



## ALZHEIMER'S FAMILY SUPPORT GROUP

At Seniors Helping Seniors of Greater Boston and Metrowest, we support many individuals living with Alzheimer's Disease. We know firsthand the challenges that many families face while caring for a loved one with Alzheimer's and the importance of emotional support and respite for family caregivers. We are now offering a monthly support group for family caregivers as a way to serve our community and the increasing need for programs that address the impact that Alzheimer's has on families. We will discuss various topics that affect families including caregiver stress, self-care, financial planning, home safety, and many other important areas of concern.

Our support group facilitators are Kelly Hoag, CDP and Marge David, RN. They have been providing support to families and individuals impacted by Alzheimer's Disease in the work that they do at Seniors Helping Seniors and have been trained through the Alzheimer's Association's *Support Group Leader Program*.



Kelly is a Certified Dementia Practitioner who has worked in human services and health care for almost 20 years. Kelly has provided clinical and mental health support on both a professional and personal level to older adults. Through her work as a neurofeedback clinician, Kelly has studied brain activity and development with a specific interest in cognitive functioning. She has submitted and presented research on the importance of self-identity in older adults and provides continuing education and support to older adults working with individuals with dementia.



Marge has been working in health care for over 40 years. Most of her career was spent as a Registered Nurse at Children's Hospital in Boston, providing clinical support and health education to children, families, and other medical professionals. She has presented on health care related topics for both national and international audiences. As an in-home caregiver, Marge works with adults who are living with dementia and provides training to older adults working with clients with cognitive impairment. Marge has experience over the past 30 years in development and facilitation of health care related support groups.

### Registration for Alzheimer's Family Support Group

**Location:** Seniors Helping Seniors Office, 1171 Washington Street, Newton, MA 02465

**Schedule:** First Wednesday of every month from 7:00pm-8:00pm. Upcoming dates include:

- November 1, 2017
- December 6, 2017
- January 3, 2018
- February 7, 2018
- March 7, 2018
- April 4, 2018

**Registration:** All participants **must** fill out an application to participate.

**To access our application or learn more please contact us at:**

[kelly@shsboston.com](mailto:kelly@shsboston.com) or 617-877-3163

Applications can also be accessed on our website:

<http://shsboston.com/event/alzheimers-family-support-group>