

You may know a **client, friend or family member** who may benefit from our December's Virtual Dementia Family Caregiver Educational Series. Please pass on the information that this series has been designed specifically for family members caring for someone living with any form of dementia. From their computer or iPad, they and a community of others facing similar challenges will learn essential information and acquire day to day strategies and skills from professionals. Four Tuesdays at 12 PM.

Dec 1

Caregiving During Covid-19

Caregiving during a pandemic has created a new set of challenges for care-partners. Join us as we learn ways to stay healthy, concrete caregiving tips and Alzheimer's Association resources. Presented by Robyn Kohn, MA, CDP Director of Programs and Services, Alzheimer's Association

Dec 8

Dealing with Change, Frustration and Guilt while Caregiving

Join us as we learn how to deal with the feelings of guilt and other caregiver emotions from Vivian Green Korner, Dementia Care Specialist

Dec 15

How to Choose a Home Health Aide

So many questions from what's the difference between companion care and skilled nursing care, how does an agency hire an aide and do background checks, do they take insurance, etc. Find out all the answers from Laura Huisking, Director of Marketing Generations Counseling & Care Management LLC

Dec 22

Learn how Cognitive and Language Therapy can help your loved one living with dementia?

Learn how the specially trained clinical team designs plan of care that can help to improve one's language deficits, cognition, attention and memory, presented by Speech-Language Pathologists from Kessler-Rehab

If they don't have a computer or no worries, I've attached information about our Free iPad Lending Library that is benefiting the community.

Suggested donation of \$25 can be mailed to Judi Nahary at the Kaplen; senior dept written in memo. Register online at <https://jccotp.org/virtual-senior-programming> or email me mceragno@jccotp.org with full name, phone number and email

Marlene S Ceragno

Program Developer/ Caregiver Support Coordinator

Kaplen JCC on the Palisades

201.569.7900