



Memory Care Support

at Windy Hill

Starting on October 9



FALL 2024

1 PM - 2:30 PM

**1472 Roth's Church Road, Suite 103,
Spring Grove, PA 17362**

info@windyhillonthecampus.org

Session Dates & Topics

- Oct. 9 - Understanding Alzheimer's and Dementia
- Oct. 16 - The Brain/Stages of the Disease
- Oct. 23 - Disclosing the Disease
- Oct. 30 - Building a Care Team
- Nov. 6 - Medications, Research and Genetic Testing
- Nov. 13 - Maintaining Independence & Care Partner Support
- Nov. 20 - Documentary "Memories for Life" Screening - Penn State York
- Dec. 4 - Emotions, Behavior & Communication
- Dec. 11 - Stigma & Advocacy Intro of Memory Cafe

Purpose

The purpose of this group is to provide a safe & supportive environment for care givers caring for individuals who are living with Alzheimer's disease or a related dementia and individuals who have been diagnosed with Alzheimer's or other dementia. Care givers are welcome to attend individually as well. During the meetings there will be educational information presented by local experts, emotional support, and connections with resources so that group members may live life to the fullest.

Group meeting discussions are confidential. Anything shared during the group will be kept confidential, with the exception of a dangerous or abusive situation.

Sign up online or by calling: 717-225-0733