



THE ARK OF SC AND AGING LIFE CARE CHARLESTON PRESENTS

# ALZHEIMER'S & YOU

A FIVE WEEK EDUCATIONAL SERIES FOCUSING ON THE UNIQUE CHALLENGES OF ALZHEIMER'S AND OTHER DEMENTIAS.

ST. LUKE'S LUTHERAN CHURCH

206 CENTRAL AVE, SUMMERVILLE, SC 29483 | 2ND FLOOR LIBRARY - FAMILY LIFE CENTER



## **WEEK 1: DEMENTIA FROM THE INSIDE OUT** TUESDAY, FEBRUARY 20, 2024 | 6 - 8 PM

What are the differences between Alzheimer's and Dementia? Take a look at healthy brains versus brains for people with dementia. Discuss how the changes in each specific area of the brain relate to the behaviors we see expressed.



## **WEEK 2: COMMUNICATION IS KEY** TUESDAY, FEBRUARY 27, 2024 | 6 - 8 PM

Learn more about the changes to the brain that occur in someone with dementia. We will discuss the best tips and tools for communication so that you are not finding yourself in conflict with the person you are caring for.



## **WEEK 3: EVERY ELDER IS A GEM PART-1** TUESDAY, MARCH 5, 2024 | 6 - 8 PM

We will learn about the stages of dementia by developing a common language to use that describes each stage, focussing on the positives and not simply the loss. We will discuss some of the common traits we see at each stage of the disease and how we as caregivers can respond.



## **WEEK 4: EVERY ELDER IS A GEM PART-2** TUESDAY, MARCH 12, 2024 | 6 - 8 PM

We will continue the discussion about the stages of dementia and how we can best relate as a caregiver at each stage.



## **WEEK 5: LOVE YOUR ELDER & YOURSELF** TUESDAY, MARCH 19, 2024 | 6 - 8 PM

We will look specifically at caregiving. Learn about the five basic human needs that need to be met-both in the lives of caregivers and those living with dementia.

**THIS CLASS SERIES IS FREE**

TO REGISTER:

CONTACT JAN HYATT, NOAH DIRECTOR  
843-822-4703 NOAHDIR@THEARKOFSC.ORG

REGISTER BY FEBRUARY 15, 2024

## **ABOUT THE GUEST SPEAKER / TRAINER:** **KAREN NICHOLS, RN, CRCFA, NHA**



Karen Nichols, RN, CRCFA, NHA was born and raised in upstate South Carolina. She has Bachelors degrees in Psychology from the University of South Carolina and in Nursing from Lander University. She has spent more than 25 years of her career dedicated to serving seniors. Her work on the state and national level toward creating person-centered care has made her a well-respected speaker, advocate and advisor. She helped design senior care communities and services as well as served in executive leadership for organizations throughout SC. Karen is particularly passionate about caring for and training people to care for people with dementia and feels that helping people understand them is her life's calling.



**AGING LIFE CARE™**  
**CHARLESTON**



## **THE ARK OF SC**

**SERVING FAMILIES WITH ALZHEIMER'S  
AND RELATED DEMENTIA SINCE 1996**

Our mission is to provide hope and relief to families living with Alzheimer's Disease or a Related Dementia (ADRD) through support services such as respite care, support groups, education, caregiver consultations, resource referrals, law enforcement & first responder training and community development.

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