



Know Better, Do Better

Weekly workshops in dementia care

We are excited to offer dementia education to help family caregivers and our whole community navigate the challenges of the dementia journey. **There is no cost; registration is encouraged, but walk-ins are always welcome.**

Thursday, Nov. 2

10-11:15 a.m.

Celebrating the Holidays with Persons Living with Dementia

This presentation focuses on helpful tips to safely and successfully navigate common holiday season challenges.

Presenter: Maribeth Gallagher, DNP, PMHNP-BC, FAAN
Dementia Program Director

Thursday, Nov. 9

10-11:15 a.m.

Easing the Stress of the Season

As the holidays approach, let's review and practice simple mindfulness methods that can be woven into each day for caregiver resiliency and well-being.

Presenter: Maribeth Gallagher, DNP, PMHNP-BC, FAAN
Dementia Program Director

Thursday, Nov. 16

10-11:15 a.m.

Music as Medicine Part 2: Sounds of the Season

Let's create a customized playlist of holiday songs heard over a lifetime that may rekindle joy and connection for the person living with dementia.

Presenter: Amanda Marcum, MT-BC
Board-Certified Music Therapist

Thursday, Nov. 23

No session due to Thanksgiving holiday

Thursday, Nov. 30

10-11:15 a.m.

"Navigating Dementia" Panel

Join our dementia experts for a Q&A session to begin untangling the challenges of living well with dementia and explore community resources available.

Presenters:
Maribeth Gallagher, DNP, PMHNP-BC, FAAN
Dementia Program Director

Calli Carlson, OTR/L, CLT
Dementia Campus Occupational Therapist

Nicole Crothers, LMSW
Dementia Educator

Dementia Bytes • Thursdays, noon-12:45 p.m.

Can't make it? **Join us on Zoom** for a 45-minute version of a similar topic each Thursday. No need to register.

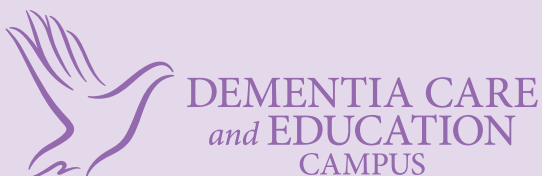
Format: 30 minutes of education, 15 minutes of moderated Q&A

Join Zoom meeting:

[https://hov.zoom.](https://hov.zoom.us/j/87482264963?pwd=Qm1uVmdMQi9EcWtPaGFSS1dZN2U5QT09)

[us/j/87482264963?pwd=Qm1uVmdMQi9EcWtPaGFSS1dZN2U5QT09](https://hov.zoom.us/j/87482264963?pwd=Qm1uVmdMQi9EcWtPaGFSS1dZN2U5QT09)

Meeting ID: 874 8226 4963 | **Passcode:** 401031



3811 N. 44th St., Phoenix, AZ 85018
dementiacampus.org

An innovation of Hospice of the Valley

QUESTIONS?

Call **(602) 767-8300**

Email events@dementiacampus.org

Each week, our professional caregivers will prepare engaging activities for your person with dementia so that you can attend these sessions in person.