



## Alzheimer's and Dementia Support Group

**When:** Tuesday, February 21st from 6:00–7:00pm  
with monthly meetings thereafter

**Where:** Waveny LifeCare Network's Private Dining Room  
3 Farm Road, New Canaan

Caring for a loved one with memory impairment can be challenging.

Join Julie Ashley, Social Worker and Geriatric Care Manager, and your Waveny peers for emotional, educational and social support in a safe, caring environment.

Each meeting you can expect to:

- Discuss and provide coping techniques and other resources
  - Share stories and experiences of your own journey
- Focus on a specific topic relating to memory impairment

### Meet Julie Ashley, SW, GCM

Julie Ashley is a social worker with 20+ years of experience caring for the aging population. She is currently a Certified Geriatric Care Manager with Staver Care Management LLC.

Julie has led caregiver support groups for over 15 years and empathizes with the unrecognized caregivers who tirelessly commit themselves out of love and concern.

**Space is limited, kindly RSVP to Rachel Takacs**

203.594.5446 or [rtakacs@waveny.org](mailto:rtakacs@waveny.org)

**Waveny**  
LIFECARE NETWORK