



Memory Care Support

at Windy Hill



*WEDNESDAYS AT 1 PM
STARTING OCTOBER 4TH
1:00 - 2:30 PM*

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

info@windyhillonthecampus.org
windyhillonthecampus.org

Upcoming Topics

- 10/4 - Understanding Alzheimer's and Dementia
- 10/11 - Introductions/Stages of the Disease Process
- 10/18 - The Basics of Alzheimer's and Dementia & The Brain Tour
- 11/1 - Building a Care Team
- 11/8 - Medications, Research and Genetic Testing
- 11/15 - Maintaining Independence & Care Partner Support
- 11/22 - Emotions, Behavior & Communication
- 11/29 - Stigma & Advocacy Intro of Memory Care/Social Time

Purpose

The purpose of this group is to provide a safe & supportive environment for individuals who are living with Alzheimer's disease or a related dementia in themselves or someone close to them, and are in the early stages of the disease. During the meetings there will be education, 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