

## Northeastern New York Chapter

### Family and Caregiver Information Series Guilderland Public Library

**December 1, 1:00pm**

**Putting the Happy Back in the Holidays.**

Learn how to make the holidays pleasant for you and your loved ones.

**January 5, 1:00pm**

**The Basics: Memory Loss, Dementia and Alzheimer's Disease.**

**February 2, 1:00pm**

**Tips for Effective Communication.**

Recognize barriers; learn tips and strategies for talking to someone with Alzheimer's and other dementias.

**March 1, 1:00pm**

**Validation Theory and Therapeutic Fibbing.**

Interactive discussion teaches how to communicate with someone who lives in the past.

**April 5, 1:00pm**

**Understanding and Dealing with Challenging Behaviors.**

Is the behavior dangerous or frustrating? What is causing it? How do I respond? This session explains strategies to help.

**May 3, 1:00pm**

**Recognizing and Coping with Caregiver Stress.**

Follow the Flight Attendant's Rule – first, put on you own life vest so you can better help those around you.



To register, call Jamie Mott at 518-867-4999, ext 209 or email [Jamie.mott@alz.org](mailto:Jamie.mott@alz.org). A minimum number of attendees are needed to hold programs, so registration is required. In the event of inclement weather, please call the Library at 456-2400 to check for cancellation.

Series sponsored by the Alzheimer's Association of Northeastern New York and Community Caregivers.

GUILDERLAND PUBLIC LIBRARY

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