



Dementia Tips & Tricks to Support Caregivers and Professionals

Presented by the Alzheimer's Disease Resource Center (ADRC) and Artis Senior Living of Commack

Caring for someone with Alzheimer's disease or another type of dementia can be a long, stressful and intensely emotional journey. Things that were once easy get harder and can lead to frustration for both those with dementia and their caregivers. There are many things you can do to ensure everyone feels calm and safe as you are managing day-to-day life.

Join the ADRC, along with Artis Senior Living of Commack as we share strategies and provide support for caregivers and professionals in our community. Each meeting will address topics such as Repetition, Resistance, Negativity and Boredom from Social Isolation. Attendees can expect:

- Helpful resources and tips
- A supportive environment to share concerns
- Opportunities to ask for advice

Each support group member will receive a Grab & Go Activity Bag compliments of the ADRC and Artis Senior Living of Commack.

A gift will be raffled to one lucky attendee at each meeting.

Please register by the day prior to the event.

Join us for a **FREE** Educational Webinar Series

Wednesday, March 24th

Wednesday, June 16th

Wednesday, September 22nd

Wednesday, December 15th

5:30 – 6:30 p.m.

To Register

631-410-6269

TheArtisWay.com/CommackEvents



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in **Memory**
Care