

present, *free to the public*, a  
**Caregiver Information Series**

*December 1, 2011 at 1 p.m.*

**Happy Holidays**

A one-hour discussion about how to better manage responsibilities during the busy holiday season, so the experience can be as positive as possible for you and your loved one.

*January 5, 2012 at 1 p.m.*

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

A one-hour overview of dementia and Alzheimer's disease, and their progression.

*February 2, 2012 at 1 p.m.*

**Improving Communication**

A one-hour program outlining causes of common communication issues, barriers we create, and tips and strategies to best communicate with someone with Alzheimer's disease or related dementia.

*March 1, 2012 at 1 p.m.*

**Validation Theory and Therapeutic Fibbing**

A 90-minute, interactive discussion about how to use validation to enter the world of a person with Alzheimer's disease. Your loved one may not be able to come back and live in your reality, but you can take trips into hers/his.

*April 5, 2012 at 1 p.m.*

**Managing Difficult Behaviors**

A one-hour program outlining some common behaviors that may arise as a result of Alzheimer's disease, and some strategies to manage them. You may wonder: Is it a dangerous? What is the possible cause? How do I respond? We will help figure it all out!

*May 3, 2012 at 1 p.m.*

**Dealing with Caregiver Stress**

A one-hour, interactive program designed to help caregivers recognize, understand and combat stress. Learn how to follow the flight attendants' rule: "First, put on your own life vest so you can better help those around you."

**To register, please call Jamie Mott  
at 518.867.4999 x209 or email [jamie.mott@alz.org](mailto:jamie.mott@alz.org).**

**A minimum number of attendees is needed  
to hold programs, so registration is required.  
In the event of inclement weather, please call the  
Library at 518.456.2400 to check for cancellation.**

**All programs will be held at  
Guilderland Public Library  
2228 Western Avenue**