



“Remember Me”

Alzheimer’s Outreach Program

~ Dementia Caregiver Workshop ~

Creative Solutions and Practical Tools for the Dementia Caregiver.



Sierra Nevada Memorial
Hospital Foundation

To Register please call Annie Mikal
(530) 264-5046 or email
amikalheine@gmail.com.

NEW 3 Class Series!!!

FREE for family caregivers.

WHEN: Mondays, Nov. 6 – Nov. 20, 2017

WHERE: Eskaton Village - 49er Lounge
625 Eskaton Circle
Grass Valley, CA 95945

November 6 9:00am – 1:00pm

Presented by Renee Chevraux, MSW

Session 1: Understanding Dementia

Learn what is happening in the Alzheimer’s or dementia brain. Once we understand why the changes are occurring, we can learn how best to respond to the disease and associated behaviors.

Session 2: Validation Therapy

Explore the theory of Validation as a therapeutic communication technique for challenging dementia symptoms. We will talk about communication and validation techniques that can help reduce fear and anxiety, prevent crisis, and improve the well-being of the confused person and their caregiver.

November 13 9:00am – 1:00pm

Presented by Renee Chevraux, MSW

Session 3: Managing Behaviors and Activities

Discuss common dementia behaviors and strategies to handle each challenge. We will also discuss ways to engage in meaningful activities to encourage feelings of worth, hope and independence for those living with dementia. Real life challenges will be shared and we will problem solve together.

Session 4: Creative Solutions and Practice

Dive in and develop a plan of action to help your loved one live life to the fullest. We will role play and practice using the tools and techniques discussed in the course so that you come away feeling empowered and prepared for the journey ahead.

November 21 9:00am – 11:00am

Presented by Barbara Larsen, MA, Ed,

Session 5: Movement with Meaning

Author of *Movement with Meaning*

This unique multisensory program combines gentle dance movements, yoga-inspired poses, and breathing with music, poetry, and sensory activities to reinforce the strengths and abilities of people with dementia.