



THE CHANGING BRAIN, A CAREGIVING AFFAIR

FREE PROGRAM/LIGHT DINNER INCLUDED

May 24—June 7

6:00 pm to 8:30 pm

Plainville Public Library, 56 East Street, Plainville

May 24 -LET'S TALK ABOUT THE BRAIN: Normal brain changes, four tasks of the brain, keeping your brain healthy, signs and symptoms of dementia and staying engaged for brain health: exercise, purpose, socialization, activity.

May 31– SOMETHING IS JUST NOT RIGHT: 1+1 DOES NOT = 2: Understanding memory loss, how and who to see for a diagnosis, different types of dementia and hallmark symptoms of each.

June 7— THE HEALTHY CAREGIVER, ACCEPTING HELP: Accessing resources and paying for care, daily challenges, long distance caregiving, community resources available, avoiding/managing depression, isolation, frustration. Preparing for good, meaningful visits with your loved one.

Dementia Specialists Michelle Wyman, LSW, CDP and Patty O'Brian, CDP of the Hartford HealthCare Center for Healthy Aging will discuss brain health and brain illness, provide information on professional intervention, suggest practical caregiving and self-care strategies and tips; remove the mystery of the aging brain.

Call the Plainville Senior Center, 860-747-5728 to register for any or all sessions!

*This program is co-sponsored by the Hartford HealthCare Center for Healthy Aging,
Plainville Senior Center and Plainville Public Library.*

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North Central Area Agency on Aging.*