



Upcoming MemoryCare Educational Events

Join us to learn more about caring for your loved one and yourself! Courses are **free and open to the public** and will be presented as a live online broadcast from **2-3:30 pm** on the below dates.

Registration is required for each course. To register visit: www.memorycare.org/spring-2021-edu
After registration, you will be emailed instructions from Zoom on how to attend the event.

Contact our office at 828-771-2219 or education@memorycare.org with questions.

June 3	June 10
<p data-bbox="298 680 678 772">Lifestyle Medicine for Brain Health</p> <p data-bbox="363 814 646 919">Dr. Brian Asbill Cardiologist, certified in Lifestyle Medicine</p> <p data-bbox="185 970 812 1159"><i>Can your risk for Alzheimer’s and other dementias be lowered? What foods are best for our brains? What effect does exercise have on brain function? What about the importance of sleep and social connection? Come join us for a presentation and discussion of why healthy lifestyle behaviors are critical for optimal brain function!</i></p>	<p data-bbox="841 697 1367 823">Planning Ahead: A Practical Guide to Advance Care Planning and End of Life Decisions</p> <p data-bbox="948 856 1253 919">Dr. Stelley Gutman, MemoryCare Staff Physician</p> <p data-bbox="831 953 1377 1142"><i>An interactive workshop exploring how people want to be cared for at the end of their life. In this session, we will detail why it’s important to talk about this sometimes uncomfortable topic, how to start those conversations, and documentation that can help ensure end of life wishes are respected.</i></p>
June 17	June 24
<p data-bbox="201 1285 750 1377">Restoring Balance when Dementia’s Symptoms Escalate</p> <p data-bbox="233 1419 721 1482">Cloud Conrad Dementia Caregiver, Trainer, and Mentor</p> <p data-bbox="194 1528 760 1747"><i>This presentation will help you understand and anticipate motivations behind symptom-related behaviors of those living with dementia, identify common triggers for symptom-related escalations, transform negative emotions into positive ones, and navigate through escalations to restore a sense of well-being.</i></p>	<p data-bbox="863 1306 1383 1348">Let’s Talk Caregiver Resources</p> <p data-bbox="876 1377 1370 1440">Lindsey Kremer, BSW, Carly Woods, BSW, MemoryCare Care Managers</p> <p data-bbox="844 1486 1403 1675"><i>Whether you’re a Caregiver College graduate or are new to caregiving, we invite you to join us as we review and discuss the many resources provided in MemoryCare’s Caregiver College sessions. We’ll highlight the usefulness of these resources and how they can be applied to unique caregiving challenges.</i></p>

MemoryCare’s community education is supported through donations – your help is appreciated!

Donations may be made online at www.memorycare.org. MemoryCare is nonprofit charitable organization whose mission is three-fold: To provide specialized medical care to older adults with cognitive impairment; to support caregivers with

Caregiver College resumes July 15 through August 19!

Visit www.memorycare.org for details!