

Growing the Mind & Spirit:

A Day for Dementia Caregivers

Presented by Arden Courts ProMedica Memory Care, this will be a wonderful day for caregivers to learn from one of our country's foremost dementia experts, Dr. Tam Cummings, as well as caregivers taking a moment for themselves to enjoy the beautiful flower show.



Dr. Tam Cummings

Ph.D., Gerontologist

Author, *Untangling Alzheimer's:*

The Guide for Families and Professionals



Co-sponsored by:



Advanced
Home Health

To help protect our most vulnerable attendees, we ask that you please wear a mask.

**WEDNESDAY
JUNE 22, 2022**

8:30 a.m. to 9:30 a.m.
Registration

9:30 a.m. to 11:30 a.m.
Ways to Communicate with Someone with Dementia*

11:30 a.m. to 1:30 p.m.
Lunch on your own*. Receive your FREE flower show pass to see *Monet in Bloom*

1:30 p.m. to 3:30 p.m.
Coping with Caregiver Stress and Guilt*

Location:

Phipps Conservatory
The Special Event Hall
One Schenley Park
Pittsburgh, PA 15213-3830

RSVP (required) by visiting our Eventbrite page at:
<https://tinyurl.com/46mcamku>

Information on the event will be emailed to registrants.

Questions?

412-901-1659 or
JeffersonHills@arden-courts.com

* Additional details on the back

| 9:30 a.m. to 11:30 a.m.

Ways to Communicate with Someone with Dementia

In this session, Dr. Tam Cummings will provide instruction and practice in methods which help caregivers successfully communicate in the best way possible with those who suffer from dementia.

TOPICS INCLUDE:

- Changes in the five senses and how a caregiver's communication strategies should respond to these changes
- Techniques for physically approaching the person living with dementia
- Tips for dealing with those who wander and resist care
- Best practices for helping a person accomplish his or her activities of daily living, and more



11:30 a.m. to 1:30 p.m.

Lunch on your own

Receive your **FREE** flower show pass to see **Monet in Bloom**

Experience the breathtaking, dreamlike art of impressionist icon Claude Monet brought to a vibrant, three-dimensional life through Phipps' incredible horticultural displays.

| 1:30 p.m. to 3:30 p.m.

Coping with Caregiver Stress and Guilt

Therapists estimate dementia family caregivers suffer the highest levels of anxiety and depression of any group of caregivers. In this session, Dr. Tam Cummings covers the signs and symptoms of depression and anxiety, and their physical impact on caregivers. She also teaches and practices with audience members several proven, easy techniques to control and relieve stress.

