



# 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, Dec. 7**

**10-11:15 a.m.**

### **Dementia Moments**

The session will begin with an 8-minute experience that presses participants to perform everyday tasks as if they were living with cognitive impairment. This simulation will be followed by a general review of the most common types of dementia and how the progressive brain changes impact thinking, functioning and behaviors.

**Maribeth Gallagher, DNP, PMHNP-BC, FAAN**  
Dementia Program Director

**Thursday, Dec. 14 and 21**

### **No in-person session**

**Dementia Bytes – Bring your questions for General Dementia Q&A**

**Maribeth Gallagher, DNP, PMHNP-BC, FAAN**  
Dementia Program Director

**Thursday, Dec. 28**

**In-person and virtual sessions canceled due to holiday week.**

### **Location:**

**Dementia Care  
and Education Campus**  
3811 N. 44th St.  
Phoenix, AZ 85018  
[dementiacampus.org](http://dementiacampus.org)

### **Speaker:**

**Maribeth Gallagher**

Dr. Gallagher directs Hospice of the Valley's Dementia Program, which has received national and international awards for its innovative approaches to dementia care. She is a psychiatric nurse practitioner with a doctoral degree in Nursing. Her commitment to improving dementia care was initially inspired by her own experience as a family caregiver, sharing the journey with her loved one from diagnosis to death.

### **Dementia Bytes • Thursdays, 12–12:45 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.us/j/87482264963?pwd=Qm1uVmdMQi9EcWtPaGFSS1dZN2U5QT09>

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



**DEMENTIA CARE  
and EDUCATION  
CAMPUS**

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

[\*\*dementiacampus.org\*\*](http://dementiacampus.org)

*An innovation of Hospice of the Valley*

### **QUESTIONS?**

Call **(602) 767-8300**

Email [\*\*events@dementiacampus.org\*\*](mailto: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.*