

# DEMENTIA SUPPORT GROUP

Join the BROOKVILLE AREA DEMENTIA SUPPORT GROUP that is sponsored by Penn Highlands Brookville, WRC Senior Services, Jefferson Manor Health Center and the Jefferson County Area Agency on Aging for family and caregivers of someone with Dementia or Alzheimer.

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**Meetings will be every second Monday of the month at the Education Conference Center, Penn Highlands Brookville, Brookville, PA from 2:30 PM to 3:30 PM.**

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Free - Open to Public  
Ask Questions and/or share your wisdom with other group members

For more information contact:  
**Nancy Florio, 814-849-1850**  
**Cheryl Muders, 800-852-8036**  
**Janet Himes, 814-849-8026**  
**Kristi Vandervort, 814-849-5913**

Visit [www.phhealthcare.org/events](http://www.phhealthcare.org/events) for more information on our guest speakers.

## 2019 GROUP SCHEDULE

**January 14, 2019**

Caregiver Worries and Fears

**February 11, 2019**

4 Stages of Caregiving

**March 11, 2019**

Adult Day Care

**April 8, 2019**

Memory Café -- Pot Luck Dinner  
Bring your loved one. We will provide activities. Dementia Live simulation & Aroma therapy. This meeting will be held at the Heritage House: 4 Sylvania Street, Brookville, PA 15825

**May 13, 2019**

Dealing with Inappropriate Behaviors in a Social Setting

**June 10, 2019**

Emergency Preparedness with Medications

**July 8, 2019**

Legal Issues surrounding Dementia

**August 12, 2019**

Caregiver Stress and Burnout

**September 9, 2019**

Engaging in the Environment/Sensory Activities

**October 14, 2019**

Caregiver Stress and Depression

**November 11, 2019**

Handling the Holidays

**December 9, 2019**

Challenging Behaviors with Dementia

