



# AMAZING PLACE®

ENDING THE STIGMA OF DEMENTIA

## Virtual Connections Program

As we all continue to practice social distancing, our Connections Program Team has been working hard to offer several engaging virtual programs. Check out what we have planned by clicking on the links below:

### Caregiver Education

[Savvy  
Caregiver  
Program](#)

[Stress  
Busting  
Program  
for Family  
Caregivers](#)

### Caregiver Support

[Dementia  
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Support  
Group](#)

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### Other Connections Programs

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Training](#)

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Matters](#)

# Savvy Caregiver Program

Caregiving, especially for someone dealing with dementia, is often a new role and requires special skills and knowledge. In this free, 6-week session, 2-hour class, we help caregivers understand dementia, its effects on behavior, and provide personalized strategies for caregiving and related decision making.

**In Collaboration  
with Memorial Drive  
Presbyterian  
Church**

**Tuesdays,  
10am – 12pm**

Class 1: May 5<sup>th</sup>  
Class 2: May 12<sup>th</sup>  
Class 3: May 19<sup>th</sup>  
Class 4: May 26<sup>th</sup>  
Class 5: June 2<sup>st</sup>  
Class 6: June 9<sup>th</sup>

**Contact Sharon  
Cantrell**

**In Collaboration  
with the Church of  
St. John the Divine**

**Thursdays,  
11:30am – 1pm**

Class 1: May 7<sup>th</sup>  
Class 2: May 14<sup>th</sup>  
Class 3: May 21<sup>st</sup>  
Class 4: May 28<sup>th</sup>  
Class 5: June 4<sup>th</sup>  
Class 6: June 11<sup>th</sup>

**Register in  
Advance**

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# **Stress-Busting Program for Family Caregivers**

The Stress-Busting Program focuses on education, support, problem solving, and stress management for family caregivers. This program is proven to reduce stress, anger, hostility, anxiety while improving the quality of life of the caregivers who participate in the class. This program is carried out by two facilitators over 9-weeks with caregivers meeting weekly for an hour and a half each class. Each participant will receive a caregiving manual as well as access to the WellMed Charitable Foundation Stress-Busting Program resources.

**This program has  
already started**

**Thursdays,  
2:30pm – 4pm**

Class 1: April 23<sup>rd</sup>

Class 2: April 30<sup>th</sup>

Class 3: May 7<sup>th</sup>

Class 4: May 14<sup>th</sup>

Class 5: June 21<sup>st</sup>

Class 6: June 4<sup>th</sup>

Class 7: June 11<sup>th</sup>

Class 8: June 18<sup>th</sup>

Class 9: June 25<sup>th</sup>

**Sign up to  
receive  
information about  
the next available  
class**

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# Dementia Caregiver Support Group

Facilitated by a trained leader, this group is free and open to anyone in the community dealing with the challenges of caring for a loved one with dementia.

**Saturday,  
May 9<sup>th</sup>  
9am – 10am**

**Register in  
Advance**

**Monday,  
May 11<sup>th</sup>  
12pm – 1pm**

**Register in  
Advance**

**Thursday,  
May 21<sup>st</sup>  
4:30pm – 5:30pm**

**Register in  
Advance**

**Wednesday,  
May 27<sup>th</sup>  
7pm – 8pm**

**Register in  
Advance**

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# Memory Café

An informal setting for adults living with dementia and their caregivers to get connected and make new friends. Grab your favorite mug filled with your favorite drink and join us!

**Friday,  
May 8<sup>th</sup>  
3pm – 4pm**

**Register in  
Advance**

**Saturday,  
May 16<sup>th</sup>  
10am – 11am**

**Register in  
Advance**

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# Memory Training

Memory Training is designed for people who wish to improve or maintain their memory ability. This program is not intended for people with a diagnosis of Alzheimer’s disease or other forms of dementia. It focuses on the **four most common complaints** that people experience in daily life:

1. Forgetting names and faces.
2. Forgetting to do things in the future (like keeping an appointment, passing on a phone message, or forgetting why you walked into a room).
3. Forgetting where you put things (like your keys, glasses, or wallet).
4. Knowing something you can’t immediately recall or “tip of the tongue” memory challenges.

**Wednesday,  
May 6<sup>th</sup>  
10am – 11:30am**

**Register in  
Advance**

**Wednesday,  
May 13<sup>th</sup>  
10am – 11:30am**

**Register in  
Advance**

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# Brain Health Matters

As part of our mission to educate and support families and the community, Amazing Place offers free programs about dementia and brain health, which can be presented to your group, organization, congregation or company.

**Worried About Your Memory?**

**Tuesday, May 5<sup>th</sup>  
1pm**

**Register in  
Advance**

**Food for Thought:  
Cooking Demo with  
Chef Michael**

**Monday, May 18<sup>th</sup>  
2pm**

**Register in  
Advance**

**How the Arts Are  
Good for the Brain!**

**Tuesday, May 19<sup>th</sup>  
10am**

**Register in  
Advance**

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