

**Sierra Nevada Memorial Hospital's
Wellness Program presents:
Barbara Larsen, MA ed
Losing a Loved One to Dementia**

Please register online at:
www.supportsierranevada.org
or call (530) 477-9700

COST: \$10.00
Advanced registration is required

Tuesday, February 19, 2019

6:00pm- 8:00pm

Ambiguous Loss- Where absence and presence reside at the same table

Many family caregivers of individuals with Alzheimer's disease or related disorders report that the main problem is not the disease itself, but the ambiguity and uncertainty it causes. In this class we will explore the essence of ambiguous loss, conflicting emotions, and positive steps for tolerance of the unknown.

Location: Sierra Nevada Memorial Hospital
Building 3: Outpatient Center
Conference Rooms 120/130*
155 Glasson Way
Grass Valley, CA 95945

*Take the elevator up to floor 1 and proceed down the hall to the end.

Barbara Larsen, MA ed. Barbara is a local author, educator, and creator of *Movement with Meaning*. She has worked in the field of dementia care since 1985. Over the past 30 years, Barbara's experience has encompassed working with individuals with memory loss, family caregivers, and health care professionals in a variety of settings.

The Alzheimer's Outreach Program (AOP)

The Alzheimer's Outreach Program is a community service provided by Sierra Nevada Memorial Hospital that helps support individuals suffering from a memory impairment and their care partners. AOP provides educational opportunities for the community and free in-home social work assessments of need.

For more information about AOP contact Judy Kautz, LCSW: (530) 274-6007 or Judith.kautz@dignityhealth.org.



Sierra Nevada Memorial
Hospital Foundation