024, 11:30 am – 12:30 pm, In-Person

Wednesday, July 31, 2024, 11:30 am – 12:30 pm, In-Person

Wednesday, August 7, 2024, 11:30 am – 12:30 pm, In-Person

Wednesday, August 14, 2024, 11:30 am – 12:30 pm, In-Person

Wednesday, August 21, 2024, 11:30 am – 12:30 pm, In-Person

Wednesday, August 28, 2024, 11:30 am – 12:30 pm, In-Person

Based on CDC reports, research shows that the areas of the brain that

control memory and skills such as planning and organizing improve

with exercise. Dance has the added dimensions of rhythm, balance

and music that enhance the benefits of simple movement – plus, it’s

fun! This class is appropriate for persons living with dementia, their

caregivers and anyone interested in preventing health conditions

associated with cognitive decline.

The class will include:

**Stretch and Warm-up:** A series of gentle stretching and warm-up exercises inspired by the principles of Brain Dance, preparing the body and mind, creating a harmonious state for the dance experience that follows.

**Follow Along Dance:** Get ready to groove to a fantastic selection of music spanning different decades.

**Guided Improvisation:** You will move in your own way, expressing yourself freely on the dance floor. There are no wrong moves here; just dance from the heart.

* [Meaningful Visits with Your Loved One in an Assisted Living or Memory Care Community : Insight: Event Calendar (insightmcc.org)](https://www.insightmcc.org/get-involved/events/event_calendar.html/event/2024/07/09/meaningful-visits-with-your-loved-one-in-an-assisted-living-or-memory-care-community/474313)

Tuesday, July 9, 2024, 7:00 – 8:00 pm In-Person

Elance at West End,

5550 Cardinal Pl, Alexandria VA 22304

Join us for an interactive discussion for caregivers to share expertise

on how a meaningful visit can foster more joy and connection with

your loved one.

* [Trauma-Informed Care and Dementia : Insight: Event Calendar (insightmcc.org)](https://www.insightmcc.org/get-involved/events/event_calendar.html/event/2024/07/10/trauma-informed-care-and-dementia/481300)

Wednesday, July 10, 2024, 1:00 – 2:00 pm Hybrid

Insight – Fairfax

Trauma-informed practice in dementia care is a way of caring for

individuals living with dementia that takes into account the possibility

that they may have experienced traumatic events in their lives.

Trauma-informed care is an under-utilized yet potentially beneficial

approach to care for older adults in many settings. An individualized

response from staff which when effectively implemented can promote

staff and participant safety, reduce the risk of re-traumatization, and

minimize adverse events.

* [Brain Health as You Age : Insight: Event Calendar (insightmcc.org)](https://www.insightmcc.org/get-involved/events/event_calendar.html/event/2024/07/10/brain-health-as-you-age/467987)

Wednesday, July 10, 2024, 6:00 – 7:00 pm In-Person

Arlington Mill Senior Center,

909S Dinwiddie St, Arlington VA 22204

Learn more about age-related changes in memory and learning, and

practices to keep your brain sharp! Learn what to expect, what’s

“normal,” and when it’s time to seek a doctor’s input.

* [Normal Aging vs. Dementia : Insight: Event Calendar (insightmcc.org)](https://www.insightmcc.org/get-involved/events/event_calendar.html/event/2024/07/11/normal-aging-vs-dementia/462075)

Thursday, July 11, 2024, 1:00 – 2:00 pm In-Person

Wellness Center for Older Adults,

4027B Olley Lane, Fairfax VA 22032

Join us for a discussion on changes that occur with age, warning signs

of a memory problem, and what to do if someone you love is

experiencing symptoms of dementia or memory impairment.

* [Caregiver Support Group - Art of Activities and Engagement : Insight: Event Calendar (insightmcc.org)](https://www.insightmcc.org/get-involved/events/event_calendar.html/event/2024/07/11/1720728000/caregiver-support-group-art-of-activities-and-engagement/483803)

Thursday, July 11, 2024, 3:00 – 4:00 pm In-Person

Great Falls Assisted Living,

1121 Reston Ave, Herndon VA

This group will offer a safe, welcoming and private setting for

caregivers to share their caregiving experiences, connect with others

going through the same journey and receive insight from an expert.

There will also be group discussions and educational presentations

about relevant caregiving topics.

For July the topic will be The Art of Activities and Engagement. How

can you reconnect with someone with dementia? Keeping their

current abilities in mind. Learn ways to keep your loved one engaged

in personalized activities.

* [Memory Screenings at WCOA : Insight: Event Calendar (insightmcc.org)](https://www.insightmcc.org/get-involved/events/event_calendar.html/event/2024/06/17/memory-screenings-at-wcoa/461895)

Monday, July 15, 2024, 10:00 am – 2:00 pm In-Person

Wellness Center for Older Adults (WCOA)

4027B Olley Lane, Fairfax VA 22032

Insight Memory Care Center will offer free, confidential memory

screenings and educational materials to people with concerns about

their memory or who want to check their memory now for future

comparison.

Register for a 30 minute time slot between 10:00am-2:00pm by

calling 703-970-3601.

* [Brain Health as You Age : Insight: Event Calendar (insightmcc.org)](https://www.insightmcc.org/get-involved/events/event_calendar.html/event/2024/06/18/brain-health-as-you-age/479660)

Tuesday, July 15, 2024, 1:00 – 2:00 pm In-Person

Waltonwood at Ashburn

44141 Russell Branch Parkway, Ashburn VA

Learn more about age-related changes in memory and learning, and

practices to keep your brain sharp! Learn what to expect, what’s

“normal,” and when it’s time to seek a doctor’s input.

* [Normal Aging vs. Dementia : Insight: Event Calendar (insightmcc.org)](https://www.insightmcc.org/get-involved/events/event_calendar.html/event/2024/07/11/normal-aging-vs-dementia/462075)

Tuesday, July 16, 2024, 1:00 – 2:00 pm Virtual

A discussion on changes that occur with age, warning signs

of a memory problem, and what to do if someone you love is

experiencing symptoms of dementia or memory impairment.

* Memory Screenings at Ashburn Library: [Insight: Event Calendar](https://www.insightmcc.org/get-involved/events/event_calendar.html/event/2024/07/19/memory-screenings-at-ashburn-library/481551)

Friday, July 19, 2024, 2:30 – 5:00 pm In-Person

Ashburn Library

43316 Hay Road, Ashburn VA

Insight Memory Care Center will offer free, confidential memory

screenings and educational materials to people with concerns about

their memory or who want to check their memory now for future

comparison.

* Importance of Socialization when Aging: [Insight: Event Calendar](https://www.insightmcc.org/get-involved/events/event_calendar.html/event/2024/07/30/importance-of-socialization-when-aging/479663)

Tuesday, July 30, 2024, 1:00 – 2:00 pm Virtual

A discussion about the importance of socialization when

aging. Research has found that social support can play a significant

role in overall health as people age. Spending time with friends and

family members can boost quality of life, including both physical and

mental health.

* Dementia 101: [Insight: Event Calendar](https://www.insightmcc.org/get-involved/events/event_calendar.html/event/2024/08/05/dementia-101/474570)

Monday, August 5, 2024, 10:00 – 11:00 am In-Person

Vienna Community Center,

120 Cherry St. SE, Vienna VA

Learn the basics of dementia, including Alzheimer’s disease and other

dementias. While not everyone travels the same path, come and learn

about the general stages to help you anticipate future changes.

* Managing Lewy Body Dementia: [Insight: Event Calendar](https://www.insightmcc.org/get-involved/events/event_calendar.html/event/2024/08/14/managing-lewy-body-dementia/481302)

Wednesday, August 14, 1:00 – 2:30 pm Virtual & In-Person

Insight – Fairfax

Lewy body dementia (LBD) is likely the most common type of

dementia you have not heard about. It is the second most common

cause of progressive dementia after Alzheimer's disease (AD), but

varies greatly from AD in many ways. The management of LBD is

complex, and is best addressed by a team of medical and Allied health

professionals. Join us to learn what makes LBD so unique,

misunderstood, and challenging to diagnose and treat.

* [How Will We Pay for Care: Financial Considerations - Virtual Presentation : Insight: Event Calendar (insightmcc.org)](https://www.insightmcc.org/get-involved/events/event_calendar.html/event/2024/08/22/how-will-we-pay-for-care-financial-considerations-virtual-presentation/485987)

Thursday, August 22, 2024, 7:00 – 8:00 pm Virtual

The financial costs of long-term care and long-term caregiving are

enormous. Explore some of your options for this important aspect of

caregiving.

* Memory Café: care partners and participants meet for activities,

companionship, and fun

* + Insight – Sterling

Thursday, July 11, 2024 @ 4:00 pm

Thursday, August 8, 2024 @ 4:00 pm

* + Falls Church Arts, 700-B W Broad St, Falls Church VA

Friday, July 12, 2024 @ 10:30 am

Friday, July 26, 2024 @ 10:30 am

Friday, August 9, 2024 @ 10:30 am

Friday, August 23, 2024 @ 10:30 am

* + Kensington Reston, 11501 Sunrise Valley Dr, Reston VA

Thursday, July 11, 2024 @ 10:30 am

Thursday, July 18, 2024 @ 10:30 am

Thursday, July 25, 2024 @ 10:30 am

* + Insight - Fairfax

Wednesday, July 17, 2024 @ 4:00 pm

Wednesday, August 21, 2024 @ 4:00 pm

* + Sunrise Oakton, 2863 Hunter Mill Rd, Oakton VA

Wednesday, July 24, 2024 @ 2:00 pm

Wednesday, August 28, 2024 @ 2:00 pm

* + Ashburn Library, 43316 Hay Road, Ashburn VA

Monday, July 18, 2024 @ 11:00 am

Monday, August 19, 2024 @ 11:00 am

* Care Partner Meet-Ups: Care partners meet and chat over coffee; stay as long as you like
  + Insight - Fairfax

Friday, July 5, 2024 @ 10:00 am

Friday, August 2, 2024 @ 10:00

* + Insight – Sterling

Wednesday, July 24, 2024 @ 10:00 am

Wednesday, August 28, 2024 @ 10:00 am

* Meditation for Care Partners Class: No previous experience is required! Join us to develop a better ability to relax, focus, and find peace of mind as you navigate your caregiving journey with dementia.
  + Virtual

Thursday, July 11, 2024 @ 7:00 pm

Thursday, July 25, 2024 @ 7:00 pm

Thursday, August 8, 2024 @ 7:00 pm

Thursday, August 22, 2024 @ 7:00 pm

* Insight sponsors a number of in-person support groups on different days and in different locations for various dementia, bereavement, and caregivers. Check at [Insight: Event Calendar (insightmcc.org)](https://www.insightmcc.org/get-involved/events/event_calendar.html/calendar/2024/6) for date, time, location, eligibility, and registration.
* [Make Your Plan with Dr. Lamb - Insight Community (insightmcc.org)](https://www.insightmcc.org/self-paced-learning/make-your-plan-with-dr-lamb.html)

Physician-guided, self-paced virtual program

Cost -$397

Make Your Plan with Dr. Lamb

Make Confident Medical Decisions for your Loved One with Memory

Impairment  
Everyday Dr. Lamb cares for a person living with dementia in the ER. She sees their caregivers struggling to make decisions for them feeling unsure, overwhelmed and unprepared. She has developed a course to teach caregivers what they need to know, in plain English, about the medical issues their person is most likely to face and then how these conditions are treated. They then turn this knowledge into a written treatment plan made for their person to fall back on when making decisions. This course is offered online in a self-paced format.

Insight is proud to partner with Dr. Lamb to share this resource at a

reduced rate for our community! Please contact Dr. Lamb directly

with any questions at[brittanylamb@blambmd.com](mailto:brittanylamb@blambmd.com)

**Become a Dementia Friend** – Go to [Dementia Friends USA |](https://dementiafriendsusa.org/) or sign up for the virtual information session below:

* [Dementia Friends Virtual Session July 9, 2024 - Aging Together Corporation (flipcause.com)](https://www.flipcause.com/secure/cause_pdetails/MjAxNTg4):

Tuesday, July 9, 2024 ~ 12pm to 1pm

* [Dementia Friends Virtual Session October 8, 2024 - Aging Together Corporation (flipcause.com)](https://www.flipcause.com/secure/cause_pdetails/MjAxNTkw)

Tuesday, October 8, 2024 ~ 12pm to 1pm

There are currently more than 176,000 Dementia Friends across the USA.

**Aging Together:**

***Learning Together: Tuesday Noontime Series*** offers brief 1-hour virtual lectures and info sessions throughout the year, intended to offer a lot of information in a little amount of time.  Anyone can join, whether you are at home, caregiving, or at work and taking a lunch break. Join in and just listen, or bring your questions. Have a topic you'd like to hear about in the future? Let us know!  
THESE PROGRAMS ARE FREE, BUT YOU MUST REGISTER FOR A ZOOM LINK.

* [Understanding Alzheimer's & Dementia - Aging Together Corporation (flipcause.com)](https://www.flipcause.com/secure/cause_pdetails/MjA5NDAx)

Tuesday, August 13, 2024, Noon – 1:00 pm Virtual

This comprehensive program caters to those eager to deepen their understanding of Alzheimer's. It covers a wide array of topics including its effects on the brain, methods of detection, underlying causes and risk factors, the various stages of the disease, available treatment options, and more. This informative session is designed to enlighten individuals about the complexities and management of Alzheimer's disease.

* [The Other Dementias - Aging Together Corporation (flipcause.com)](https://www.flipcause.com/secure/cause_pdetails/MjAxNTk2)

Tuesday, September 10, 2024, Noon – 1:00 pm Virtual

Alzheimer’s disease is the leading cause of dementia, but not the only

one. This session examines the other main types of dementia: vascular

dementia, Lewy Body dementia and frontotemporal dementia,

differentiating them from Alzheimer’s disease while discussing the

prevalence of so-called mixed dementias where more than one disease

process is at work. The second half of the session builds on

communication tips and strategies and examines dementia-related

behaviors as a form of communication.

* [Annual Dementia Conference - Aging Together](https://www.agingtogether.org/annual-dementia-conference.html)

Thursday, December 5, 2024

Pepper’s Grill, Culpeper VA

All Day - $25

See flyer for more information

**Positive Aging Community:**

* [Advance Directives for Dementia - Senior Living Event By Positive Aging Community (retirementlivingsourcebook.com)](https://www.retirementlivingsourcebook.com/events/advance-directives-for-dementia)

Thursday, July 11, 2024 – 12:00 – 1:00 pm Virtual

Join us for a live and interactive discussion with Lowrey Brown of the

Final Exit Network to learn about the Dementia Directive, a document

that allows you to supplement your Advance Directive with specific

instructions should you develop dementia. This directive can help

your family make decisions that are closer to what you would have

wanted. [Register here](https://us02web.zoom.us/webinar/register/WN_yGIYzOndRk2_ACNafuhp4A)

* [Dr. Tam Cummings | Dementia Education Conference Tickets, Tue, Jul 23, 2024 at 10:00 AM | Eventbrite](https://www.eventbrite.com/e/dr-tam-cummings-dementia-education-conference-tickets-925398661307)

Tuesday, July 23, 2024, 10:00 am – 3:00 pm In-Person

Crossway Montessori Forest School,

3015 Upton Dr, Kensington MD

Join Arden Courts ProMedica Memory Care Kensington, Potomac,

and Silver Spring; Crossway Montessori Communities & Positive

Aging for a transformative Dementia Education Conference featuring

the highly esteemed **Dr. Tam Cummings**!

**Dr. Cummings is a gerontologist, speaker, author and dementia**

**expert and is recognized as one of the leading educators of**

**dementia caregivers and program design for dementia care**

**nationally.**

During this conference, she will be going over these 4 Keynote

Topics:

* The Nine Common Dementias
* Did COVID Cause My PTSD?
* The Ethics of Dementia Care
* Are We Doing This Wrong? *Is Our Care Based on Medical Facts*?

Her Speaking Topics will include:

* Dementia is a Brain Disease |*Provides a basic understanding of dementia*
* The Lobes of the Brain | *How the disease affects different parts of the brain*
* What is Memory? | *How memory is formed, when, and how it is lost*
* The Nine Common Dementias | *Characteristics of each and how to diagnose*
* Staging the Person with Dementia | *What to expect as the disease progresses*
* Triggers & Causes of ADL Challenges & Falls | *Learn how to get ADLs accomplished smoothl*y
* What Does That Behavior Mean? | *Behaviors can be specific to certain dementias*
* Communication in Dementia Care | *How to approach and understand needs*
* Pain and Other Assessments | *Pain can be a primary trigger cause*
* Approach, Conversations & the 5 Senses | *Sensory changes and how to navigate them*
* Care to the End of Life | *What to expect and when*
* Guilt and Grief in Dementia Care | *How to handle compassion fatigue*

**The first 100 people to RSVP will receive Dr. Cumming’s award-winning*Itty Bitty Dementia* Book!**

This conference promises to be an invaluable opportunity to enhance

your knowledge and approach to dementia care. We will have

representation from 15 local industry professionals and business

experts to answer any questions you may have and offer advice to

help you on your caregiving journey. Lunch will be provided and a

drawing at the end of the conference will be held for the opportunity

to win a gift basket!

For more information and a full schedule of webinars and meetings, see:

[Senior Living Events - Find Senior Living Resource Events (retirementlivingsourcebook.com)](https://www.retirementlivingsourcebook.com/events?q=proaging)

For on-demand recorded podcasts, see [Senior Living Videos - Find Senior Living Resource Videos (retirementlivingsourcebook.com)](https://www.retirementlivingsourcebook.com/videos?q=proaging)

**Being Patient:**

* [David Raichlen: What Exercise Does For Your Brain | Being Patient](https://www.beingpatient.com/event/david-raichlen-what-exercise-does-for-your-brain/?utm_source=Being+Patient+Newsletter&utm_campaign=515a7b447e-EMAIL_CAMPAIGN_2020_11_06_03_59_COPY_01&utm_medium=email&utm_term=0_95b92454c1-515a7b447e-222770483)

Friday, July 5, 2024, 1:00 – 2:00 pm Virtual

USC Evolutionary Biologist David Raichlen joins Being Patient

Live Talks to discuss how exercise and physical activity can benefit brain health, particularly for older adults.

Raichlen is a professor at the Human and Evolutionary Biology section of the Department of Biological Sciences at USC. His research focuses on the connection between human evolution, physical activity, and health across the lifespan. Currently, he’s focused on understanding how and why exercise and physical activity benefits brain structure and cognitive function, especially in older adults.

RSVP to the live talk to learn what our evolutionary history can teach

us about the benefits of exercise and physical activity for brain

health.

* [Dr. Melissa Rosenkranz: Understanding the Relationship Between Asthma and Dementia | Being Patient](https://www.beingpatient.com/event/dr-melissa-rosenkranz-understanding-the-relationship-between-asthma-and-dementia/?utm_source=Being+Patient+Newsletter&utm_campaign=515a7b447e-EMAIL_CAMPAIGN_2020_11_06_03_59_COPY_01&utm_medium=email&utm_term=0_95b92454c1-515a7b447e-222770483)

Thursday, July 11, 2024, 1:00 – 2:00 pm Virtual

UW–Madison School of Medicine and Public Health’s Dr. Melissa Rosenkranz joins Being Patient Live Talks to discuss her [research on the link between asthma and dementia](https://centerhealthyminds.org/news/uw-madison-research-on-connection-between-asthma-and-alzheimers-disease), specifically focusing on the impact of chronic, systemic [inflammation](https://www.beingpatient.com/amyloid-inflammation-and-brain-diseases/) on brain health.

Rosenkranz holds the Distinguished Chair in Contemplative

Neuroscience at the [Center for Healthy Minds](https://centerhealthyminds.org/) and is an Assistant

Professor in the Department of Psychiatry at the UW–Madison School

of Medicine and Public Health. Her research focuses on understanding

the underlying biology of the mind-brain-body interactions of stress,

emotion, and the immune system. In her most recent work,

Rosenkranz has been researching how inflammation, like that present

in asthma, impacts long-term cognitive function and the risk for the

development of Alzheimer’s disease.

RSVP to this live talk to learn more about asthma, inflammation, and

cognitive decline.

* [Women and Longevity: What Research Tells Us About Living Better and Longer | Being Patient](https://www.beingpatient.com/event/women-and-longevity-what-research-tells-us-about-living-better-and-longer/?utm_source=Being+Patient+Newsletter&utm_campaign=62f8f37fe1-EMAIL_CAMPAIGN_2020_11_06_03_59_COPY_01&utm_medium=email&utm_term=0_95b92454c1-62f8f37fe1-222770483)

Thursday, August 8, 2024, 1:00 – 2:00 pm Virtual

Internationally acclaimed author, [Age Wave](https://agewave.com/) co-founder, and longevity

expert [Maddy Dychtwald](https://maddydychtwald.com/) joins Being Patient Live Talks to discuss her

latest book, [*Ageless Aging: A Woman’s Guide to Increasing Healthspan, Brainspan, and Lifespan*](https://www.amazon.com/Ageless-Aging-Increasing-Healthspan-Brainspan/dp/B0CG161WLN) (Mayo Clinic Press). She’ll discuss the research that informed the book and key strategies women can take to improve their brains and overall health as they age.

Recognized by Forbes as one of the top fifty female futurists globally,

Dychtwald’s work has also been featured in Bloomberg

Businessweek, Newsweek, Time, Fox Business News, CNBC, and

NPR. She’s the author of three previous books: *Influence: How*

*Women’s Soaring Economic Power Will Transform Our World for the*

*Better*, *Gideon’s Dream: A Tale of New Beginnings*, and *Cycles: How*

*We Will Live, Work, and Buy*.

RSVP to the live talk to learn more about the book, women’s brain

health, and longevity.

**Dementia Action Alliance:**

* Dementia Discussions [Events for July 2024 | Dementia Action Alliance (daanow.org)](https://daanow.org/events/month/2024-07/)

Every Thursday, 12:30 – 1:30 pm VIRTUAL

July 4, July 11, July 18, July 25, Aug 1, Aug 8, Aug 15

Specific topic discussion hosted by members of DAA’s Advisory

Board who are living with dementia.

* Faith, Hope, and Love [Events for July 2024 | Dementia Action Alliance (daanow.org)](https://daanow.org/events/month/2024-07/)

Every Friday, 12:30 – 1:30 pm VIRTUAL

July 5, July 12, July 19, July 26, Aug 2, Aug 9, Aug 16

A non-denominational discussion about spirituality, hosted by

individuals living with dementia.

Go to [Events for July 2024 | Dementia Action Alliance (daanow.org)](https://daanow.org/events/month/2024-07/) for full

list of events and to select and register for individual events

**The Michael J. Fox Foundation:**

* Third Thursday Webinar **–**

On the third Thursday of every month at 12 p.m. ET, join free live webinars to learn about various aspects of living with Parkinson's disease and our work to speed medical breakthroughs.

[Considering Deep Brain Stimulation: What to Know and Expect | Parkinson's Disease (michaeljfox.org)](https://www.michaeljfox.org/webinar/considering-deep-brain-stimulation-what-know-and-expect?em_cid=mc-a1bVL000001cPWH)

Thursday, July 18, 2024, 12:00 – 1:00 pm Virtual

Deep brain stimulation (DBS) is a surgical procedure that can treat

Parkinson’s motor symptoms. Like many other aspects of living with

Parkinson’s disease (PD), considering and undergoing DBS is a

complex journey that everyone approaches and experiences

differently.

In this Third Thursdays Webinar, our expert panel of people who have

undergone DBS and a movement disorder specialist will share their

personal stories and answer your questions on everything from how to

think about having the procedure to surgery and life with the device.

And by joining this webinar, you’ll be among the first to access our

newly updated and expanded DBS guide, with experiences from

members of the PD community and advice from medical professionals

on what to expect and how to manage having DBS.

**Fairfax Area Agency on Aging:**

[Online Registration — Free Webinars for Family Caregivers of Older Adults - HSCODE - Fairfax County, Virginia](https://www.fairfaxcounty.gov/hscode/ereg/Registration.aspx?groupID=1)

* Dimensions of Caregiver Wellness

Wednesday, July 17, 2024, 12:00 – 1:00 pm Virtual

In this presentation, Julie Mezainis and Demetra Warner, will educate family caregivers on the various dimensions of caregiver wellness. As a participant, you will learn practical tips and strategies to support you with better caring for your whole self while recognizing the common challenges caregivers face, such as loneliness and isolation. Together, we will explore the many dimensions of caregiving – mentally, physically, emotionally, and spiritually, to support you with continuing to provide the best care to your loved one.

**Alzheimer’s Association: New England Chapter:**

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