



“Smoother Sailing” Alzheimer Education and Support group



The *Alzheimer Education and Support group meets the first Monday of the month. The dates will be as follows:

2009

Tuesday, September 8 th	6-7:30 PM
Monday, October 5 th	6-7:30 PM
Monday, November 2 nd	6-7:30 PM
Monday, December 7 th	6-7:30 PM

2010

Monday, January 4 th	6-7:30 PM
Monday, February 1 st	6-7:30 PM
Monday, March 1 st	6-7:30 PM
Monday, April 5 th	6-7:30 PM
Monday, May 3 rd	6-7:30 PM
Monday, June 7 th	6-7:30 PM
Monday, July (TBD)	6-7:30 PM
Monday, August 2 nd	6-7:30 PM



The **Alzheimer Education and Support group** provides support and education about dementia and the Alzheimer’s disease process. The first Monday of each month we will learn behavioral techniques called Habilitation therapy. We will problem solve how to manage challenges like bathing, eating, toileting and anxiety. We will also learn about therapeutic activities to pleasantly engage our love ones and brighten everyone’s’ day. We will also be watching the best educational videos on behavior modification and have some guest experts to join us.

Our goal is to make **“smoother sailing” of your every day care. While we can not stop the stormy winds of dementia diseases, we can learn together how to better adjust our sails.**

The groups meet at the Boston Center for Rehabilitation, 1245 Centre St, in West Roxbury, (across from Hebrew Senior Life) where there is free parking and a T bus stop just a few minutes away from Forest Hills. Refreshments will be served.

The group is free but you must pre-register monthly by calling the group leader **Leslie Ahern at 617- 477- 6676** to attend. Ms. Ahern is a Family Care Advisor and is certified by the Alzheimer’s Association as a Habilitation trainer. Please visit websites www.caregiveralliance.org and www.ethocare.org for more info on care giving and homecare options.