

## A Public Education Program

To educate those affected by  
Alzheimer's disease and other dementias

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# caregiving during the holidays

**Alzheimer's Disease and the Holidays** focuses on caregiving issues that are specific to the holidays. Caregiving is a challenging, full-time job. The holidays are filled with extra stressors and pressure. Put them together and the combination can be overwhelming. With realistic expectations, preparation for holiday activities and patient responses to challenging situations, the holidays can once again be enjoyable.

Admission is free and open to the public,  
but pre-registration is requested.

To register, call 443.768.3925.

### Participants will learn:

- How to anticipate triggers of challenging behaviors
- Tips for preparing relatives for changes in your loved one with dementia
- Communication techniques, gift ideas, appropriate activities and more

### Call 1.800.272.3900:

- To learn what resources are available to caregivers and individuals with dementia
- To learn what you can do in the fight against Alzheimer's disease

### Date /Time:

### Location:

Tuesday, November 10, 6:00—7:00 p.m.....	Genesis, The Pines 610 Dutchmans Lane Easton
Tuesday, November 24, 1:30—2:30 p.m.....	Grasonville Senior Center 4802 Main Street, Grasonville
Tuesday, December 8, 12:30—1:30 p.m.....	Queen Anne's Department of Aging 104 Powell Street, Centreville

### Presented by:

alzheimer's  association™

the compassion to care, the leadership to conquer