

**Caring for someone living with Alzheimer's or any other type of dementia?
You are not alone. Help is here.**

Las Cruces Caregiver Day

Saturday, January 11th 9:30 - 3:00.

Dona Ana Community College, East Mesa Campus.

A day of education, resources, and community awareness for caregivers.

Sponsored by New Mexico Aging Services Department



***This is a FREE event*.
Registration required.
Lunch provided by Lorenzo's Restaurant.
Register online through our website at
thememorycarealliance.org
or call 505-310-9752.***

Our Keynote Speaker:
**Gary Glazner, founder of the Alzheimer's Poetry Project,
nationally acclaimed speaker, poet and author.**

Celebrating the Creativity in Caregiving The Alzheimer's Poetry Project (APP) is an innovative program for people living with Alzheimer's or other related illness. The goal is to facilitate self-expression through, poetry, performance and creativity. Visit alzpoetry.org to learn more about Gary and the APP.

ADDITIONAL SPEAKERS:

Dr. Janice Knoefel, UNM Memory and Aging Center. "How To Get A Diagnosis" Understand the process of clinical assessment and why it is important.

Dr. Janet Shagam, Author of A Caregiver's Guide to Dementia, An Unexpected Journey. "Be Prepared With Proper Planning". An overview of short term and long term caregiver planning... for both you and the person you provide care for.

Valerie Tsosie, Founder and Director of the So'Tsoh Foundation. "Self Care-- The Native American Way". Learn valuable techniques to manage your own care and become a resilient caregiver.

Rev. Hollis Walker, Dementia Friends Coordinator for The Memory Care Alliance. "The Spirituality of Caregiving". Being able to focus on the positive, find joy and acceptance on your caregiving journey.

Plus, a special "Hands On" caregiving workshop will be presented by **Janet Smith, R.N. Director of Northern New Mexico Community Palliative Care.** Janet will demonstrate how to manage the day to day care of a person in the later stages of dementia.

This Event is Presented by



**THE MEMORY
CARE ALLIANCE**

Recipient of the Santa Fe Community
Foundation's 2024 Courageous Innovation Award
www.thememorycarealliance.org 505-310-9752

***Free on site and in home respite care is available for this event.**