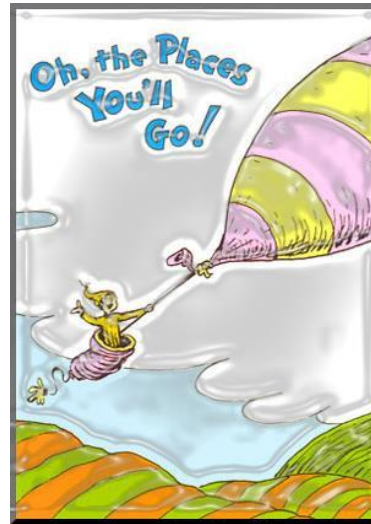


## Family Caregiver Workshop Schedule 2016-2017



*Caregiving is a journey with twists and turns along the way. Circumstances change, needs change, and sometimes you may doubt you're doing the right thing or if you're doing enough. Be patient with yourself, don't be afraid to ask for help, and join us for the journey!*



### National Family Caregiver Support Program

(410) 222-4257  
[www.aacounty.org/aging](http://www.aacounty.org/aging)  
[caregiver\\_support@aacounty.org](mailto:caregiver_support@aacounty.org)

### Gold Level Sponsors



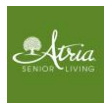
SOMERFORD PLACE  
 ALZHEIMER'S ASSISTED LIVING

FIVESTAR SENIOR LIVING

### Silver Level Sponsors



### Bronze Level Sponsors



While grateful for our sponsors, the Department of Aging & Disabilities does not endorse any particular vendor or business. Anne Arundel County reserves the right to approve and/or refuse potential sponsors.

### **Making the Connection: Brain Change & Behavior**

*Ann Morrison, Ph.D., RN, CS*

The changes that take place in the brain begin at the microscopic level long before the first signs of memory loss. Groups of nerve cells have special jobs. Some are involved in thinking, learning and memory. Others help us see, hear, smell and tell our muscles when to move. Learn how damage to the brain spreads and how that damage affects not just cognitive abilities but also behaviors.

Wednesday, Sep. 7, 2016; 6:30-8:30 pm  
Arnold Senior Activity Center  
44 Church Road, Arnold

### **Communicating through Behaviors & The Virtual Dementia Tour®**

*Department of Aging Staff*

This workshop encompasses an experiential learning tool followed by a debriefing and educational component. Space is limited; registration is required.

Tuesday, Sep. 13, 2016 (6:30-8:30 pm)  
South County Senior Activity Center  
27 Stepneys Lane, Edgewater

### **Communicating through Behaviors & The Virtual Dementia Tour®**

*Department of Aging Staff*

This workshop encompasses an experiential learning tool followed by a debriefing and educational component. Space is limited; registration is required.

Tuesday, Oct. 4, 2016 (6:30-8:30 pm)  
Pasadena Senior Activity Center  
4103 Mountain Road, Pasadena

### **Caregiver 101: Bathing and Nutrition**

*Margo Carey, R.N.*

In this workshop, caregivers will learn essential home care skills to include how to: successfully bathe a loved one, protect skin integrity, and ensure good nutrition and hydration for their loved one

Wednesday, Oct. 12, 2016 (6:30-8:30 pm)  
O'Malley Senior Activity Center  
1275 Odenton Road, Odenton

### **Recognizing and Responding to Depression**

*Kim Burton, Director of Older Adult Programs, Maryland Coalition on Mental Health & Aging*

The very nature of depression interferes with a person's ability to seek help; for depressed seniors, raised in a time when mental illness was highly stigmatized, it can be even more difficult, especially if they fear becoming a burden to their families. Helping your loved one with depression starts by recognizing the signs and symptoms and learning how to best support them and find appropriate treatment.

Wednesday, Nov. 9, 2016 (6:30-8:30 pm)  
Pascal Senior Activity Center  
125 Dorsey Road, Glen Burnie

### **Communicating through Behaviors & The Virtual Dementia Tour®**

*Department of Aging Staff*

This workshop encompasses an experiential learning tool followed by a debriefing and educational component. Space is limited; registration is required.

Tuesday, Nov. 15, 2016 (6:30-8:30 pm)  
O'Malley Senior Activity Center  
1275 Odenton Road, Odenton

### **The Mechanics of Caregiving**

*Ben Ogundip, PT*

Come learn how to help your loved one with the activities of daily living without jeopardizing your own health as Ben demonstrates injury prevention strategies related to care giving duties.

Tuesday, March 7, 2017 (6:30-8:30 pm)  
Annapolis Senior Activity Center  
119 S. Villa Ave., Annapolis

### **Communicating through Behaviors & The Virtual Dementia Tour®**

*Department of Aging Staff*

This workshop encompasses an experiential learning tool followed by a debriefing and educational component. Space is limited; registration is required.

Tuesday, March 14, 2017 (6:30-8:30 pm)  
Pascal Senior Activity Center  
125 Dorsey Road, Glen Burnie

### **Communicating through Behaviors & The Virtual Dementia Tour®**

*Department of Aging Staff*

This workshop encompasses an experiential learning tool followed by a debriefing and educational component. Space is limited; registration is required.

Tuesday, Apr. 11, 2017 (6:30-8:30 pm)  
Arnold Senior Activity Center  
44 Church Road, Arnold

### **Different Types of Dementia, Diagnoses & Treatment**

*Nicole Absar, M.D.*

Dementia is a general term for loss of memory and other mental abilities severe enough to interfere with daily life. It is caused by physical changes in the brain. Most common type of dementia; accounts for an estimated 60 to 80 percent of cases. Dr. Absar will discuss some of the little known dementias caused by infections, medications, and environmental factors.

Wednesday, Apr. 12, 2017 (6:30-8:30 pm)  
Pascal Senior Activity Center  
125 Dorsey Road, Glen Burnie

### **Meaningful Pursuits**

*Jeannie Finnegan, CDP*

Ideas for real-life, meaningful activities for those diagnosed with dementia and others being cared for at home. Learn how to create and enjoy everyday activities that are interesting, meaningful, doable, and valued by your loved one while providing cognitive stimulation and a greater sense of well-being.

Wednesday, May 10, 2017 (6:30-8:30 pm)  
O'Malley Senior Activity Center  
1275 Odenton Road, Odenton

### **Communicating through Behaviors & The Virtual Dementia Tour®**

*Department of Aging Staff*

This workshop encompasses an experiential learning tool followed by a debriefing and educational component. Space is limited; registration is required.

Tuesday, May 16, 2017 (6:30-8:30 pm)  
Annapolis Senior Activity Center  
119 S. Villa Ave., Annapolis

### **Communicating through Behaviors & The Virtual Dementia Tour®**

*Department of Aging Staff*

This workshop encompasses an experiential learning tool followed by a debriefing and educational component. Space is limited; registration is required.

Tuesday, June 13, 2017 (6:30-8:30 pm)  
St. John Lutheran Church  
300 West Maple Road, Linthicum

### **Travel with a Dementia Loved One**

*Jennifer FitzPatrick, MSW, LCSW-C*

If a person has Alzheimer's or other dementia, it does not mean he or she can no longer participate in meaningful activities such as travel; but it does require planning to ensure safety and enjoyment for everyone.

Wednesday, June 14, 2017 (6:30-8:30 pm)  
South County Senior Activity Center  
27 Stepneys Lane, Edgewater

Pre-registration is requested for workshops so that we can ensure enough materials are available.

Pre-registration is **required** for the *Communicating through Behaviors & the Virtual Dementia Tour®* as space is limited.

**Register on-line at**  
**[www.aacounty.org/aging](http://www.aacounty.org/aging)**  
**or call 410-222-4375/4339**

*Anyone needing special accommodations must contact Mary Chaput at 410-222-4339 or by e-mail at [agchap01@aacounty.org](mailto:agchap01@aacounty.org) at least seven days in advance of the event. TTY users, please call via Maryland Relay 7-1-1. All materials are available in an alternative format upon request.*