

# Alzheimer's and You



THE FOOTHILLS  
RETIREMENT COMMUNITY  
*Presbyterian Communities of South Carolina*

The Foothills Retirement Community encourages you to join us for a special educational series focusing on the unique challenges presented by Alzheimer's disease and caregiving for those with dementia. These sessions, led by Karen Nichols, will be held each Thursday in March from 6 to 8 p.m. in the Chapel at The Foothills Retirement Community. Light refreshments will be served.



Please RSVP  
for any session  
by calling  
**(864) 304-1977**

If you need care assistance for your loved one so that you can attend the sessions, please mention that when you call!

## Dementia from The Inside Out

**Thursday, March 1 • 6 - 8 p.m.**

What are the differences between Alzheimer's and Dementia? Take a look at healthy brains versus brains for people with dementia. Discuss how the changes in each specific area of the brain relate to the behaviors we see expressed.

**Please RSVP by Monday, February 26.**

## Communication Is Key

**Thursday, March 8 • 6 - 8 p.m.**

Learn more about the changes to the brain that occur in someone with dementia. We will discuss the best tips and tools for communication so that you are not finding yourself in conflict with the person you are caring for.

**RSVP by Monday, March 5.**

## Every Elder is a Gem - Part I

**Thursday, March 15 • 6 - 8 p.m.**

We will learn about the stages of dementia by developing a common language to use that describes each stage, focusing on the positives and not simply the loss. We will discuss some of the common traits we see at each stage of the disease and how we as caregivers can respond. **Please RSVP by Monday, March 12.**

## Every Elder is a Gem - Part II

**Thursday, March 22 • 6 - 8 p.m.**

We will continue the discussion about the stages of dementia and how we can best relate as a caregiver at each stage. **Please RSVP by Monday, March 19.**

## Love Your Elder and Yourself

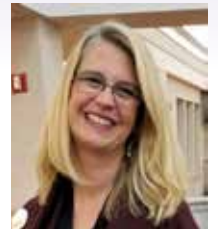
**Thursday, March 29 • 6 - 8 p.m.**

We will look specifically at caregiving. Learn about the five basic human needs that need to be met – both in the lives of caregivers and those living with dementia.

**Please RSVP by Monday, March 26.**

### Our Presenter:

Karen Nichols was born and raised in upstate South Carolina. She has Bachelors degrees in Psychology from the University of South Carolina and in Nursing from Lander University. She has spent more than 20 years of her career dedicated to serving seniors. Her work on the state and national level toward creating person-centered care has made her a well-respected speaker, advocate and advisor. She helped design, build and operate the Cottages at Brushy Creek and Cascades Verdae Retirement Community. She served as statewide coordinator of an organization dedicated to improving quality of life in Long Term Care, and she served as the director of the geropsych unit at Mary Black Hospital. She is currently Executive Director at the Foothills Retirement Community in Easley, a part of the Presbyterian Communities of South Carolina. Karen is particularly passionate about caring for and training people to care for people with dementia and feels that helping people understand them is her life's calling. She is a wife, mother of three daughters, an active member of her church, and has three furry companions.



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