

Williamsburg Landing presents a Dementia Education Series: Learn ways to Help a Loved One who has Dementia

If you have a loved one or friend who has a form of dementia, please consider joining us for this **FREE** four-week education series on dementia. Area health care experts will speak on a variety of relevant topics that will inform and empower caregivers and others about what they can do to support someone who has dementia. All sessions run from 6:00 p.m. - 7:30 p.m. and are held at Williamsburg Regional Library, 515 Scotland St, Williamsburg, Virginia 23185

September 21, 2015

“Understanding Alzheimer’s Disease & Dementia”

This session will cover the basics in understanding the difference between Alzheimer’s disease and dementia, the brain changes that take place as we age, the stages of dementia, the racial, cultural and, gender differences in Alzheimer’s Disease and Dementia.

**Speaker: Tina Thomas, M.S., CDP, CADDCT, CMHS
Dementia Services Educator
Certified Mental Health Specialists
Williamsburg Landing**

September 28, 2015:

“Managing Challenging Behaviors”

All behavior is a form of communication. This session will discuss common “Challenging” behaviors, why they occur, and how to manage or prevent them.

**Speaker: Charles P. Martino, Assoc. AIA
Gerontological Specialist
Gerontecture, LLC
&
Dr. Krista Pine, &
Gary Baker, MSW
The Pavilion at Williamsburg Place**

October 5, 2015

“Communicating from the Heart: Speaking the Language of Alzheimer’s”

Communication is the essence of relationship. This session will address changes in the communication abilities of people with dementia and how caregivers can change their own communication approaches to maintain a loving and supportive relationship.

**Speaker: Douglas Panto
Education & Family Services Coordinator
Peninsula/Williamsburg Alzheimer’s Association**

October 12, 2015

“Maintaining Balance as a Caregiver”

Caring for a loved one with dementia can be a stressful, 24/7 job, and keeping in balance is the key to providing essential good care and maintaining caregiver health. This session addresses the unique needs of caregivers and how to help achieve those goals.

**Speaker: Christine J. Jensen, Ph.D.
Director, Health Services Research
Riverside Center for Excellence in
Aging and Lifelong Health**



Reservations are required and seating is limited.

For more Information or to make a reservation,
Call Williamsburg Landing at **757-565-6550**.

All sessions will take place at the
Williamsburg Regional Library,
515 Scotland St, Williamsburg, Virginia 23185



The Pavilion
AT WILLIAMSBURG PLACE



Center for Excellence in Aging
and Lifelong Health