



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**, but **registration is encouraged** for each session.

Thursday, March 2

10–11:15 a.m.

A Look Inside the Human Brain

Let's review major parts and functions of the healthy adult brain, and then explore how dementia-related brain changes can impact the way someone thinks, behaves and functions.

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

Thursday, March 9

10–11:15 a.m.

The Impact of Exercise

Research shows that physical exercise may not only improve physical function in older adults, but it may also improve mood, slow the progression of cognitive decline and reduce risk of hospitalizations. We will discuss the benefits of exercise and provide some strategies to get your person with dementia moving.

Speaker: Calli Carlson, MOT
Campus Occupational Therapist

Thursday, March 16

10–11:15 a.m.

Interpreting the Language of Distress

This presentation delves into common causes of dementia-related behaviors and offers a step-by-step method for customizing effective responses.

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

Thursday, March 23

10–11:15 a.m.

Vitamin M (Music) for Dementia: How Music Strikes a Chord

Based on evidence-based research, let's explore how music can rekindle joy and connection. Learn how to create a customized playlist and use this to positively impact your person with dementia.

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

Thursday, March 30

10–11:15 a.m.

Communication Tips and Techniques

As dementia progresses, verbal language skills become more challenging. Learn how care partners can adapt communication skills to maximize the exchange of information and feelings.

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

NEW! Dementia Bytes

Noon–12:45 p.m. Thursdays

Can't make it to the in-person sessions? **Join us on Zoom** at noon for a 45-minute version of the same topics each Thursday.

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

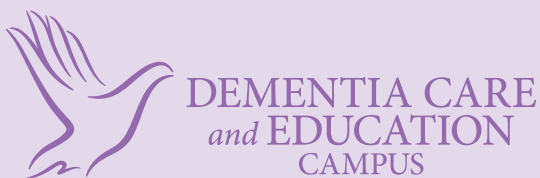
Join Zoom meeting:

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

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Meeting ID: 874 8226 4963

Passcode: 401031



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Register:

Email events@dementiacampus.org

Call (602) 767-8300

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