

# Alzheimer's and Dementia Support Group Series

Presented by Clarendale of Algonquin



**CLARENDALE**<sup>®</sup>  
ALGONQUIN

Join Clarendale of Algonquin the fourth Tuesday of each month when Certified Dementia Care Practitioner Sarah Moore of Heartland Hospice leads a support discussion group through important topics for family caregivers. Participation is free and refreshments and hors d'oeuvres will be served, but reservations are required.

## TUESDAY, JANUARY 24

### Therapeutic Journaling and Beyond

You don't have to be a writer to use these stress-reducing journaling techniques designed to help caregivers cope with the emotions of caring for a person with dementia.

## TUESDAY, FEBRUARY 28

### Dementia 101

Learn about behavioral symptom management for common forms of permanent dementia including Alzheimer's, Multi-infarct (stroke), Frontal Temporal disorders and dementia with Lewy Bodies.

## TUESDAY, MARCH 28

### Communicating With a Person Who Has Dementia

Join in the interactive discussion and role-playing to learn effective dementia communication techniques, including body language and non-verbal communication.

## TUESDAY, APRIL 25

### How to Have a Successful Visit

To maximize time with loved ones, you'll get guidelines on best times to drop by and optimum length of stay, plus topic ideas and guidance for visits that become strained or stressful.

## TUESDAY, MAY 23

### Exploring Validation Techniques

Perfect for use with repetitive questioning, you'll learn to connect closer with your loved one by exploring their stressors (and yours!) and connecting through reminiscing.

## TUESDAY, JUNE 27

### Coping With the Stress and Grief of Caregiving

Being a caregiver can be as stressful as an air traffic controller. Learn to connect in a positive way to your emotions so you can continue to provide amazing care.

**Heartland**   
Enriching life.

**ALL MEETINGS ARE SCHEDULED FROM 5 TO 6:30 P.M.**

**2001 WEST ALGONQUIN ROAD | ALGONQUIN, IL 60102**

**RSVP required for each session by calling (847) 458-6800.**

**About Clarendale of Algonquin:** This all-new retirement community offers maintenance-free living in an environment as warm and welcoming as a friendly village—whether you're looking for independent living, assisted living or memory care for someone you love.

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