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ACC, Hospice of the Valley to present ‘Understanding the Journey of Dementia’ on April 21

Anthem, Ariz. – The Anthem Community Council and Hospice of the Valley are partnering to present “Understanding the Journey of Dementia” on Thursday, April 21, at the Anthem Civic Building.

The program, which runs from 9 a.m.-noon, focuses on educating caregivers regarding issues and techniques related to dementia and their loved ones’ battles with the issue. Participants will learn to understand dementia and its progression, develop strategies for making meaningful connections with a person with dementia, value the caregiver role and explore ways to reduce stress.

According to the Alzheimer’s Society, the word “dementia” describes a set of symptoms that may include memory loss and difficulties with thinking, problem solving or language. Dementia is caused when diseases, such as Alzheimer’s or a series of strokes, damage the brain.

Maribeth Gallagher, psychiatric nurse practitioner and doctor of nursing practices for Hospice of the Valley, will be the featured presenter. Hospice’s dementia program has received national and international awards for its innovative approaches to dementia care.

“As a multi-generational community with two new senior-living facilities in development, issues such as aging and senior health continue to be prevalent topics in our residents’ lives,” said Taylor McCulley, meeting and program manager for the Anthem Civic Building. “Hospice of the Valley offers a tremendous resource, and all Anthem residents are encouraged to make the most of this educational opportunity.”

The event is free and open to the public; a continental breakfast will be provided. Register online at OnlineAtAnthem.com/acb-programs.

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