

MEMORY CARE UNIVERSITY 2020 WEBINAR SERIES

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Currently in Virginia, there are more than 150,000 people living with Alzheimer's disease and more than 467,000 caregivers supporting them. Thousands of families have been impacted by dementia related disorders and our mission is to eliminate Alzheimer's disease through the advancement of research, to provide and enhance care and support for all affected, and to reduce the risk of dementia through the promotion of brain health.



Whether you are a healthcare professional, caregiver, person living with Alzheimer's or related dementia, faith leader or a member of the general public, we invite you to attend these virtual interactive and informative webinars at no cost. You will be learning from local professionals from the comfort of your home or office.



YOU CAN'T KEEP A GOOD WOMAN DOWN: THE IMPACT OF ALZHEIMER'S ON WOMEN CAREGIVERS

October 7 | 2 - 3 p.m.

Presenters: Tina Thomas, Senior Director of Programs and Services and Emeobong "Eme" Martin, MPH, Regional Health Systems Director



Women are at the center of the Alzheimer's epidemic. Almost two-thirds of Americans with Alzheimer's are women, and women take on more caregiving task. Join us as we explore the impact of Alzheimer's on women of all ages.

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FAITH, FAMILY AND DEMENTIA

October 14 | 1 - 2 p.m.

Presenters: Wanda Hunt, Caregiver and Alzheimer's Association Advocate, George Worthington, Dementia Services Coordinator, and Veronica Cosby, Virginia Partners In Prayer and Prevention, VA Dept of Health.



People who have dementia, particularly those raised in faith-based homes, can be uplifted by worship services and clergy visits. This session will help attendees understand how dementia affects a person living with a cognitive disorder and learn tips for making their faith communities more inclusive for those impacted by dementia.

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HAVING THE TALK: TIPS FOR DIFFICULT CONVERSATIONS: HOSPICE, DRIVING AND INTIMACY

October 21 | 1 - 2 p.m.

Presenter: Tabitha Nugent, Hospice Community Care

Join this workshop to gain better understanding of the benefits of hospice and palliative care. We will also explore Virginia's driving assessments centers and experiences. And, we will also explore common themes related to sexuality including changes in sex drive, changes in sexual behavior manifestation, changes to physical and cognitive sex ability, consenting to sexual relations, and creating intimacy through non-sexual ways.

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STAYING SOCIALLY CONNECTED IN A SOCIALLY DISTANT WORLD

October 28 | 1-2 p.m.

Presenter: Dr. Christine Jensen, Director, Health Services Research, Riverside Center for Excellence in Aging and Lifelong Health

The COVID-19 pandemic has impacted every aspect of our lives, and has created unexpected complications for caregivers. Join us as we explore topics related to ten benefits of mental and physical health, nutrition and self-care during this unprecedented time.

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