

Brain Thoughts

♥ *your brain*



Help is Here! Stress Management when Caring for Friends and Family Who Have Dementia

Aug. 21, 2019 | 6:00 p.m. - 7:00 p.m.



Class Description: Join Anne Hill, J.D. and Jenell Neufeld, a case manager at Gateway Internal Medicine for a dynamic talk to learn about specific tools and strategies for caregivers to manage responsibilities of caring for a loved one with Dementia. Ms. Hill is the co-author of “Help is Here: When Someone you Love has Dementia” and a captivating speaker utilizing stories based on real events. Ms. Neufeld has been key in developing Dementia Basics for Clinic Staff, a clinical training program for clinical caregivers. Following this class is an optional relaxing art activity.

- ◆ **Introduction to Dementia**
- ◆ **Tips for less stressful and happier days**
- ◆ **Forming care teams**
- ◆ **Support groups and counseling**
- ◆ **Importance of self care**

**St. Vincent Medical Center
East Pavilion | Suite 461 “Living Room”**

Complimentary refreshments This event is **FREE**

Space is limited. **Register:** [Providence.org/classes](https://www.providence.org/classes)

Email: Provbrain.academy@providence.org



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2019 Brain Health Education Series—FREE

Powered by Providence Brain and Spine Institute

Brain Thoughts is an education series hosted by Providence Brain Academy offering discussions with our neurological experts. Sessions focus on lifestyle choices and brain health, along with future neurosurgical innovation. New this year are learning activities, such as yoga and art therapy.

Apr 03 | 6:00 p.m. - 7:00 p.m. | “Innovations in Surgery for Stroke” | Vivek Deshmukh, M.D.

Apr 24 | 6:00 p.m. - 7:30 p.m. | “The Benefits of Yoga for Multiple Sclerosis” | *Kyle Smoot, M.D.*

Activity: Try a yoga class designed to benefit multiple sclerosis symptoms.

May 29 | 6:00 p.m. - 7:00 p.m. | “Cutting-Edge Epilepsy Surgery” | Seth Oliveria, M.D., Ph.D.

Jun 19 | 6:00 p.m. - 7:30 p.m. | “Power of Exercise for Parkinson’s Disease” | *Joanna O’Leary M.D.*

Activity: Tai Chi for Parkinson’s Program exercise demonstration.

Aug 21 | 6:00 p.m. - 7:30 p.m. | “Help Is Here! Stress Management when Caring for Friends and family Who Have Dementia”

Anne Hill, J.D. and Jenell Neufeld, L.C.S.W. | Activity: Relaxing painting and art activity.

Sep 18 | 6:00 p.m. - 7:30 p.m. | “Advancements in Brain Surgery” | Pankaj Gore, M.D.

Oct 24 | 6:00 p.m. - 7:30 p.m. | “The Connection Between Stress and Migraines” | *Alex Krob, M.D.*

Activity: Mindfulness techniques for daily living.

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