

Dementia Education & Resource Workshops



Please join us for one or all of our monthly Dementia Education & Resource Workshops. These workshops are open to anyone in the local area who may be interested in learning more about dementia, or who may need support in caring for a loved one who is living with memory loss. Each workshop begins at 5:30pm, and lasts approximately one hour. Guests are welcome to attend one workshop, a few workshops, or all of them. These workshops are free and open to the public, and are held in the library at Bertram House of Swampscott, 565 Humphrey Street in Swampscott.

2018

Wednesday, September 12th: Types of Dementia & Stages of Progression

We will discuss the most prominent types of dementia and the symptom/disease progression.

NOTE: This session may run over 1 hour due to the scope of the subject.

Wednesday, October 10th: Driving and Dementia

We will discuss safety concerns about driving with dementia, where to get a driving assessment, and steps to take during the transition if your loved one is no longer able to drive.

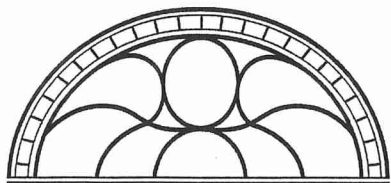
Wednesday, November 14th: Planning for the Holidays

We will discuss the upcoming holidays, as well as tips for creating holidays that are both meaningful and manageable.

Wednesday, December 12th: Stress and Mindfulness Tools / Finding Time for Self-Care

We will discuss the importance of self-care and ways to find some time to care for yourself. We will also discuss how stress shows up in your own life and some mindfulness tools to help relieve stress.

To help us plan for refreshments, please RSVP prior to each meeting by emailing us <info@bertramhouse.org> or calling our Director of Community Relations at (781) 406-2159 to register for those meetings that are of interest.



Bertram House of Swampscott

Bertram House of Swampscott
565 Humphrey Street
Swampscott, MA 01907
(781) 595-1991
bhs.bertramhouse.org

Group Facilitator Cheri Callanan, CDP, CADDCT



Cheri is a Gerontologist, Certified Dementia Practitioner (CDP), and a Certified Alzheimer's & Dementia Care Trainer (CADDCT). and has completed both the Caregiver Support Group Facilitator training and the Habilitation Train-the-Trainer program with the Alzheimer's Association.

Cheri's career includes running memory care programs in assisted living residences, and working for the LGBT Aging Project as their Community Education Specialist. She is the Founder of Professional Elder Advocacy, Consulting, and Education (P.E.A.C.E.), which offers services and workshops to those living with dementia, care professionals, and families. Cheri has a BA in Liberal Studies/Holistic Psychology from Lesley University, and a Master's Certificate in Gerontology from Pacific University.