Helpful Holiday Hints for Caregivers

With the holidays fast approaching, family and friends who care for or interact with a person with some type of dementia or Alzheimer’s disease might be looking for some hints that could help make time together less stressful. Join us for this discussion provided by the Northeastern New York Chapter of the Alzheimer’s Association on how to better manage responsibilities during the busy holiday season so that the experience can be as positive as possible for you and your loved one. Bring your questions!

**Presenter:** Maura Fleming, Capital Region Program Manager with the Alzheimer’s Association of Northeastern NY. The Alzheimer’s Association provides information and referral services, care consultations, support groups, education programs and safety services.

**To Register**
Contact: Brenda Seckerson, EAP Coordinator
bseckerson@albany.edu
442-5483
OR REGISTER ONLINE:
HTTP://WWW.ALBANY.EDU/EAP/EVENT_SIGN-UP.HTM

**Monday, November 14**
12 noon—1:00 pm
Assembly Hall
Campus Center