



## DEMENTIA SUPPORT GROUPS

A valuable step toward handling the challenges of a loved one's dementia is connecting with others in similar situations. Our support groups give you the opportunity to learn from family members who have been in your shoes. In addition to receiving encouragement and hearing personal experiences, you can also learn what to expect and how to best plan for your loved one. A support group can reduce stress and feelings of uncertainty - helping you to keep calm and carry on.

Dementia can be a scary word. Join us the third Tuesday of every month to talk about this topic.

In the group we will discuss healthy ways of coping with dementia, treatments, programs available, why we use certain forms of documentation to work with loved ones, and how the face of dementia is changing.

Our goal is to make friends, have open honest conversations, and to build our knowledge and understanding of such a confusing disease.

The Group is held in the Library at Bickford Senior living at 7:00 PM every third Tuesday of the month starting on June 19th.



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*Bickford*  
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