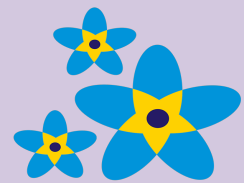




Norwell Council on Aging Presents:  
**NAVIGATING DEMENTIA  
PROGRAMMING SERIES**



293 Pine Street  
Norwell, MA 02061

For Adults of All Ages

**CALL THE COA TO REGISTER: 781-659-7878**

**Wednesday, Sept. 20 at 6:00 p.m., Norwell Council on Aging**

**UNDERSTANDING ALZHEIMER'S & DEMENTIA**

Learn basic information on the difference between Alzheimer's and dementia, stages, risk factors, research & FDA-approved treatments.

*Presented by the Alzheimer's Association*

**Wednesday, Sept 27 at 6:00 p.m., Norwell Council on Aging**

**DEMENTIA DIAGNOSIS AND RESEARCH PARTICIPATION**

Are you or someone you know experiencing changes in memory or thinking? Join us for this discussion on the dementia diagnosis process and participation in research.

*Presented by Dr. Mary-Ellen Meadows, PhD, Massachusetts Alzheimer's Disease Research Center*

**Thursday, Oct. 5 at 6:00 p.m., Norwell Council on Aging**

**THE EFFECTS OF DEMENTIA ON FAMILIES**

Your loved one has received a dementia diagnosis, so now what? Join us for the discussion on how to educate yourself and your family about dementia, the effects on a family and how to plan for the future.

*Presented by Grace Doherty, CDP, BRDP, Area Community Liaison, Epoch Senior Living*

**Wednesday, Oct. 18 at 6:00 p.m., Norwell Council on Aging**

**MONEY MANAGEMENT: A GUIDE FOR CAREGIVERS**

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

*Presented by the Alzheimer's Association*

**Wednesday, Oct. 25 at 6:00 p.m., Norwell Council on Aging**

**CREATING A CARE TEAM**

Join us for a panel discussion with industry experts to understand what resources may be available to help create your caregiving support team.

**Thursday, Nov. 2 at 6:00 p.m., Norwell Council on Aging**

**IMPORTANT LEGAL DOCUMENTS & MASSHEALTH: WHAT YOU NEED TO KNOW!**

Estate planning is important for everyone, but especially after a dementia diagnosis. This is the time for you and your loved ones to be sure that current and future needs are addressed. Join us for this presentation on important legal documents to consider in your plan and a general overview of navigating MassHealth.

*Presented by Laura Goodman, Esq. and Julie B. Horte, Paralegal, at Margolis Bloom & D'Agostino*

**Wednesday, Nov. 8 at 6:00 p.m., Norwell Council on Aging**

**WHAT MATTERS MOST**

Join us for an interactive conversation about the importance of early exploration into what matters most to a dementia patient as it relates to their physical body, physical environment and spiritual needs at end of life. This will help to inform loved ones and care givers how to best provide comfort care and peace of mind and spirit. This 90 minute session includes grounding meditations, journaling exercises and guided visualization exercises.

*Presented by Aimée Yawnick, Early Exploration of Physical & Spiritual Comfort Care for End of Life, Certified Conscious Dying Coach, Educator & Death Doula*